

# Story Alchemy

by Kathryn Eriksen

The 4 Steps to transformation  
through your story



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# Your Life is a Series of Stories

Your life is a series of stories that you created about events, relationships and emotions that you experienced. Don't believe me? Then please explain why two people can experience the exact same event, but come away from it with totally different stories. The differences have to be connected to the observer, not the event itself.

It's almost as if we are all sitting in a dark movie theater, watching what we believe happened play out on the screen. The only problem is that there is no one else sitting beside us, because they are in their *own* movie theater, watching those same events play out on *their* screen. No wonder we have such difficulty communicating – we are reading from different scripts and none of us are in the same production!

***Your story is your personalized interpretation, based on your past stories, unprocessed emotions and unexamined beliefs.***

There is one simple concept about stories that helped me pull back the curtain on my own life. When I applied this concept to areas that were not working, it made an immediate and drastic difference.

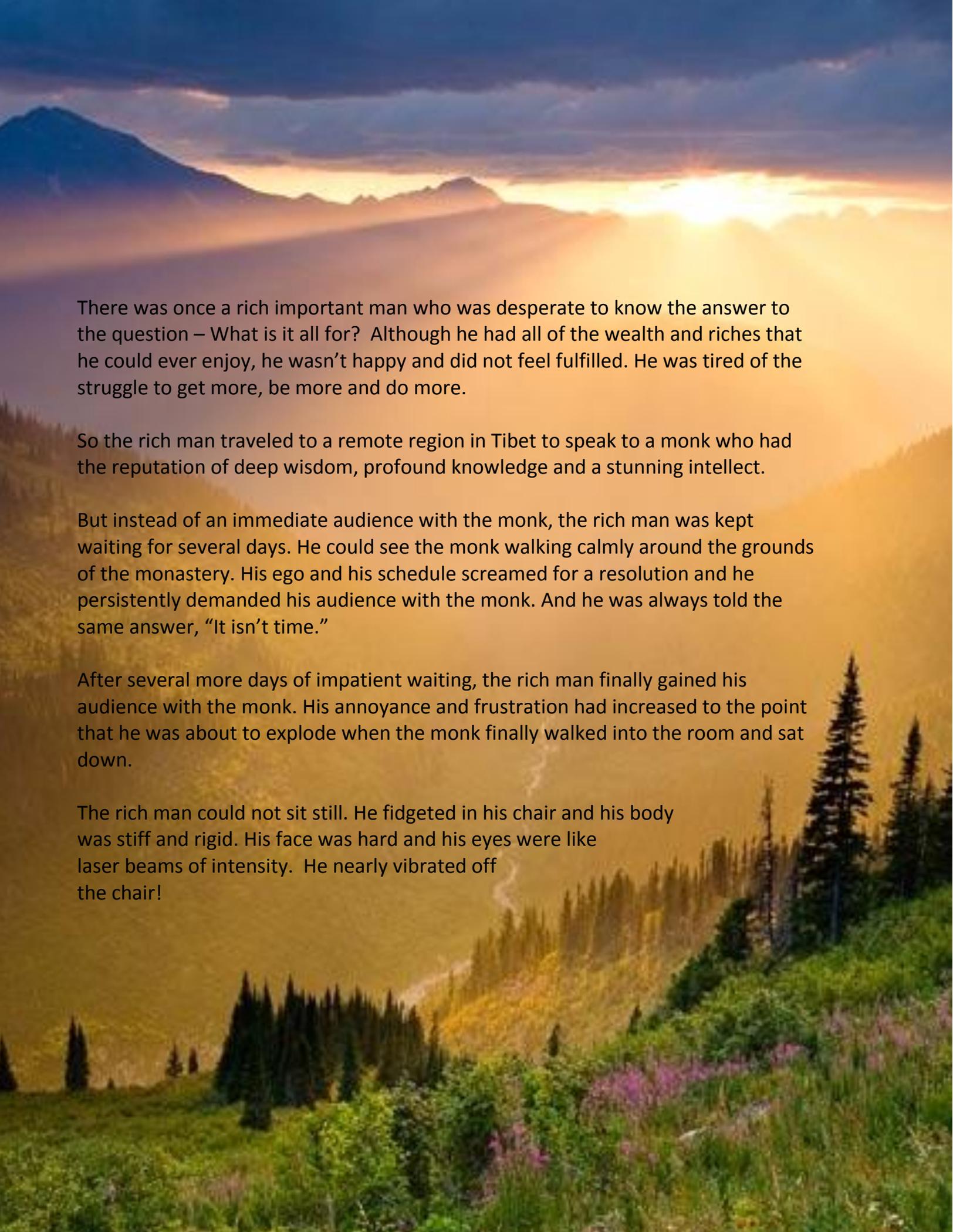
***As long as you remain the subject of your story, it will never change. When you move out of your story and see yourself as the author, your creative power has returned.***

