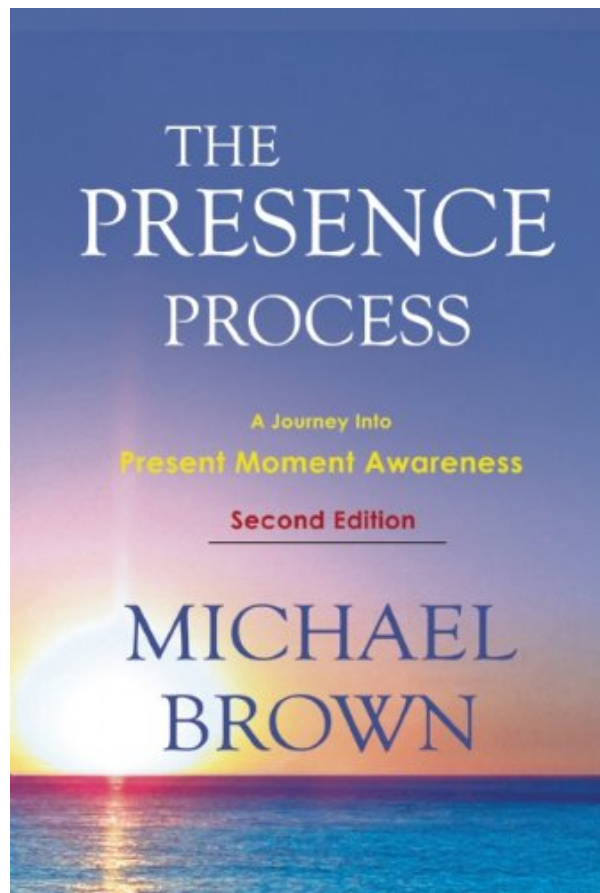
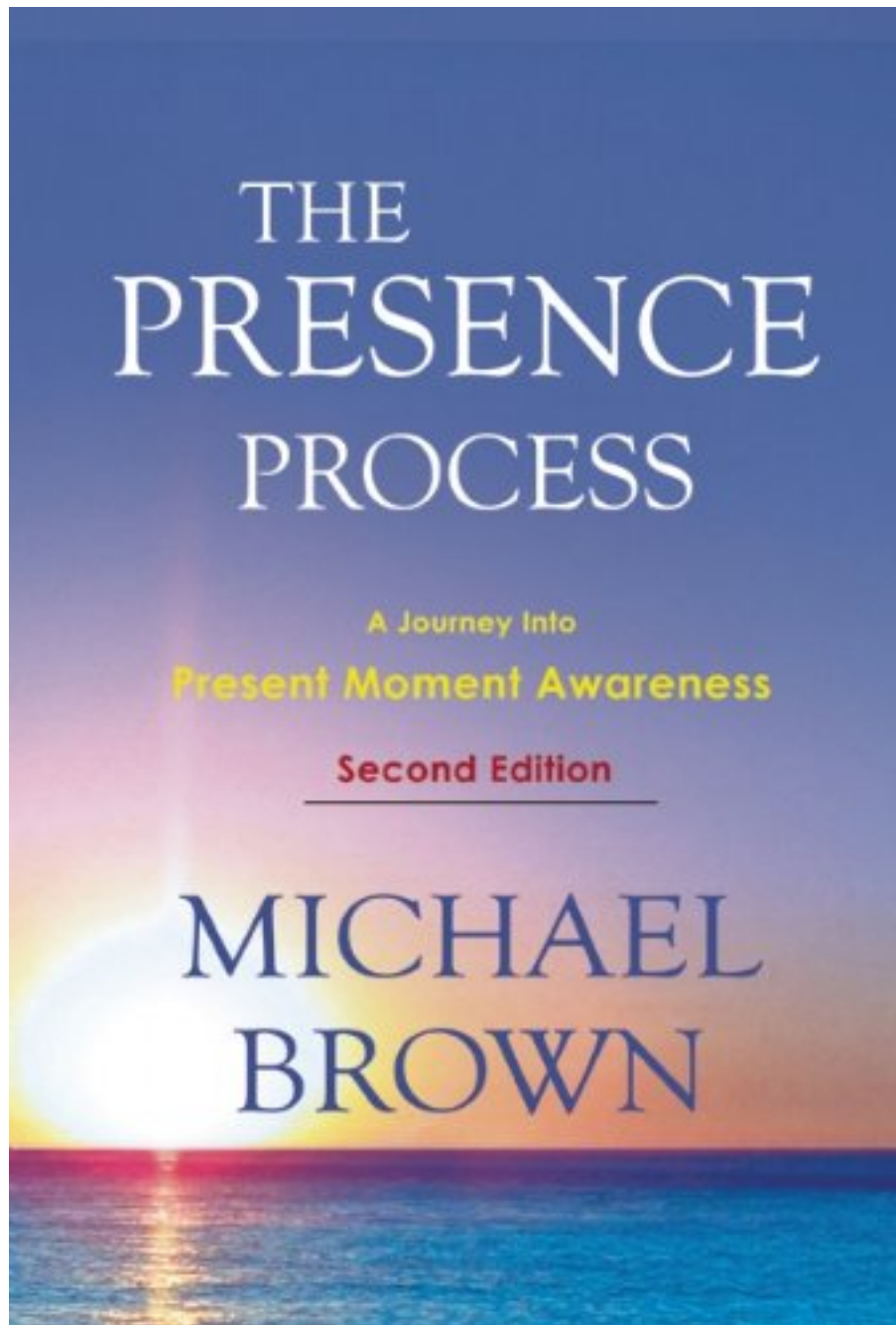


