

In times of great personal sadness and uncertainty this book offers the tools and perspectives that can help you get your life back on track.

- Bishop Jordan Brown

I've witnessed the depth and authenticity behind his work. The teachings in *Your Alchemy Map* are grounded, compassionate, and genuinely transformative. This book lights a clear path for anyone seeking to turn difficulty into growth.

- Scott Stapleton



# Your Alchemy Map

A Visual Guide to Navigate  
Emotions and Transform  
Difficulty into Opportunity

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This book is intended for educational and personal growth purposes only. The practices, reflections, and emotional navigation tools offered here are not a substitute for professional medical advice, diagnosis, or treatment. Always seek the guidance of a qualified healthcare provider or mental health professional with any questions you may have regarding your physical or emotional well-being. Never disregard professional advice or delay seeking it because of something you have read in this book. The author and publisher assume no responsibility for any outcomes resulting from the use of the information contained herein.



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# Preface

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“*Your Alchemy Map*” was born out of a season of my life marked by deep loss, quiet rooms, and unexpected grace. A few years ago, two missionaries from a local church began visiting my home. At the time, I was emerging from a painful divorce and a difficult custody battle that had left me emotionally hollow. Their visits brought a sense of movement into a home that had otherwise grown still, and their conversations opened doors I didn’t yet know I needed to walk through.

They taught me how to pray, genuinely, perhaps for the first time in my life and they introduced me to the scriptures with a gentleness that met me exactly where I was. In the midst of learning to pray and trying to understand the words I was reading, I had a profound spiritual experience. For a brief moment, I felt myself step outside the identity I had built using my body, my mind, and all the stories I had carried for years. In that space, I saw that the pain and suffering I had been drowning in belonged only to that constructed identity—not to the deeper self that existed beneath it.

In that moment, suffering lost its sting. It still existed, but I no longer experienced it in the same

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way. It became something I could observe, navigate, even engage with playfully—like a series of challenges a character encounters in a video game, each one simply another level to move through. That shift changed the direction of my life almost instantly.

The experience lasted only a day or two before I returned to my ordinary sense of self, but its impact stayed with me. I felt strongly that the church, and the presence of those missionaries, had played a role in opening that door. I began attending church regularly, and soon after, I started having early-morning revelations—moments when scripture felt less like something I was reading and more like something I was living. The words came alive, and so did I.

I began writing down these experiences so I wouldn't lose them. Over time, the pages multiplied, and I realized that what I was recording wasn't just for me. It felt like something meant to be shared, something that might help others who were navigating their own suffering, searching for meaning, or longing for a glimpse of the self that exists beyond pain.

That realization is what led to this book. It is a collection of the insights, revelations, and lived

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moments that emerged during one of the most transformative periods of my life. My hope is that, in reading it, you may find something that speaks to your own journey—something that invites you to step, even briefly, beyond the identity shaped by your struggles and into the quiet, expansive space where healing begins.

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# Introduction

## Introduction

## Introduction

Every person, at some point, encounters moments when suffering becomes so heavy, so consuming, that it obscures our sense of who we truly are. In those moments, joy can feel impossibly distant. How do we rediscover it when our emotions seem too overwhelming to bear? This book was written to address that very problem: the quiet but persistent question of how to move through pain, confusion, and emotional turbulence toward a deeper, steadier experience of Joy and Love. Rather than treating emotions as obstacles, this work teaches you how to navigate them with precision, clarity, and glimpse the self that exists beyond struggle.

My approach is grounded in direct experience. As I studied scripture and paid close attention to the impressions and insights that arose within me, I began receiving revelations that reshaped my understanding of awakening, truth, and the nature of inner transformation. **Many of the concepts in this book are illuminated through the teachings of Jesus—not as religious doctrine, but as universal principles that speak to the human heart.** His teachings offer a language of compassion, clarity, and inner freedom that can benefit anyone who seeks to understand their emotions and move toward Joy and Love.

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What qualifies me to guide you through this material is lived experiences. I learned to observe emotions within coordinates of space and time, to recognize the subtle distinctions between Awakening, the Kingdom of Heaven, and the Love of God, and to understand how each state emerges through experience. The insights in these pages were not just studied; they were encountered and lived.

This book is structured to lead you step by step through this understanding. The opening chapters introduce the **Source Circles**—five stages of awareness: Charity, Truth, Awakening, the Kingdom of Heaven, and the Love of God. Each circle represents a deeper layer of perception and presence. Once these foundations are established, the book presents a coordinate-based emotional map called the **Alchemy Map**, which allows you to identify any emotion—subtle, strong, or complex and trace it back to its origin within the Source Circles. Later chapters show how emotional navigation becomes a practical, gentle way to move closer to the center of your being, where Joy and Love reside. And as you move into the inner Source Circles, your creative power becomes most available: prayer, intention, and affirmation gain clarity and coherence, allowing

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you to shape your life from a place of alignment rather than feeling controlled or imprisoned by circumstances.