**When you are the subject of the story, you remain the victim.** Your world is determined by the events that happen outside of you. Events that you can never control, but only interpret so they have meaning to you.

**When you are the author of the story, you are empowered** with your innate creative abilities. Just as an artist can stand back and look at her painting, you can stand back and look at the parts of your life that are subpar.

As you enjoy the following story, pay attention to the stages that the rich man moves through to finally discover peace in the present moment. These are the same steps that you can begin using consciously in your own life.





There was once a rich important man who was desperate to know the answer to the question – What is it all for? Although he had all of the wealth and riches that he could ever enjoy, he wasn't happy and did not feel fulfilled. He was tired of the struggle to get more, be more and do more.

So the rich man traveled to a remote region in Tibet to speak to a monk who had the reputation of deep wisdom, profound knowledge and a stunning intellect.

But instead of an immediate audience with the monk, the rich man was kept waiting for several days. He could see the monk walking calmly around the grounds of the monastery. His ego and his schedule screamed for a resolution and he persistently demanded his audience with the monk. And he was always told the same answer, "It isn't time."

After several more days of impatient waiting, the rich man finally gained his audience with the monk. His annoyance and frustration had increased to the point that he was about to explode when the monk finally walked into the room and sat down.

The rich man could not sit still. He fidgeted in his chair and his body was stiff and rigid. His face was hard and his eyes were like laser beams of intensity. He nearly vibrated off the chair!

The monk was calm and serene, even in the face of the agitated man. The contrast in energy between the rich man and the monk was practically visible. It was almost as if there was a red, angry glow surrounding the rich man, while the monk was bathed in a blue, tranquil light.

Before the rich man could demand an answer to his question, "What is it all for?" the monk nodded and held up in hand, telling the rich man to wait before speaking. The man was astute enough to understand that rituals must be observed, and he visibly tried to calm himself. But he was still seething inside by the manner in which he had been treated.

Tea was brought and placed on the small oval table between them. The monk began playing host and poured his guest a cup of tea. He gestured to his guest to pick up his cup and saucer, and the monk began pouring across the small table.

And kept pouring.



It didn't take long for the small cup to overflow with tea. Tea spilled over the lip and onto the saucer. The saucer quickly filled up with the hot liquid and spilled over onto the man's lap and pants.

