

WELCOME TO
THE GOLDEN LIFE



YOUR INTRODUCTION TO
BECOMING THE ALCHEMIST





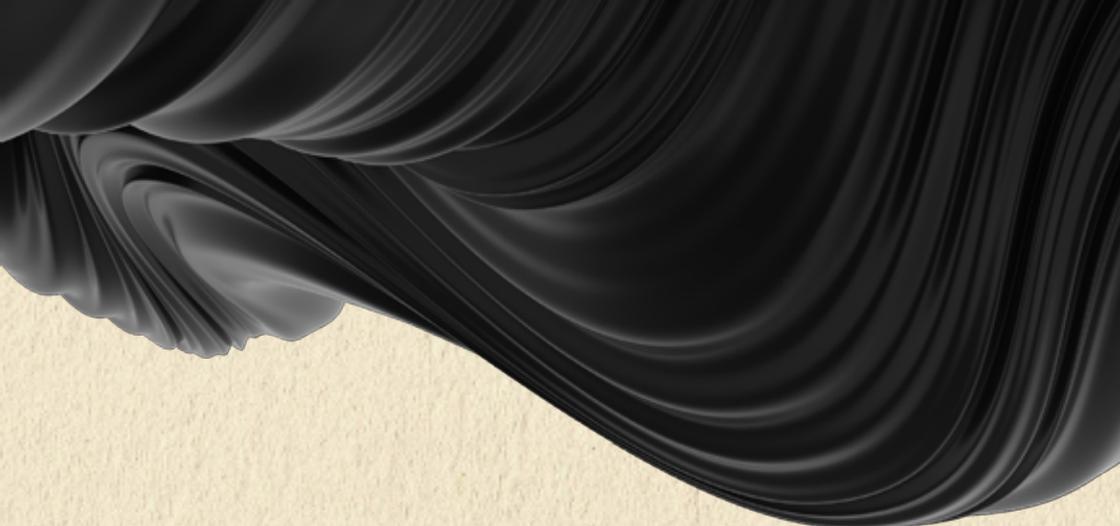
YOU ARE
BEING HUMAN,
NOT A HUMAN BEING.

LET US EMBRACE THE ONLY
ABSOLUTE TRUTH
OF WHO YOU ARE.

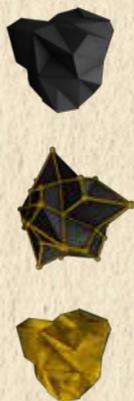
A BEING MADE UP OF THE
INFINITE ENERGY OF
THE COSMOS.

IT IS TIME TO BREAK FREE
OF YOUR LIMITED PERSEPECTIVE
&
BECOME WHO YOU
TRULY ARE.

THIS IS THE PROCESS OF
BECOMING A FREE &
POWERFUL
CO-CREATOR.



YOU ARE THE
ALCHEMIST





**MAY WE TRANSMUTE TRAUMA INTO GOLD,
SHAME INTO JOY, GRIEF INTO CELEBRATION, GUILT INTO
PEACE, DEPRESSION INTO APPRECIATION, RESENTMENT INTO
GRATITUDE, RESISTING INTO ACCEPTING, STRUGGLE INTO
FLOW, SEARCHING INTO EXPLORING, DESIRE INTO CREATION,
LIMITATIONS INTO BOUNDLESSNESS, SEEKING INTO BEING,
*AND ALL TRACES OF FEAR INTO FAITH.***

WHAT IS THE GOLDEN LIFE?

A portal to assist humanity in
embodying a Soul Centric Life.
This is mainly done by teaching the
Art of Transmutation.



The Golden Life's mission is to expand perspectives and empower everyone with the freedom to live a more fulfilling life. The goal is to transform healing into a fun process of discovery. Where we can counterbalance the hardships (or valleys) in life by consciously creating more peak experiences.

Everyone has the ability to become the Alchemist by walking the continual upward spiral to embody our highest potential. To be the Alchemist, one pursues crystalizing a Soul Centric lens of life and practically walking the intersection between integrating our humanity and transcending into higher states of awareness.