Whenever a person faces a difficult situation, it is rarely the situation that causes suffering. Many times, it is the emotion attached to them that shapes our experience. Without understanding how to navigate those emotions, our ability to change the situation remains limited. When the inner world is overwhelmed, the outer world feels immovable. The Alchemy Map offers a way to transform these heavy, difficult emotions into more empowering ones. As your emotional state shifts, your clarity, creativity, and capability to manifest naturally expand. In other words, by transforming the emotion, you regain the strength and insight needed to transform your situation.

My promise to you is that this book will offer more than ideas. It will give you tools—ways of seeing, feeling, and understanding—that can transform how you relate to your inner world.

You will learn to:

- Navigate emotions with awareness rather than resistance.

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- Recognize the deeper self beneath your stories.
- Experience moments of awakening that bring you closer to God.
- Cultivate the ability to create and direct your life, rather than feeling controlled or imprisoned by circumstances.

This work is not tied to any one religion; it is for anyone who is open, curious, and willing to explore the teachings of Jesus as a guide to emotional clarity and inner peace.

The Alchemy Map is an invitation to explore that path. To Understand. To Awaken. To return to the Source of Joy and Love.

# How to Read This Book

## How to Read This Book

## How to Read This Book

In the opening chapters, the book introduces the **Source Circles**, each one representing a progressively deeper layer of awareness. These chapters are not meant to be rushed. I recommend moving through them slowly, perhaps one chapter per day, so you have space to absorb what each circle is pointing to.

As you read, allow yourself to *feel* what it's like to experience a Source Circle. Give the core ideas time to settle. Notice where they resonate with your own life and try to connect each circle to something you've personally lived or sensed. This reflection is part of the learning process.

Once you've moved through all five Source Circles and have a grounded understanding of them, then shift your attention to the **Alchemy Map** and the process of navigating it. Avoid jumping ahead. Without the foundation of Source Circles, the Alchemy Map can feel confusing and you may find yourself stuck or unable to grasp how the navigation truly works.

Taking the journey step by step will make the entire framework far more meaningful and intuitive.

## How to Read This Book

# The Beginning of Revelation

## The Beginning of Revelation

## The Beginning of Revelation

When I first joined the church, I committed myself to attending regularly and, perhaps for the first time in my life, truly reading religious scriptures with such involvement. I noticed something unusual was beginning to happen. As I read, a pressure gathered around my forehead, subtle at first, then steadily intensifying as I read. The more I continued, the stronger it became, until I found myself limiting my study to a single chapter each day just to avoid a pounding headache.

But the physical sensation wasn't the only thing that caught my attention. I soon realized I wasn't simply reading the words on the page—something within me was responding to them. At times, it felt as though an inner voice was echoing the passages. Insights surfaced unexpectedly: sometimes connected to what I was reading, other times arriving from entirely different corners of thought. The church taught that the Holy Ghost offers personal guidance, and I came to believe these impressions were its way of speaking through me.

Many of the most striking ideas came in the early morning, in that fragile space between sleep and

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waking. They felt profound, like glimpses into the deeper structure of life itself—yet they slipped away the moment I was fully awake. To hold onto them, I began jotting them down on my phone before they vanished, later transferring them to my computer. Over time, these scattered notes grew into something larger: the foundation of this book.

This book is a record of the revelations I received over that period. Working with the Holy Ghost, I learned, is not only about receiving ideas, but also about living them. Through these experiences, I began to understand what Truth means, what Awakening truly feels like, what it is to glimpse the Kingdom of Heaven, and how overwhelming and transformative the Love of God can be.

## The Clarity of Experience

Imagine someone who has never touched fire. Without the direct sensation of heat, their understanding of fire exists only in imagination. So, when they hear that fire can keep you warm yet also kill you, the statement feels contradictory.

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The mind struggles to hold both truths at once because the experience that reconciles them is missing.

A scientist could explain that fire produces enough heat for skin to react with oxygen and burn, describe how nerve cells signal danger of excessive heat, or even create equations predicting when fire warms and when it harms. Yet none of that matches the simple, transformative clarity of touching fire and knowing its nature directly. Experience is what makes the seeming contradiction understandable. Once you've felt fire for yourself, that single moment is enough to reveal its power and teach you how to work with it.

I've written this book with that spirit in mind. What I share comes from lived experience, and it is those experiences that allowed me to reach the insights and conclusions within these pages. As you read, I hope you connect what you find here with moments from your own life. That connection is what will allow the book to be most meaningful to you.

## Navigating Emotions

The core of this book is a coordinate-based map of emotions called the **Alchemy Map**, structured within the dimensions of space and time. Every emotion a human being can experience can be placed somewhere on this map. By locating emotions within this framework, it becomes far easier to consciously navigate them.

