

# Alchemy without Equipment

## Extraction of Plant ENS

The ENS is the spiritual principle of the plant containing the Fire and Air elements, the healing elements.

Most of the processes we have studied to extract plant ENS requires hardware and presents difficulties that make the extraction unsatisfactory.

If you try extracting from a fresh plant, the water it contains contaminates the undetermined alcohol, therefore it no longer has the capacity to extract the ENS.

If you operate on a dry plant, the ENS is strongly weakened because the plant is desiccated.

Therefore the solution proposed here is to use a dry plant, but to strengthen its ENS during extraction.

### Procedure

- Obtain what the ancients called "calcined tartar." Nowadays, it is all ready and purified under the chemical name potassium carbonate.
- Spread this white powder in thin layers (1/2 cm thick) on plates or dishes made of glass.
- Leave the dishes in a sunny room whose window is open and during the time of year between early March and late September.

The powder will gradually fall into a deliquescent state with a transparent and oily appearance. The ancients called this "oil of tartar." Potassium carbonate during the decay is charged with "Solar Fire", or Fire element lost by the plant during desiccation.

- Filter the deliquescence that is almost always contaminated with dust, falling insects or other particles.

The filtration is done in a **glass funnel** with its base closed by a cotton plug. The funnel is installed above a glass jar that will be filled to about 1/3.

- Pour the powdered dried plant in the deliquescence until the jar is half filled.
- Stopper the jar.
- Place the jar in a warm place, for example above a radiator.

The most suitable temperature is 40° Celsius (104 Fahrenheit) but this is not absolutely essential. In fact, the extraction will only be more or less lengthened.

The liquid turns increasingly dark red. When its color no longer changes we can consider the extraction complete. The red color shows that the ENS is regenerated. This operation has a duration of between 8 and 40 days.

- Strain the liquid in the glass funnel with a cotton ball at the bottom placed over an identical jar.
- Thoroughly drain the solid residue to recover a maximum of tincture.

- Then obtain 90° (180 proof) or better alcohol and use a volume substantially equal to that of the tincture. Pour this alcohol in the tincture jar. The whole must not exceed 2/3 of the volume of the container.
- Place some new potassium carbonate in a Pyrex dish. The amount is about 15 to 20% of the volume of alcohol that has been poured into the jar.
- Heat for about 1 hour in an oven set at 150 °Celsius (300 Fahrenheit).
- Let it cool without opening the door.
- Remove the cooled carbonate and pour it quickly into the jar containing alcohol and tincture and immediately stopper tightly.
- If all the carbonate content in the jar is dissolved or looks pasty, you must complete the operation by adding new carbonate (dried in the oven as above) in the amount of 5% of the volume of alcohol contained in the jar.

The addition of dehydrated carbonate aims to extract:

- from the 90° (180 proof) alcohol, the 10% of water it contains
  - and possibly any excess water from the "oil of tartar".
- The two liquids, alcohol and oil do not mix. Put the jar in a warm place and every day, shake to mix two liquids which, anyway, will tend to separate spontaneously.
- Gradually, the color of the tincture passes through the alcohol that becomes yellow at first then red. The remaining plant impurities gather at the separation surface of the two liquids.
- When the color ceases to evolve, after a month or two, separate the alcohol by decanting. It is desirable to completely fill several small bottles with minimal air above the liquid to ensure their conservation.
  - During the extraction by alcohol, and then for the bottles of extract, pack each in aluminum foil if they are in a bright room.

If you have alchemical equipment you can recover various products from the "oil".

In this extraction process of the plant ENS, celandine and lady's mantle give an excellent product: 10 drops in the morning in a half glass of water provide general wellbeing and tone the body.

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