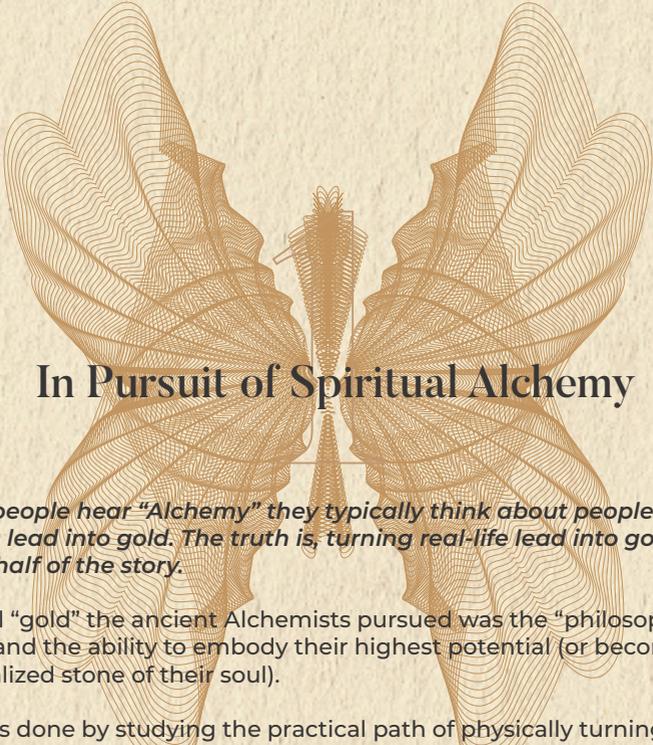
"May you master the ability to transmute what no longer serves you and manifest inner and outer gold. May you play the game of life all out, become your Golden Potential, and make the world a more beautiful place for all."

-David Gilbert, Founder of The Golden Life



YOUR GUIDE TO THE GOLDEN LIFE

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In Pursuit of Spiritual Alchemy

When people hear “Alchemy” they typically think about people turning lead into gold. The truth is, turning real-life lead into gold is only half of the story.

The real “gold” the ancient Alchemists pursued was the “philosopher’s stone” and the ability to embody their highest potential (or become a crystalized stone of their soul).

This was done by studying the practical path of physically turning lead into gold. Yet, during the entire process, the True Alchemist was applying the principles to their Mind, Body, and Spirit.

The Golden Life looks to share the principles of this secret tradition with the masses. We all have the ability to embody a Soul-Centric perspective of life.

*We can choose to see we are always
in the field of infinite possibilities.*

*We can listen to the infinite
intelligence of the universe.*

*We can honor the truth we
are multidimensional beings.*



Master the Art of Transmutation

Alchemist: *Someone who transforms things for the better.*

By practicing and mastering the art of transmutation we can transform that which no longer serves us. This is a skill we can develop to build our resilience and become a powerful Co-Creator in life.

Integration

As we practice integration, we begin to embody a new way of being. This means we change the way we think and act in the world, ultimately embodying our perfectly imperfect humanness.

Embodiment

Organization of elements into a coordinated, harmonious whole. We can lose aspects of ourselves with traumas or get glimpses of potential through insights. The first step to unity is the integration process.

Crystalization

Finally, we crystalize into a new being. As we walk in the gnosis of who we are and what we are, we walk in freedom. During the crystallization process, we no longer have to think or act about who we are, we are fully being it.



Collect Your Soul Gold

Underneath every painful and traumatic experience lies the equivalent in gold. This gold is our most sacred treasure, for it shapes who we become and our view of the world.