**THE PRESENCE PROCESS: A JOURNEY
INTO PRESENT MOMENT AWARENESS BY
MICHAEL BROWN**



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About the Author

South African-born Michael Brown has also written *Alchemy of the Heart*. thepresenceprocessportal.com

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THE PRESENCE PROCESS: A JOURNEY INTO PRESENT MOMENT AWARENESS BY MICHAEL BROWN PDF

Why is it so difficult to respond consciously when we are upset? Why do we instead resort to hurtful, repetitive, unconscious, reactive behaviors?

The reason is that we all have deeply suppressed emotional imprints that are programmed into us through experience and other's example. This imprinting unfolds automatically throughout the first seven years of childhood. Until these emotional charges are consciously identified and integrated, whenever upset, like programmed organic machinery, we automatically resort to these reactive behaviors.

The Presence Process invites us to aspire to 'conscious emotional response' as a way of life. Reading and applying the simple procedure in this book makes it possible for anyone, anywhere, to transform the quality of their life experience from one of uncontrollable re-activity, to deliberate responsibility.

We all long to be free of our emotional outbursts and to rather experience inner calm responsiveness in the face of difficulty. What The Presence Process reveals through direct experience is that any attempt on our behalf to 'get rid of' our emotional discomfort is misguided. Rather, it experientially reveals to us the miraculous transformation that unfolds when we instead embrace conscious emotional responsibility.

The Presence Process is a guided, self-facilitated journey into taking full responsibility for our emotional condition. It is a step-by-step path for the unhappy child within us to grow up emotionally.

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- 325 pages

Features

- Used Book in Good Condition

About the Author

South African-born Michael Brown has also written *Alchemy of the Heart*. thepresenceprocessportal.com

Most helpful customer reviews

141 of 147 people found the following review helpful.

Open yourself up to the fullness and aliveness of who you really are

By J. Shafer

Michael Brown's 2nd edition of *The Presence Process*, is an amazing work. In this book, Mr. Brown explains what's happening in the human experience at the deepest possible level and he gives a very effective, practical tool to make it better. With *The Presence Process*, we are able open ourselves up to the fullness and aliveness of who we really are. What could be better than that?

Granted, this book isn't for everyone. To be ready to take this journey means that you will have to have convinced yourself that what you've been doing to feel good and get what you want out of life hasn't worked, if indeed it hasn't. And, you would have to be willing or able to really experience the uncomfortable feelings and emotions that the whole of human race has been avoiding for generations.

As an EMDR psychotherapist, I strongly recommend this book to all my clients. Not to `read' it but to `do' it; which means to `feel' life as it is showing up in each moment! The only thing I see missing, in this teaching and in all spiritual/psychological teachings, is effectively addressing a means to resolve the neuro-biology of how emotions, body sensations and beliefs-about-the-self are stored as limbic memory. Indeed, this is how EMDR therapy dove-tails nicely with the method of emotional integration and resolution that Mr. Brown is revealing to us.

