



The Presence Process: A Journey Into Present Moment Awareness

Michael Brown

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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 and re-activity 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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