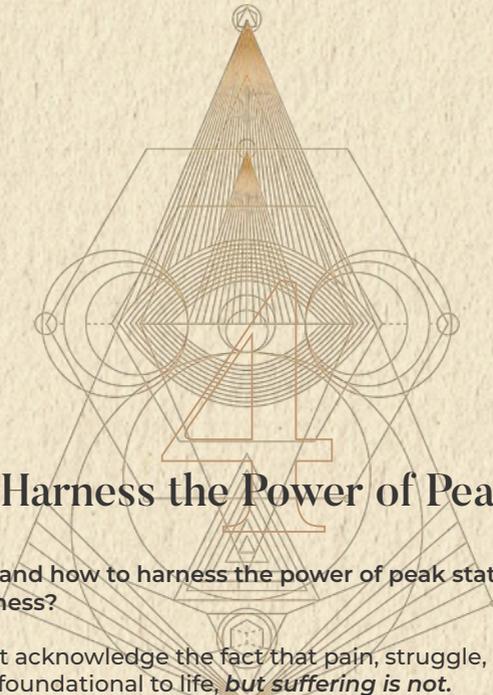
Soul Gold is the lessons, experiences, and growth we gain in life. It is the only treasure we get to take with us after we die.

Underneath every peak and valley, there lies Soul Gold. It is up to you to discover it by first allowing yourself to experience and feel it fully. Then you can ask yourself, "what can I learn from this?"
(This is the process of alchemizing experiences into Soul Gold)

In everyday life there lies all kinds of gold flakes to be collected. It's the experiences we typically overlook, but will look back upon on our deathbeds (like a great meal with loved ones or a beautiful sunset).

Your Soul Gold can not be shared with anyone, but it is intended to shine as bright as possible for all to see. By sharing your story, you help others get through the struggle called life.

If all of mankind learned to honor our Soul Gold, we would no longer run from our trauma but instead lean into it.



(Safely) Harness the Power of Peak States

Why understand how to harness the power of peak states of consciousness?

First, we must acknowledge the fact that pain, struggle, and hardship are foundational to life, *but suffering is not*.

By understanding how to cultivate transcendent experiences we empower ourselves with wider perspectives on our problems.

Whether it is losing a loved one, experiencing a traumatic incident, or feeling the suffering others have experienced, all of our painful experiences have something to teach us.

By understanding how to activate peak states on demand we can live with confidence and resiliences that in the hardest of times, we still have the ability to briefly transcend our situation, and potentially grab the nuggets of inspiration or new solutions, healing, or connection we need to move forward.

As valleys are inevitable, we also have the ability to chase the peaks more consistently. Peak experiences is the fire that Prometheus stole from the Gods. They are the moments of ecstasis that make life feel worth living but be warned it is easy to get burned.

As you become the Alchemist, remember embodiment comes first. Peak state empowers us, they give us the ability to be more resilient and give us the power to transcend on demand. These powers come with great responsibility and are not to be taken lightly.

IN LIFE THERE ARE PEAKS & VALLEYS...



How do we master the ups and downs of life? By learning how to integrate the valleys and navigate the peaks.

Valleys are the seasons of life that consist of struggle, hardship, and challenges. Peaks are the moments in life where we transcend our daily lives and have a deeply meaningful experience. We can practice the conscious creation of peaks to counterbalance the inevitable valley.

This is done by understanding and implementing the protocols that unlock peak states on demand.

PEAK STATES 101

01. NON-ORDINARY STATES

Peak States are known as Non-Ordinary of Consciousness (NOSC) or Altered States. The term "Peak Experiences" was coined by Abraham Maslow and was once thought to be only reserved for the

02. MOMENTS OF ECSTASIS

"Completely remove" – to stand outside oneself and bring into a state of ecstasy (rapture) – like a person "carried out" in trance-like amazement. This state of mind reaches far beyond the powers of ordinary perception.

03. PROVIDES CATHARSIS

"Getting beside oneself" provides opportunities for healing. We transcend our daily hassles to be reminded of the infinite mystery of the cosmos. This also builds our resilience to overcome daily

04. AUTOTELIC

This means the experience is rich and deeply rewarding. Something we are intrinsically motivated to do for the sake of the experience. These are the moments that inspire us to choose the totality of

05. DEEPER CONNECTIONS

During moments of transcendence the default mode network deactivates and we feel "oneness" with something beyond ourselves. These brief moments connect us with our cosmic bodies and

06. OFFERS TRANSCENDENCE

Space creates the potential for new possibilities. We choose to transcend on demand so we may sink deeper into our humanity by embodying our transcendental insights.