Having read the 1st edition and done the 10-week presence process twice, and now reading this edition and doing the process again, I'm really just starting to get it. For one thing, Mr. Brown is writing on many levels. For me, each time through The Presence Process has been like reading an entirely different book!

Repetitious? Yes.

Indeed, his repetitions can certainly create dissonance for the mind, which is a meta-teaching in itself. When that happens, notice the resistance to, "He's, telling me this again", release the messenger (frustration towards the author), get the message ("this uncomfortable feeling is me"), and then `feel' it without condition. In return, insights, new understandings, and emotional resolution can slip unnoticed into awareness, often bringing with them a new perspective and way of being in life.

This book offers movement and direction towards emotional freedom, which comes through facing internal emotional discomfort head-on. Presence is used as the solvent for receiving what is showing up in our lives as what-is-required and learning to effectively be in that state of apparently negative emotional felt-resonance overtime is the Process; hence, The Presence Process - it's a life changer.

186 of 189 people found the following review helpful.

If you are feeling drawn to this book please buy it!

By khp

After reading a lot of Eckhart Tolle's work I found The Presence Process by searching for related work. The reviews on this book were/are nothing short of exceptional, so I added it to my cart. When it came, I have to admit initially I was not impressed... the writing was repetitive and vague, and I didn't yet have the capacity to digest its contents. But because I had an idea of where he was going, I proceeded to read through it. This was my first time through the "process."

A little bored, I would read through the weekly chapters and go about my business. Then slowly, it would dawn on me that I was unconsciously doing exactly what he had described in the chapter. I began to realize how much of my actions (and reactions) I was unaware of -- acting out of conditioned mental and emotional reflexes. It is so true that this book must be EXPERIENCED! There is no way to digest it mentally... to understand it with the intellect.

As the weeks went on, I found myself melting... thawing out places I didn't even know were there. My life was changing in ways imperceptible to anyone but me. And I was simply reading through it! By the 8th or 9th week I was hooked and already planning my second time through, where I would complete it as directed (which basically only added a couple breathing sessions per day). But I also needed to quit drinking in order to experience it completely (something I did have the courage to do after the first 10 weeks).

I just started week two of my second time through, and am in complete awe at the depth, clarity, precision, gentleness, and compassion of this text. It is one of the most beautiful and exceptional books I have read in my life. But let me say what he asks you to do is not EASY. And it must be done alone. It is a self-facilitated process that requires courage and humility, and will return to you 10 fold what you put into it. That is why I say, if you're on the fence, or if you've looked at it and not been impressed, give it a chance. Just read it cover to cover and see for yourself.

70 of 75 people found the following review helpful.

Spiritual Diamond

By Lightwright

This book deals with accessing the unconscious, which is not an easy thing to do. "What is good that is easy?" , I'd ask. Many years ago I had an experience of "Insight" via a convoluted trail. The effect of it imprinted upon me and allowed me a "glimpse" into what had formerly been unconscious This prior experience granted me great insight and helped to change my life, but as I'd not signed up for this out of my own volition in some way, I was only eventually able to hold on to intellectually.

When I encountered the words of Michael Brown while experiencing some real discomfort, I knew that what I was reading and hearing from this author was authentic and true. I recognized this from my prior experiences. This time I was ready to take the voyage within.

This is a very delicate subject of the utmost importance to each of us as humans who deserve to be able to enjoy our lives that we have that capacity for. Society, as it has evolved, is currently unable to support us in this endeavor. For this reason the writings of this author are all the more important.

The initial presentation might seem repetitive, but he has qualified this and my experience has been that it is with great and delicate attention that he does this and for no other reason. Trust in so many "gurus" has disappointed us in the past perhaps but then the past is the past and this is something that is available in the present. He does not endeavor to be anyone's guru but his own.

What are the odds that EVERYONE is out to con us? Isn't that a little radical, extreme?

This is the most earnest offering I've ever personally encountered. His vids on You Tube allow you to judge for yourself.

When we improve ourselves and our experience of life, we are able to BE in a way that can set an example in a world that is all too often in search mode . Michael Brown has experienced the harmony of Balance and has set out on a steep and rocky path to share it with people who need the repetition of a language perhaps because they have ceased to be able to hear even when they listen.

I'm currently doing the Process with the intention of releasing the gravity of my past and embracing the future with less fear. In a world where we are so time impoverished this seems to be a valid and well invested expenditure of time for me.

Namaste indeed!

See all 228 customer reviews...

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