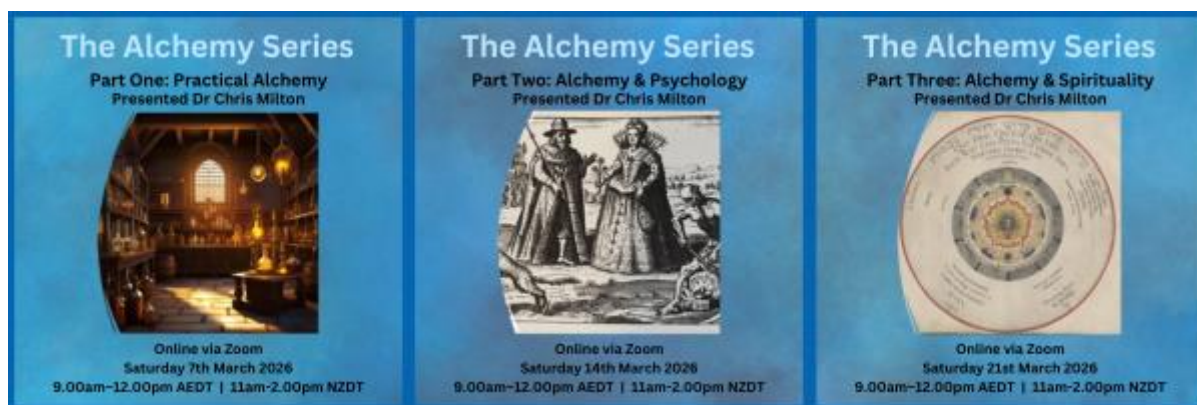




Australian and New Zealand Society of Jungian Analysts
Invitation to Mental Health Professionals

The Alchemy Series: A Three-Part Seminar Series

Presented by Dr Chris Milton



Saturday 7th March 2026

9.00am-12.00 pm AEST | 11.00am-2.00pm NZDT

Online via Zoom

Part 1: Practical Alchemy

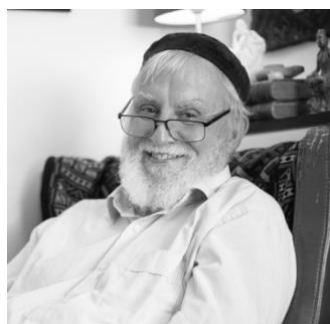
This seminar introduces the foundational concepts of practical alchemy with a focus on the *Lesser Circulation* — the original form of laboratory alchemy that works with plant materials rather than metals. The session explores how alchemical work begins with the gathering of prima materia, the structuring of the working space (laboratorium and oratorium), and the essential equipment needed for maceration, circulation, extraction, fermentation, calcination and distillation. Attention is given to the physical processes, vessels, materials and heat sources, including the retort, alembic, Athanor and bain-marie, as well as to the Paracelsian concepts of the Three Primes — salt, sulphur and mercury — as the organising principles of alchemical matter. The seminar aims to establish an understanding of alchemy as *both practical work and contemplative orientation*, and to consider how literal processes such as solutio, calcinatio, mortificatio and circulatio may later become metaphors for psychological transformation.

Learning Outcomes

By the end of this seminar, participants should be able to:

1. Differentiate between the Lesser and Greater Circulation, and explain why laboratory alchemy most often begins with plant-based work rather than metals.
2. Identify the essential components of an alchemical workspace, including the distinction between the *laboratorium* and the *oratorium*, and understand why both practical work and contemplation are core elements of alchemical tradition.
3. Describe the fundamental equipment and processes of the Lesser Circulation — including maceration, fermentation, distillation, calcination, circulatio, and the role of dew, vessels, heat sources, and crucibles.
4. Explain Paracelsus' Three Primes (salt, sulphur, mercury) as basic alchemical organising principles, and articulate how these concepts structure both material transformation and (later) symbolic reflection.

PRESENTER:



Dr Chris Milton is both a Clinical Psychologist and a Jungian Analyst in private practice in Auckland. He was raised and trained in South Africa but has lived in New Zealand for the last twenty four years. He currently devotes most of his time to adult analysis and the supervision of clinicians. He also has extensive experience of working with children, adolescents and their families. Chris is a Training Analyst with ANZSJA. He has served as both President and a Director of Training for ANZSJA. Chris has a developed sense of the importance of phenomenology and has for a long time served on the Editorial Board of the online Indo-

Pacific Journal of Phenomenology. Chris has published in the areas of infant mental health, psychoanalytic processes, the cultural complex, what is analysis and well-being. He maintains an interest in spirituality and transpersonal psychology especially the phenomenology of individuation and its spiritual dimension.

Date:	Saturday 7 th March 2026
Time:	9.00am to 12.00pm AEST
Venue:	Online
Cost:	
Full fee:	\$120 AUD (incl. GST)
Early Bird:	\$100 AUD (incl. GST) until 14 th February 2026
ANZSJA Trainee / Student:	\$100 AUD (incl. GST)
ANZSJA member:	\$80 AUD (incl. GST)
Cancellation:	No refund for cancellation after 28 th February 2026
PD Certificate:	3 hours (Certificate issued after event)