COSMIC CONNECTION

— We are energetic beings having a human experience through our physical bodies. Peak States allow us to transcend our ego identity and unite with our cosmic self. Imagine a world where we all have access to the infinite potential of the universe...What will you create?





BECOMING THE ALCHEMIST

Harnessing the Power of Peak States

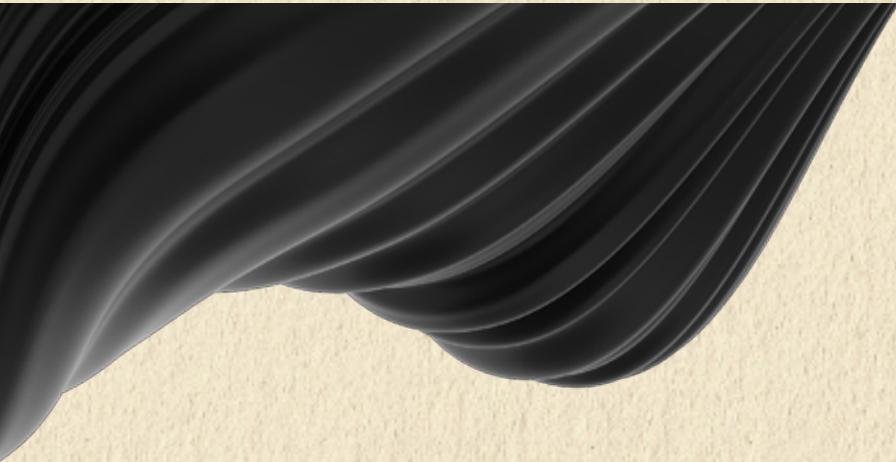
Imagine a world where we all have access to higher states of consciousness. This becomes possible when we all learn how to safely explore peak states.

First, we must understand our biology and the practical aspects that assist us in feeling a sense of ecstasis. By supersaturating our bodies with neuro-feel good chemicals, activating the endocannabinoid system, intentionally boosting vagal nerve tone, controlling our breathing to upregulate or downregulate our nervous system, pulsing energy through our bodies, and controlling aspects of our external environment, we hold the keys to transcend on demand.

Now this power comes with great responsibility. Escatic states are some of the most addictive states known to man. If we do not practice discipline or hold embodiment in the highest regard, we may get burned “touching the bright light of ecstacy.”

This is why we must become the Alchemist that looks to transmute the access to peak states of conscipusness into our daily lives. Otherwise, we may find ourselves craving to spiritually bypass life or become ungrounded due to the expansive state of transcendence.

In the next pages, you will learn about some of the various modalities, that when intentionally stacked together, will guarantee some form of a transcendent experience. Keep in mind, that not every modality is for every person.



Guidelines:

Rule number #1: Make Haste Slowly

Start slowly stacking practices, and build after you integrate each experience.

Know the 3 Most Accessible Modalities

The 3 foundational practices that we all have access to are breath, movement, and music. Combining all three is a great practice to refine your abilities,

Stack Practices for Quicker Access

As you advance your skills you can stack more practices on top of each other. The intention behind this is to create a practice that allows you to transcend without taking too much time with preparation or coming down from the experience. This is why breath, movement, and music are a great foundation to start with.

