



# Alchemy of the Heart: Transform Turmoil into Peace through Emotional Integration

By Michael Brown

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## Alchemy of the Heart: Transform Turmoil into Peace through Emotional Integration By Michael Brown

The causal point of the emotional upsets that occur throughout our everyday experiences are not, as they seemingly appear, within the actions of others, or the outer circumstances that trigger them. They are only reflected as such.

The truth of this predicament is however challenging for us to perceive, especially when the world we live in behaves to the contrary.

To accomplish effortless perceptual course-correction, Michael Brown wrote *Alchemy Of The Heart*. This short and entertaining book takes us on a journey which deliberately reflects the various stages of our own life experience back to us. Through this process of self-reflection, through seeing how we enter this world and are energetically shaped by our initial interactions, the perceptual penny drops and we effortlessly have the required 'Aha!' moments.

Consequently, we are awakened to the awareness that the only loving approach available to us for achieving perceptual course-correction, one which simultaneously empowers absolute personal responsibility, is through the conscious application of what Michael calls, 'unconditional felt-perception'. Through consistently applying unconditional felt-perception whenever emotionally triggered, we are empowered to 're-parent ourselves', and so also to systematically integrate our childhood imprinting.

Instead of expending large amounts of energy and resources 'trying to feel better', *Alchemy Of The Heart* effortlessly places us upon a revitalizing pathway that reveals how the quality of our life drastically improves when we instead choose to, 'get better at feeling'.

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About the Author

South African-born Michael Brown has also written The Presence Process. [thepresenceprocessportal.com](http://thepresenceprocessportal.com)

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