

The Opus

In *The Anatomy of the Psyche*, Edward Edinger lays out the 4 stages and 4 operations of the alchemic process.

The 4 stages are:

- Calcinatio--fire
- Solutio--water
- Coagulatio--earth
- Sublimatio--air

These 4 elemental stages can be seen as landscapes with networks of images and symbol systems, networks of accumulated experience you can refer to. Sometimes these landscapes are independent, sometimes they are connected, and sometimes overlapping and throughout the Opus, we have to circulate through them again and again.

The 4 operations are:

- Circulatio – repeating, circling around
- Mortificatio – defeat, death and resurrection
- Separatio – differentiation
- Coniunctio –union

These operations occur in each stage.

Reading list

Anatomy of the Psyche: Alchemical Symbolism in Psychotherapy by Edward Edinger

Transformation of the Psyche: The Symbolic Alchemy of the Splendor Solis by Joseph Henderson and Dyane Sherwood