



The Presence Process - A Journey Into Present Moment Awareness

Michael Brown

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The Presence Process is not about changing who or what we are. This is impossible. Instead, it is about releasing our attachment to our manufactured identity so that we may gently return to an awareness of our authentic Presence. It is about moving from pretence to Presence. It is about consciously connecting with that aspect of our Being that always remains constant. It is about honoring that aspect of our Being that is always present. It is not about becoming something or somebody else. It is about remembering and experiencing who and what we really are and have always been.

The Presence Process is not about changing the nature of what the stars have marked on our forehead, hands, and feet. It is about waking into the fullest potential of each moment that is already destined. It is about responding to our life as it is unfolding right now and not reacting to it as if something else was supposed to be happening. The Presence Process intends to reveal to us that our mistaken desire to change what is happening to us in any given moment is usually born out of an inability to show up and fully enjoy the wonder of our life experience as it is right now.

The Presence Process awakens within us the awareness that it is in the nature of our interaction with what is happening to us right now that we sow the seeds for what is to come beyond the borders of this life experience. It assists us to see that the quality of the seeds that we sow in any given moment is very different depending on whether we choose to react or to respond to our experiences. Reacting to our experience means that we are making our decisions based on what we think happened to us yesterday and what we think may happen to us tomorrow. We are only responding to our experience when we make choices based on what is happening to us right here, right now. It is only possible to respond to our experiences when we unlearn the behaviors and belief systems that lead us into reaction. This "unlearning" is what The Presence Process assists us to accomplish.

There are no failures in The Presence Process, as it is an individual journey driven by commitment, curiosity, and intention. It cannot be experienced for someone else or because of someone else. Activating present moment awareness is an individual responsibility. It is therefore an experience that is by nature immune to comparison or judgment.

The Presence Process is not an end to anything; it is the continuation of a lifelong journey that we have already been making into the heart of our own present moment awareness.

The Presence Process - A Journey Into Present Moment Awareness Details

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Author : Michael Brown

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From Reader Review The Presence Process - A Journey Into Present Moment Awareness for online ebook

Sheila says

This is the ONLY book you will ever need to become the person you were meant to be! Michael's Presence Portal website has tons of free downloads to use as companion books for the process. In 10 weeks you will be a new person.

Sheila says

I'm in my second reading and so appreciate the insight and the work. It takes courage, and faith. I read another review from a Christian perspective; I too am a Christian, and Browne's language doesn't offend me or put me off in any other way. A rose by any other name is still a rose. I highly suspect that Presence is not offended by being referred to as Presence instead of God or Holy Spirit. It is what it is. Thank you Michael Brown.

B.N. Carman says

This book is a must-read for everyone seeking emotional maturity so that you no longer end up in emotionally-distraught states. If you suffer from illnesses (curable or incurable), addictions, you feel like your life's stuck, or you feel awful or hopeless, this book's process is what you're looking for.

Everyone can benefit greatly from this book. And yet 99.999% of people on the planet don't know how to do what this book teaches--emotional processing. It's the most important thing anyone could ever learn in life: how to love oneself unconditionally so that one's dysfunctional emotions (fear, anger, grief, and any mixture of them) will integrate. The more a person integrates, the more they feel whole, like their authentic self. Their life balances out, and when tough times come, they're not triggered by them emotionally anymore. Or if they are triggered, they know exactly how to deal with those triggered emotions so that they don't get overwhelmed and go into a downward spiral.

I was good with psychology and knew myself pretty well before I started this process. But no matter what I knew about myself, and no matter what emotional work I did, I could never seem to get my emotional issues corrected. No one could tell me how. When I read through The Presence Process and let it guide me through the 10-week process, I saw actual emotional transformation. I didn't fear uncomfortable emotions coming up anymore because I knew how to handle them. In fact, I wanted them to come up. The more they came up, the more I got to be with them unconditionally and get used to them or let them integrate. I had no idea how to love myself unconditionally before I read this book. Now I understand how to do it, and I do it daily in order to help integrate my uncomfortable, dysfunctional emotions that drive my less-loving behaviors. When I actually feel the emotions integrate, it's amazing. I laugh and cry (happy tears) at the same time. It's hard to describe unless you've experienced it. I can be happy and depressed at the same time, which seems counter-intuitive or even impossible, but it's actually not. The point is that even when I feel a depression within me, I'm still content and have no problem with it.