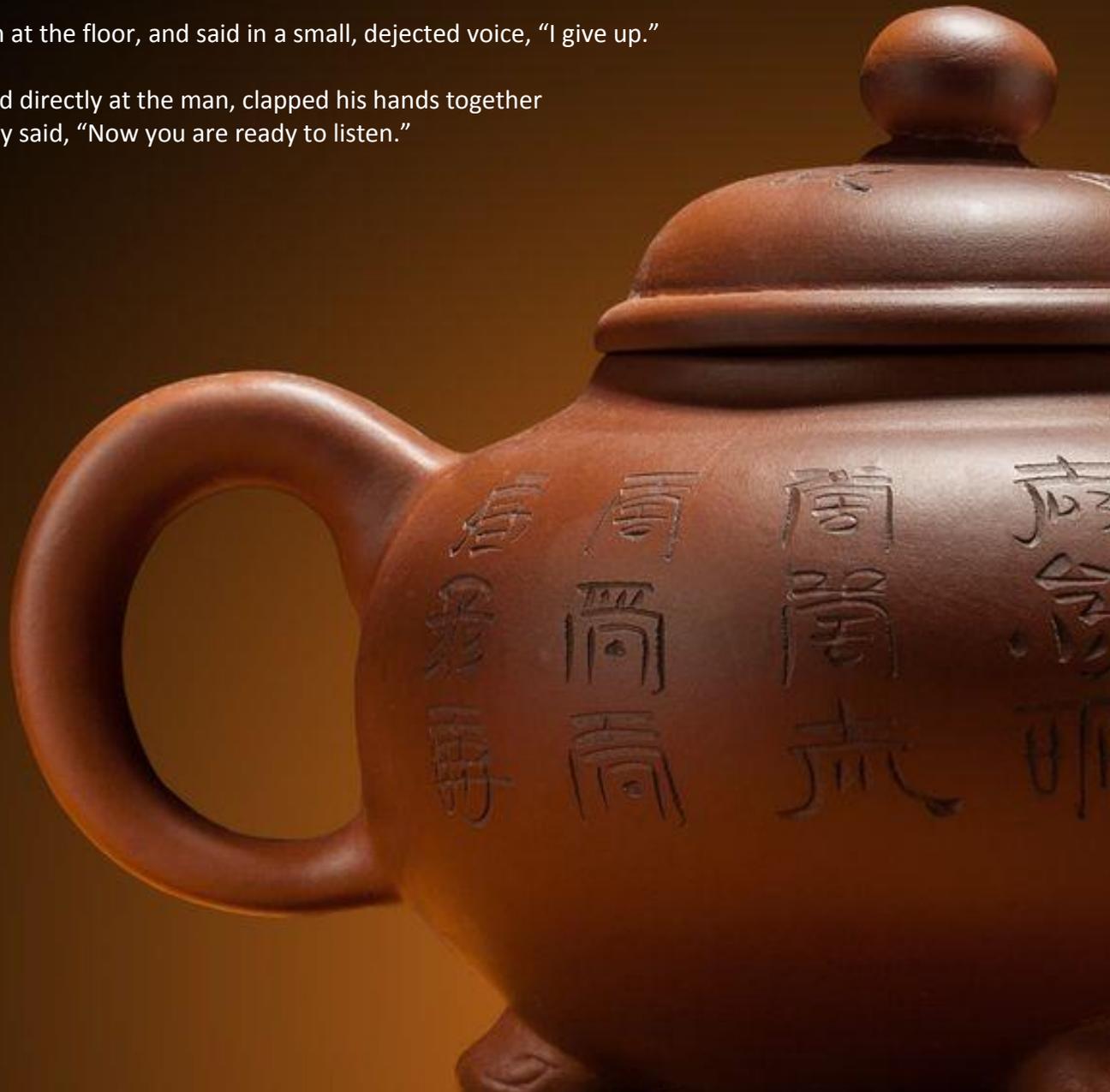
At this point, the rich man burst up from his seat and cried, "I've had it!"

The monk calmly moved the pot away from his guest and poured himself a cup. He closed his eyes and smiled as he enjoyed the aroma of the herbs and spices. He took one appreciative sip and set down his cup, deliberately and with great care. He placed his hands in his lap and finally looked up at his guest. His expression was calm but the intensity in his eyes spoke volumes.

The rich man was oblivious to the monk. He was so caught up in his emotions that he was now yelling and berating everyone in the room. Shouting, insults, threats...none of them had any visible impact on his audience. Finally, he was so exhausted that he had to sit down.

He looked down at the floor, and said in a small, dejected voice, "I give up."

The monk smiled directly at the man, clapped his hands together once and joyfully said, "Now you are ready to listen."





The rich man was dumbfounded. He could not speak for a moment but finally had to ask a question. His voice scratched with the effect of his screaming as he asked softly, "Why was I kept waiting for days and then you came in here without a word and poured tea all over me?" He shook his head in confusion and his shoulders slumped forward. He muttered to himself, "I guess I'll never learn the answer to my question, 'What is it all for?'"

