We've been describing the process of integrating a disowned self as follows: “We think of this process as creating a homeopathic tincture of the disowned self. Take the person who carries this self (let’s call her “Hortense”), and put her into a big pot. Boil it down until you have distilled the very essence of Hortense. This is like the old alchemical procedure of distilling gold from dross. Now put this tincture, this essence of Hortense, into a bottle and take a drop (or however much you need) each morning under your tongue so that you have just a bit of Hortense in you all day. If you find you need more, take more – perhaps take some at night. If you feel you need less, take just half of a drop. But be sure to take it as you need it.”

We find that many people who do psycho-spiritual work have disowned their inner “monsters”, so we wanted to share the recipe for the integration of instinctual energies as described in following poem by Ellen Sullins:

**Tincture of Monster**

By whatever means necessary
hunt it down in the darkness

Never mind the tail whipping
or the flashing fangs
the eyes glowing red or
the terrible jaws that crush

Hold it as you would your child
sing it lullabies and whisper
soothing charms to set
the alchemy in motion

Thank it for its ferocity
praise its scaly armor
its clever wit and speedy attack

Burn the frankincense and myrrh
as tribute to its disdain
of others’ desires and needs

Distill the essence of all this and more
store in a crystalline amphora and
set to catch the light of sun and moon

Mornings take one drop sublingually
that the darkness be with you always.

Ellen Sullins can be contacted at desertsagelpc@cox.net