When I finished my first Presence Process, I could feel my emotions much better than I ever had in the past. That made life so much more enjoyable! The process made me better at feeling instead of trying to "make me feel better." Yes, this process has the side effect of us feeling better as we continue to do it, but actually, it's about getting better at feeling. We can finally feel the uncomfortable feelings we've repressed from long ago that have been driving our unsavory behaviors. This reverses our desensitization to feelings so we can finally experience them and process them. Feeling those without condition and without judgment has amazing results. The better we are at feeling everything inside, the better we feel our own innate joy and peace. There's nothing better than that.

I used to go to movies before and I would feel a little bit of emotion and I might shed a tear or two, but that was about it. But about eight weeks into the process, after my first big conscious emotional integration, movies became a whole new experience. I'd watch a movie and feel all of these sensations throughout my body from the emotions running through me. It made movies really cool. It gave life a whole other dimension that made it so much more enjoyable. Music does the same thing to me, as well as powerful scenes in books or in life.

When I finished my second presence process, I felt awful because of all the stuff that it dredged up. But you know what? I didn't freak out about it. I was really excited that all of that stuff had come up and I finally got to deal with it. I enjoyed it. It was tough at times, but not bad, really, because I knew how to deal with the uncomfortable feelings. And I knew all of it was surfacing to help me mature emotionally. The process usually brings up issues to deal with in little bits, but sometimes it brings them up for quite a while. It works like that because we're ready for it and we're asking for it so we can make progress.

The book puts everything in life into perspective, connecting it all so that we understand how everything works and how it's all working together to help us, not hurt us. It flips your perspective on life. I never thought I'd be excited to feel pain, but I am now. When we no longer fear pain, we stop trying to control our life to make it "happy." Instead, we take life as it comes and it's a lot more enjoyable. It's so much easier like that. And we become very unconditionally loving and giving, too.

UPDATE

It's been three years now since I started doing The Presence Process and did five of them back to back, and then continued with the breathing (except for one stint where I was experimenting with not doing the breathing for a while--I edited that into my original statement above). Life is pretty good now. I'm not 100% emotionally mature--that's a long, long process--but I'm doing much better than before and I continue to make progress. I haven't done a presence process in around a year and a half, and I'm not sure I need to bother doing another one. I just make sure I'm diligent about dealing with emotions when they come up and about doing the daily breathing practice in the morning and evening. I've gone through times of depression and anger and who knows what else, but none of them caused me to break down. I took them all in stride and was fairly content through most of it.

Depression is caused by repressed anger. I started out in life repressing all my anger, which caused a lot of health problems and little emotional issues. So finally, that anger is starting to come up--that's what I'm dealing with now. Which means I'm finally confident enough to deal with it. I don't get rid of it or repress it. I actually do my best to contain the anger and keep present with it as much as possible throughout the day. By doing that, I've gotten used to feeling it for long stints without reacting to it. I'm not always successful at that, but I do pretty well most of the time. That's huge progress for me. I used to just stuff anger and end up depressed periodically. That's not good for anyone. Anger is a secondary emotion, always repressing fear along with grief. So I find that when I the anger has been around enough, I'll end up processing the grief during my breathing sessions or when I have some privacy. When it integrates, the anger that was held in

place by it will be gone because it's no longer needed. It has nothing to repress, no reason to attempt to control that emotion anymore. Anger's one of the most difficult ones, so I'm glad I'm finally doing well with it.

Don't be hard on yourself at all and take it slow and easy. You will progress at exactly the speed you're supposed to. No need to judge yourself or your progress in any way. Whatever you do and whatever happens is required.

I highly recommend this book to everyone, no matter what your situation. It can really change the way you approach life and make it a lot more enjoyable.

Fadia Almarzooq says

Best book I have ever read, it really guided me to the way to peaceful mind and spirit.

I read this book twice

and planning to read it a third time soon.

I found the answer of many things I experience and why I face the same situation every time and why I fall in the same problem every time.

Odai Al-Saeed says

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The Goon says

I've read 'The Presence Process' three times now, and each time I did the ten week program. I even joined a group that discussed this book once a week. I've met people who have read, 'The Presence Process' upwards of 15 times. They've got their copies of the book underlined, highlighted, book marked, annotated and adumbrated.

'The Presence Process' is a clear and easy to understand guidebook for a person looking to heal their emotional body and move more into the present moment. I have found the book to be a useful tool for personal growth and healing. It's a good book, with easy to follow instructions that really seem to work!