At that statement, the monk did a most startling thing. His shoulders began to shake and laughter spilled out from deep inside. He threw his head back and laughed so hard that his stomach hurt. All of the other monks in the room joined him, until the laughter was like a glistening bubble, surrounding everything and everyone in the room.

The rich man couldn't speak. He felt so lost and alone that he started to cry. "They are laughing at me," he thought. Instant shame flooded his body and long forgotten feelings of rejection rose up and clenched his throat. He felt like he was 10 years old again, being bullied in the school yard. Deep, primal sobs began to wrack his body as that long forgotten pain came up.

The laughter and the sobs mixed together in an unusual symphony. Human joy and pain. All in the same space, at the same time and in the same moment. Beautiful and dark, all at once.

Finally, the storm passed. The rich man sat back in his chair, totally defenseless. The monk was pleased with the man's progress and began his teaching.

"Now you are ready to hear to what I have to share," he began.

The rich man glanced up and saw only love and acceptance in the monk's eyes. The ridicule he expected to see because of the laughter was not there. He slowly stood up and walked to each of the other monks, looking deeply into their eyes. All of them held the same light of acceptance, knowing and love.

In that moment, the rich man came face to face with a stark truth – that he had **misinterpreted** the monks' laughter **because of his own pain** from the past. He assumed that the reason the monks were laughing was because he was an outsider, a foreigner who was not privy to their ways. Very much like when he was ridiculed and bullied for being smaller than the other boys on the playground.

The interpretation of his past in contrast to the present moment should have been completely different. Instead of seeing love and acceptance, the rich man allowed **his past to filter the present...back into the past.**

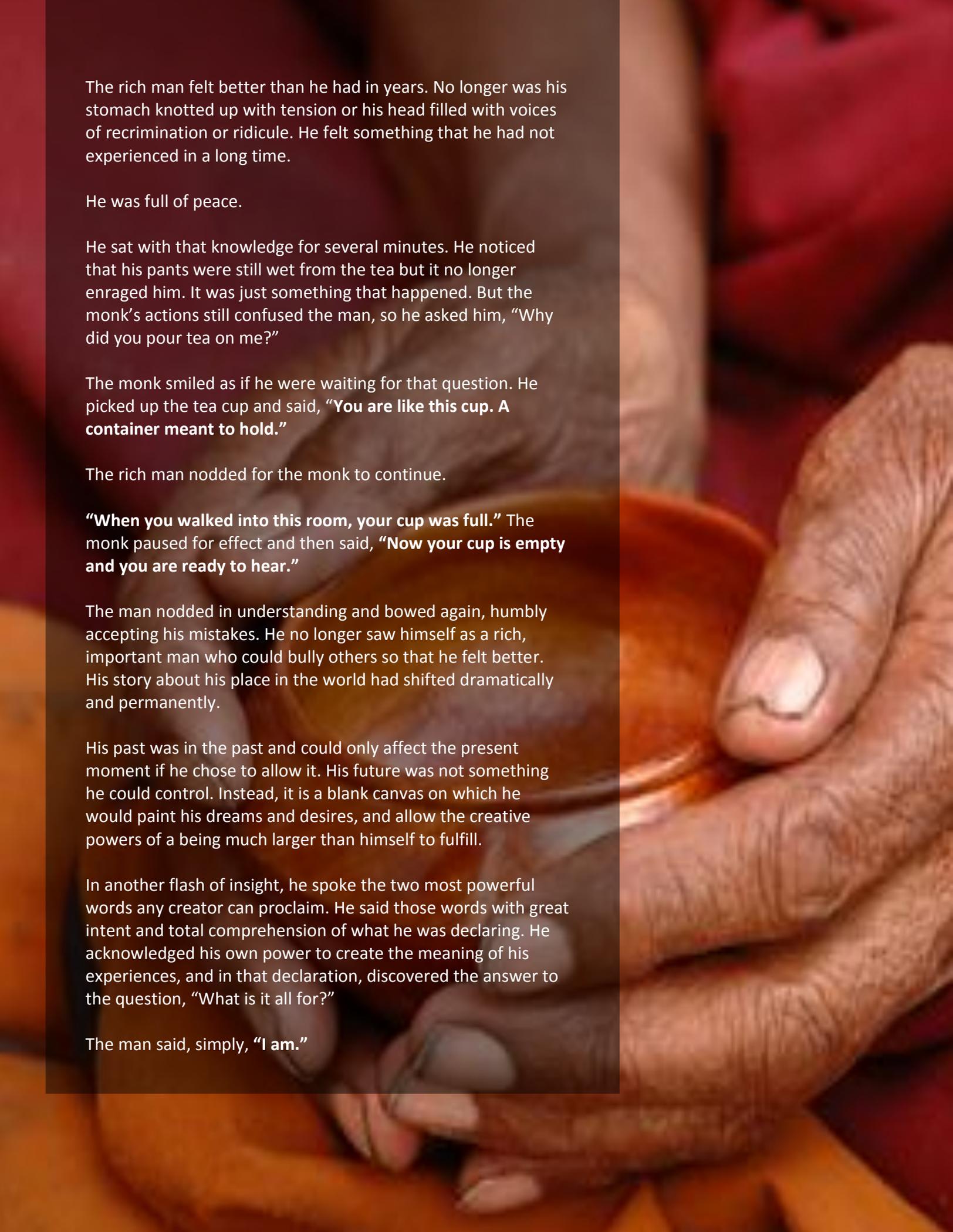
And he could not have been more wrong.

