



## Abstract

This process is the transformation of the self, even to the extent that we no longer recognize ourselves although, oddly, something in us will then recognize our 'new' self as being what we really are, or at least what we started out to be. Then, in a way, we are like the seedling of some wonderful tree which has been overtaken by a parasitic plant until very little of the original tree is recognizable – it may have become dwarfed, hollowed out or even killed by the parasite, which is our egoic mask. With meticulous pruning and therapy, the tree can be uncovered and possibly healed, but then it will be a test of the tree's original nature and soil to see whether it will endure and grow straight and tall, with roots that will hold against adversity. For this purpose, I have assembled twelve steps to describe the transformational process (consider it coincidental that the alcoholic recovery program also has twelve steps but there is, inevitably, some correspondence between the two systems). Although I describe these steps here as if they were a progression, you'll find that they really work in parallel or in stages wherein first one line will seem emphasized, and then another at a different point in your evolution. These steps induce a gradual change in our psychic shape (the way that we fit with each other and with our circumstances), and also they are an alchemic progression, in that each prepares our neurochemical apparatus to attune to the next stage more readily.

## Keywords

[transformation](#) [awareness](#) [consciousness](#) [alchemic](#) [mask](#) [self](#) [12 step](#)

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Walden University. Abstract. This process is the transformation of the self, even to the extent that we no longer recognize ourselves although, oddly, something in us will then recognize our 'new' self as being what we really are, or at least what we started out to be.