Lauren says

So my therapist (who I really adore) brought this to my attention. I simply don't have the dedication this "process" insists upon. I'm all for finding time for myself, and I think that integration of trauma is indeed important, however the demands of this work require way too much time, effort, and non-variance. I would start to think, "Sure yeah, I can do a variation of this step, and perhaps find it useful", but then I'd read that unless you do EXACTLY what is written, (which again, asks a LOT), then all of it is for nothing. I disagree

with this. Also, some of the tone is borderline condescending, and often-times anti-medical. It's his way or the highway. All or nothing. I'm putting it down, but will keep it on my shelf until maybe my "me" time becomes more accesible. (Perhaps when Anthony's off to college, haha). I'm hoping to read some other opinions of self-help that can assist me during MY process...not demand I follow theirs.

Diane de Simone says

Many of us have no clue that we're walking around with a layer of pretense; that our hearts are defended; that we're not meeting life as it comes to us, openly, now, in the moment.

We have little clue that we don't have a clue, that we don't have a life, or make a life, but rather we ARE life itself: we're life, we're consciousness expressing and experiencing itself always anew.

You can read books. You can visit favorite gurus. You can meditate twice daily, You can walk the walk for months on end. But ultimately -- in order to strip yourself down to the heart of you, in order to release the immense love and life force that's being held there -- you have to self-facilitate yourself through some process.

Michael Brown, in this book, is offering you a brilliant process, a process I did three times and may work through again sometime soon.

I've been called a healer, a therapist, some folks' guru, teacher, certainly friend -- really I'm merely a lover who knows more now, since working with The Presence Process, than ever before. There was a me before...and then there is a me in the afterwards of this, some four years on. Michael's work begins you on a journey you will never ever regret. He will help bring you gently to your knees in gratitude. And you too will end up knowing that gratitude is the ONLY attitude while you're here alive, as a being showing up as a human life.

Chris says

This got me into a simple form of meditation involving breathing without pausing -- it's amazing how quickly that quiets thoughts.

Dulcinea Contreras says

"The Presence Process" has captured a man's spiritual evolution from awakening to current moment, allowing the reader to relate to the triumphs and challenges along the journey. He takes the reader through his highly integrative spiritual practices as he faced deep physical pain and offers practical steps of energetic pathways that can foster a powerful relationship to oneself and others, creating a strong foundation to one's very own experience of life in a state of awareness. This book goes above and beyond by taking the process from the mental state to the emotional state rooted in the heart, requiring a complete surrender to the human emotional process. Michael is offering an opportunity with his insight, a meaningful and valuable offering to become whole, as a mental, physical, spiritual, and emotional being.

Samara says

Most transformative book I've ever read. It is like doing twenty years of therapy in ten weeks.

Anoud says

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Carole says

After a conversation about how hard it is know what stories were are telling ourselves that keep us mired in the same tired habits of behavior, an acquaintance recommended The Presence Process to me. One can approach this at many levels, but after doing a little exploration about Michael Brown and listening to his overall philosophy and a couple of hours of YouTube.com audio files by him, I decided that I liked his approach and that it was worth my while to read the book and work through the presence process as he presents it. I have been a student of Buddhism for a number of years and have found that the emotional hooks and these old reactions that seem to arise frequently have been very hard to unwind even when I have had a pretty clear insight about their "origin". I easily added the breathing sessions, morning and evening, to my day (why has that been so hard in the past) and maintained my regular hour+ meditation practice. I found the tools in the book useful in priming me to notice when I had reactive emotional patterns come up, and increased my tolerance for allowing myself to simply feel them. I found many of the terms he used more explicit and helpful in my daily musings that the other terms that I have used in the past, and steering clear of intellectualizing I think really helps. I am currently taking a short break and then will recycle through the process again.

Mo says

Read this twice and benefited from the central message in ways that are still proving to be powerful for me a year later. If you're not ready to be accountable for your life and choices, buy it and dip into maybe just the first chapter for now. When the time is right, revisit it. You will learn about yourself, what holds you back, what keeps you stuck (and all the origins of this behavior) as well as how to move toward and through the drama and trauma to be your best self now!

Nely says

This was the best 25 bucks I have ever spent. It's a miraculous process for anyone who wants real change. It does take a whole lot of guts to enter the process and it's a book that'll find you when you are ripe for the work. The process itself is very simple. Once you recognize the causal point of your distress, it's simple

enough to change. However, your fear, anger, and grief will be brought the surface to be integrated. Staying conscious through the storms these emotions are going to stir is the most challenging part of this work. By the time you finish the 10 week process, you'll feel like you've lived ten lifetimes. This book will also unravel why affirmations and the advice given in books like the "Secret," doesn't always work. It's not for everyone, but for those who do decide to take the leap, life will never be the same.