Manage Risk To Reward Ratios

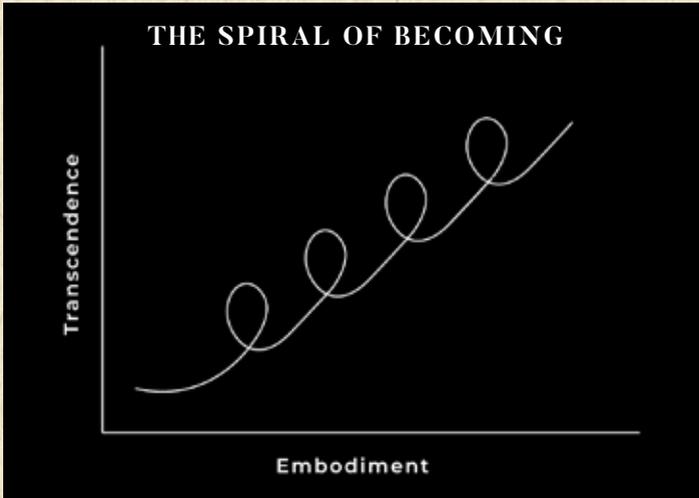
Meditation is a low risk, high reward as a daily practice. While a plant medicine retreat is a high risk, high reward practice great for a one time experience out of a year. Keep low risk modalities for continuous access and high risk activities with large amount of space inbetween.

Schedule Peaks, As Well As Abstine

Make sure you do not get addicted by creating intentional space between every experience for integration. Also a monthly sabbath from the use of any substance or habit that is highly addictive is recommended.

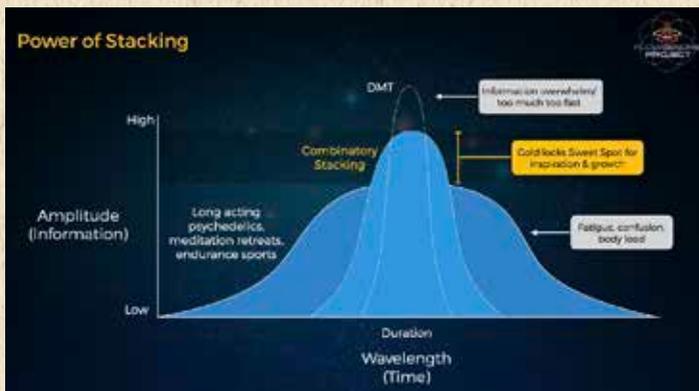
Walk The Middle Path of Embodiment & Transcendence

First we must sink into the depths of our humanity before we can walk fully in the light. The path of becoming is an upward spiral that starts with embodiment of our humanity and transforms with transcendent experiences. We must learn to integrate the peaks before we journey into the next one.



Why do we stack modalities?

Stacking modalities allows us to hit the “goldilocks” sweet spot for inspiration and growth. Profound peak experiences can take enormous amount of time in the pre and post preparation. When we practice intentionally stacking practices we can gain the insights we need, and if done right, potentially even on a weeknight.



Courtesy of Flow Geome Project. For more information, read Recapture the Rapture written by Jamie Wheel.

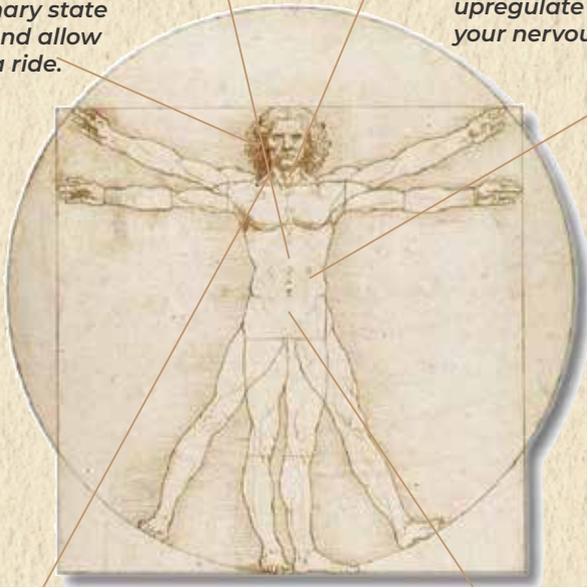
How to Supersaturate Your Biology for Ecstasy

Increase endorphins, dopamine, nitric oxide, oxytocin, and serotonin.

Activate endocannabinoid system and boost vagal nerve tone.

Use the power of music to disrupt your ordinary state of consciousness and allow it to take you on a ride.

Alternate the ratio of oxygen, carbon dioxide, and nitrogen to upregulate or downregulate your nervous system.



Courtesy of Flow Geome Project. For more information, read Recapture the Rapture written by Jamie Wheel.