This flash of insight greatly humbled him. He closed his eyes and breathed deeply several times, integrating this new knowledge into the very core of his being. He did this without thinking or questioning. He just knew that is what he needed to do in that moment.

After a brief period, the rich man opened his eyes and smiled. He returned to his chair and faced the monk, looking deeply into his eyes. He bowed, hands folded in front of him, and said softly, "I am so sorry."

The monk was pleased. He said with great dignity, "You are welcome."





The rich man felt better than he had in years. No longer was his stomach knotted up with tension or his head filled with voices of recrimination or ridicule. He felt something that he had not experienced in a long time.

He was full of peace.

He sat with that knowledge for several minutes. He noticed that his pants were still wet from the tea but it no longer enraged him. It was just something that happened. But the monk's actions still confused the man, so he asked him, "Why did you pour tea on me?"

The monk smiled as if he were waiting for that question. He picked up the tea cup and said, "**You are like this cup. A container meant to hold.**"

The rich man nodded for the monk to continue.

**"When you walked into this room, your cup was full."** The monk paused for effect and then said, "**Now your cup is empty and you are ready to hear.**"

The man nodded in understanding and bowed again, humbly accepting his mistakes. He no longer saw himself as a rich, important man who could bully others so that he felt better. His story about his place in the world had shifted dramatically and permanently.

His past was in the past and could only affect the present moment if he chose to allow it. His future was not something he could control. Instead, it is a blank canvas on which he would paint his dreams and desires, and allow the creative powers of a being much larger than himself to fulfill.

In another flash of insight, he spoke the two most powerful words any creator can proclaim. He said those words with great intent and total comprehension of what he was declaring. He acknowledged his own power to create the meaning of his experiences, and in that declaration, discovered the answer to the question, "What is it all for?"

The man said, simply, "**I am.**"

# Story Alchemy: 4 Steps to Happiness

Did you notice the four stages of the rich man's progression toward peace? They are the same four steps that you can begin using consciously to realign your own life to magnify the present moment, instead of amplify the past.

The four steps of Story Alchemy are:

1. Realize – that it all begins with you. You are the source of the stories you create. Since you are the creator, you can change those stories that no longer serve you.
2. Responsibility – when you look at why you chose to believe that way (instead of this way) about someone or something, you made the choice. No one else. And it's up to you to make a different choice if you want to live a different life.
3. Reframe – go back and see if there isn't another interpretation of the event or person that also includes love. If your previous story was based on fear, you will never discover love in that version.
4. Release – the story you created served its purpose and now is the time to let it go.

Isn't it time to start looking at your stories?

