

As seen in *Finding the Gold Within*, a feature-length documentary by Karina Epperlein

The Alchemy Method™

“

Give people a fact or an idea
and you enlighten their minds;
tell them a story and you
touch their souls.” —*Hasidic proverb*



The Alchemy Method is an evidenced-based model that uses mythological stories to assist in the development of its participants. During Alchemy sessions, trained facilitators (mentors) lead mentees to explore life lessons through the telling, discussion and interpretation of timeless myths and help them build an understanding of the hero's journey within each story.

Portions of a myth are told, stopping at critical points to inquire what resonated in that portion of the myth. Penetrating questions are then asked relative to each portion of the myth. The questions are designed to assist the participant in becoming more aware of themselves and the patterns they use to navigate their way through life. This process assists participants in becoming the hero within their own story.

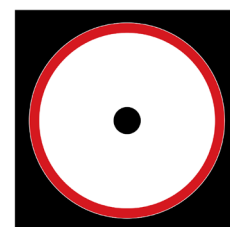
In 2012, Alchemy was one of ten programs to win the President's Committee National Arts and Humanities Youth Program Award, the nation's highest honor for after-school and out-of-school programs. This award is based on stringent criteria, and was accepted at the White House from First Lady, Michelle Obama.

In 2020, the Association of Teaching Artists (with Lincoln Center Education) presented the creator of this process with its Innovation in Teaching Artistry award. This national award is given to early- to mid-career teaching artists making innovative and powerful contributions to the field of teaching artistry.

The work of Alchemy was also the backdrop of the feature-length documentary, "Finding the Gold Within." Since its inception, Alchemy has worked with over 3,000 youth and adults.



Alchemy participants are asked to write down what resonates with them about key elements of timeless myths.



Alchemy™

AlchemyInc.net

Transforming
Lives
Through
Myth™