Engage in high flow state activities to spike brain waves into alpha and theta, and intentional spikes into gamma or deep dives into delta waves.

Pulse energy through your nervous system.

COMMON PEAK STATE MODALITIES

01. Breathe

Category: Breathwork

Prana: the Sanskrit word for the cosmic energy that is the essence of our existence. It is the vitality within us. Deep breathwork can release DMT and provide a highly transcendent experience.



02. Movement

Category: Embodiment

Humans have been known to enter trans states through dance for thousands of years. Our bodies are portals to higher states of consciousness. We can move our way into a trans like altered state.

03. Music

Category: Music

Music moves us so deeply, we may feel it in our bones. The right playlist alters our state of consciousness to the tone and emotions played through music.



04. Sacraments

Category: Psychedelics

Substances and psychedilcs will provide altered states. When combined intentionally and responsibly, they can amplify any peak experience.

<THIS IS NOT AN ENDORSEMENT FOR ILLEGAL ACTIVITY>



Meditation

Category: Meditation

The go-to by Monks and Yogis for thousands of years. Meditation is one of the safest peak state modalities because we



Flow

Category: Flow State

The most common peak state that we all have access to is flow. The art of being fully present, absorbed by the moment, and fully engaged opens us up to higher levels of awareness and feelings of connection.

WARNING:

-- <WE HAVE THE ABILITY TO CREATE THESE HIGHLY ADDICTIVE STATES ON-DEMAND. INTENTIONALLY STACKING PRACTICES IS LIKE PLAYING WITH FIRE.

USE INFORMATION RESPONSIBLY.

JOIN \ \ WWW.GOLDENLIFE.COMMUNITY \ \ TO MEET OTHER ALCHEMISTS, READY TO SHARE NOTES AND HELP KEEP YOU FROM GETTING BURNED>--



Sexual Simulation

Category: Sexuality

Sexuality is what most think of as an ecstatic state for good reason. This state can be used intentionally to connect with our partners and provide transcendent experience.



Novelty + Nature

Category: Rich Environments

New environments (ie nature) can provide the right catalyst we need to experience profound awe or wonder. Combine that with prolonged activity that releases endorphins and gets us out of our ordinary state of consciousness for a deeper experience.



Visit the online portal



www.goldenlife.com

Take your journey through the Art of Transmutation

Visit the website for a “choose your own
adventure” to guide you with transmuting trauma,
integrating insights, and navigating peak states!



www.goldenlife.com/chooseyouradventure

YOUR EXCLUSIVE INVITATION

www.goldenlife.com/experience



THE GOLDEN LIFE EXPERIENCE

This is your personal invitation to The Golden Life Experience. Choose from a fully customized day, to the full three days of peak experiences, healing modalities, and personalized coaching protocols. No two journeys are the same, but every adventure includes:

- Be personally guided through the process of Transmutation and empower yourself with the ability to transform trauma into “Soul Gold.”
- Understand how to safely harness the power of peak states and walk away with a customized approach to access more on demand.
- Be initiated into the world of the Alchemy, and begin to embody a Soul Centric perspective of life.
- Learn how to access the field of limitless possibilities so you can access more insights to solve your daily problems

This experience is for:

- Those who have mild to moderate trauma to integrate (please seek immediate help if you are experiencing severe trauma)
- Those in need of new insights to creatively solve problems
- Anyone experiencing crippling burnout and is ready to recharge the mind, body, and spirit.



THE ALCHEMICAL INITIATION

Understand the process of how we transmute insights, trauma healing, or deeper connection from transcendental experiences into everyday life.



Learn how to pursue the sweet spot between transcendence and embodiment. Walk away with a gameplan to soar safely and not get burned by “stealing the fire (of peak states) from the Gods” like Prometheus.

Enjoy an intentional space to rejuvenate the mind, body, and spirit. This is a great time to reflect on where you are in life and where you intend to go. Use this time to consciously create the next chapter in your life.



Check out the Online Store!

www.goldenlife-shop.com



Check out our online store for products that will assist you on the Alchemical Journey.