If a relationship isn't working in your life, stand back and look at the story you have created. If your job isn't fulfilling, step back and ask yourself what story you are using to filter the events or people involved. It really is that simple.

And that brings us back to why you are here, listening to or reading these words.

You want something more. Something different. Something to make your heart sing and your feet dance. You want more.

**You want to learn the steps of the Heart Dance...**

# Heart Dancing

You may have never heard of Heart Dancing. But you know when someone is living from their heart and not their head. Some of the signs of a Heart Dancer are:

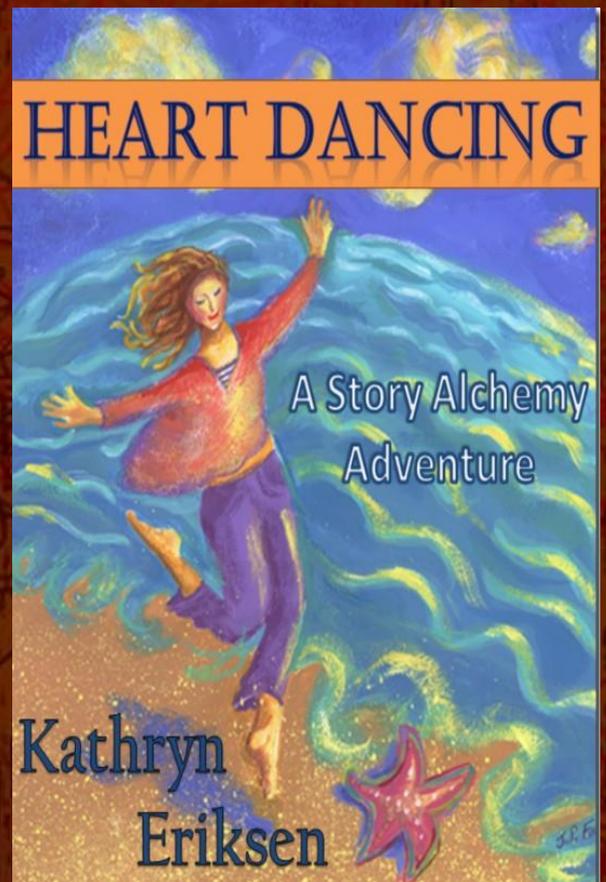
1. They do not get annoyed or irritated by unexpected events;
2. They remain calm in the face of someone else's anger or upset;
3. Surface appearances do not trigger judgment or criticism; and
4. They always practice peaceful acceptance of what is before them.

These are just a few of the benefits of learning to live from your heart. You can learn so much more about this way of life by reading my latest book, [Heart Dancing: A Story Alchemy Adventure](#).

Why not choose deliberately, joyfully and in a way that will get you what you want? Why not become who you are? Why not just BE the you that you came to experience?

Stop playing games and get on with it. Rock your world!  
Learn how to create deliberately and live joyfully.

Only you can decide "What's it all for." You decide if your teacup is ready to be emptied of what is not working, and filled with the tools and concepts that do work. If you are ready to step into your dream life and take the next step, raise your hand and shout "YES!"





**Kathryn Eriksen** is the perfect example of a person who has “awakened” to her own spiritual nature. Raised in a middle class American home, she chose the traditional path of college and a legal career. After 23 years of practicing law, it slowly dawned on her that life did not have to be filled with competition, adversity and limitations.

A zealous advocate for her clients, Kathryn now uses those same highly developed communication skills, laser beam focus and high octane energy to be an advocate for a much higher client – God!

A published author, Kathryn is the creator behind numerous spiritual and inspirational books, including [\*Heart Dancing: A Story\*](#), [\*Alchemy Adventure\*](#), and [\*Walk With the Master\*](#) ([www.WalkWiththeMaster.com](http://www.WalkWiththeMaster.com)).

The unifying themes of deliberate creation and mastery of thought run deeply through all of her work.

**Kathryn advocates living from your heart—care to join her?**

**Website:** [KathrynEriksen.com](http://KathrynEriksen.com)

**Blog:** [Dare to Dream Big and Live Large!](#)