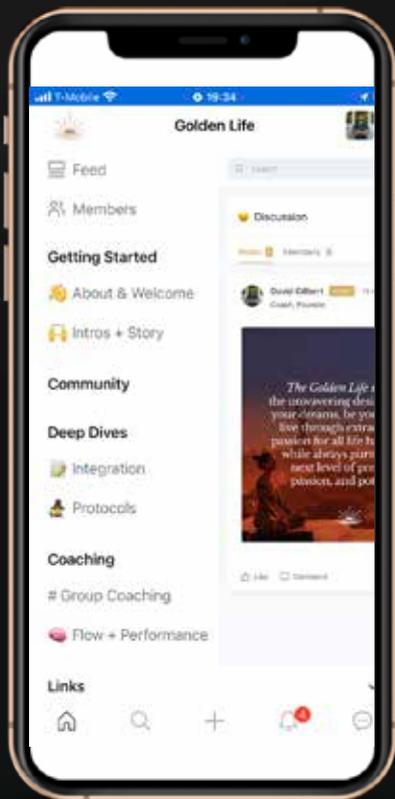
Show your support by grabbing some Golden Life swag!



Explore the unique art products to assist you embodying a more Soul Centric life.

Meet Your Fellow Alchemists

Join the Online Community!
www.goldenlife.community



Want to learn more,
share your insights, or find
an accountability partner?
Check out our online community!



Scan the QR code or visit:
www.goldenlife.community

BRING
HOME
THE ECSTASIS

Take the practice home with the power of music and use our custom playlists!

Tune in on Spotify @TheGoldenLife for our favorite tunes of the moment that pair perfectly with your Peak State Practices.

Scan to Play: Use the camera in the Spotify app search bar to scan this code and listen to the "Peak State Activation" playlist.



FREQUENTANTLY ASKED QUESTIONS

Q What services does the Golden Life exactly offer?

Online education, in-person experiences, one-on-one coaching and products to serve you on the Alchemical journey!

Q Is the Golden Life Experience a great alternative to therapy?

If you are experiencing severe or crippling trauma, seek professional help! The Golden Life Experience will assist one in reframing the lens in which we view our traumas, but should not be the first step in the healing process.

Q How can I stay up to date with the latest offerings?

Visit www.goldenlife.com and sign up for the newsletter or personally share your info with David at david@goldenlifecoaching.com

Q Is the Golden Life looking for help or collaborations?

Absolutely! Are you (or know someone) in the healing or personal development space? We would love to co-create or be connected. A major goal is to build a physical Sanctuary in San Diego to assist the masses in healing and personal development. We are looking to partner with others who share the same mission.

Q Where can I learn more about Peak States?

On our website as well as www.flowgeomeproject.com or read any of Jamie Wheals books. Jamie is the master in regards to peak state practices and what he calls "Hedonic Engineering."

More questions? Contact David at david@goldenlifecoaching.com or visit online at www.goldenlife.com





DEAR FELLOW...

KINGDOM BUILDERS,

WARRIORS OF LIFE,

THOSE WHO CHOOSE TO PLAY HARDER ,

TO PLAY WITH A BOUNDLESS HEART ,

TO CREATE AS A POWERFUL CO-CREATOR ,

EXPRESSING FREELY AND BOLDLY.

THOSE WHO PRACTICE SURRENDERING TO THEIR

LIGHT AND SHINE BRIGHTLY .

ILLUMINATING A NEW WAY OF BEING.

IT IS TIME TO LET GO OF FEAR,

AS YOU STEP INTO THE FIELD OF INFINITE POSSIBILITIES .

LET US BECOME LIMITLESS,

FREE,

GOLDEN .



*Join your fellow Alchemists at
www.goldenlife.com*



YOU ARE THE ALCHEMIST

WARNING

— This information is not intended to diagnose, treat, cure, or prevent any disease. Don't do stupid shit. Information for responsible Adults only. Not recommended for those with a history of substance abuse or addiction.

Tread lightly and start slowly when exploring Peak States.