When we want to travel to a distant destination, we rely on a map—whether it’s a paper road map or Google Maps or even a simple list of written directions. All of these can get us where we need to go, but if you’re a visual person like me, a map you can actually *see* makes the journey far easier. With a visual map, you can locate your current position, trace the route ahead, and understand the terrain. The path becomes clearer, the journey feels more manageable, and you’re far less likely to take a wrong turn.

An emotional map works in the same way. When you can identify your present emotional state, what’s dominating your inner experience and place it accurately on the map, the path back

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toward your center becomes clear. Instead of wandering through confusion or reacting out of habit, you gain a clear sense of direction. And because a visual map is easier to recall than a list of written statements, it's something you can bring to mind even in the middle of turmoil. Emotional navigation becomes less about struggling through the dark and more about moving steadily toward clarity, grounding, and peace.

Emotions on the map fall into three categories: subtle emotions, strong emotions, and complex emotions.

- Subtle emotions—such as fear, sadness, superiority or inferiority—arise naturally within the time or space domain.
- Strong emotions—like anger, hatred, pride or shame—emerge when subtle emotions are projected onto a person or situation.
- Complex emotions—such as anxiety, depression, resentment or self-doubt—are combinations of multiple subtle emotions interacting at once.

I will be talking more on these emotions in detail in the later chapters. When a person identifies

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what they are feeling and locates that emotion on the map, they gain the ability to move through it with awareness rather than being overwhelmed by it.

At the center of the map lie the **Source Circles**. Before navigating toward this core, it is essential to understand what these circles represent. There are five of them, each guiding the reader into a deeper level of awareness: Charity, Truth, Awakening, the Kingdom of Heaven, and the Love of God. The opening chapters of the book explore each circle in depth.

Once the nature of these circles is understood, any emotion, no matter how subtle, strong, or complex, can be traced back to its origin and used to navigate to the Source Circles. It is here, at the center, that one encounters God, Joy, and Love. And it is also here that your creative capacity is at its strongest, where intention, prayer, and affirmation carry the greatest coherence. From this center, you gain the ability to shape the direction of your life rather than feeling steered or constrained by circumstances.

## Spiritual Psychology

Psychology, in simple terms, is the study of how the mind works—how we think, feel, and behave. It helps us understand emotions and the patterns of the mind. But the challenges created within the mind can't always be resolved by the mind alone. There is another dimension involved, a deeper source from which our emotions actually arise: the spirit.

Spirituality, in essence, is becoming aware of the nature of the spirit. When we begin to explore this nature, we see that the spirit's primary impulse is expression. As the spirit expresses itself through the mind and as that expression interacts with the world and with other identities, emotions are formed. In this view, every emotion is the result of the spirit moving through the mind.

Once we develop a sense of identity, we begin to move through time psychologically. We revisit the past to remember, interpret, or make sense of our experiences, and this brings up certain emotions. We look into the future to plan, hope, or anticipate, and this generates another set of

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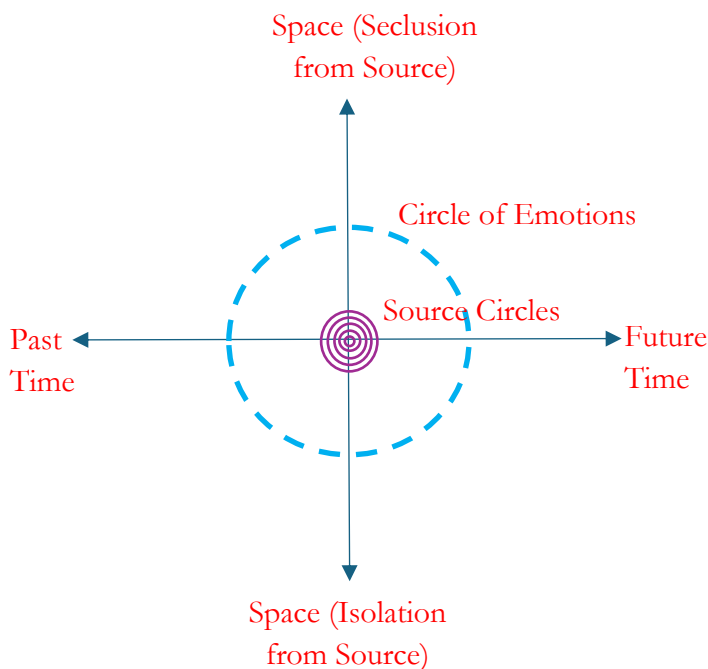
emotions. And because we see ourselves as separate individuals, we compare ourselves to others—feeling superior, inferior, or disconnected, which creates its own emotional patterns.

Over time, these emotional patterns blend, stack, and intertwine, forming more complex emotional states. The Alchemy Map is designed to help recognize these layers clearly. Instead of being overwhelmed by their emotions, they can learn to navigate them with intention and understanding.

Many of the layers within the Source Circles are illuminated through the teachings of Jesus, not to promote any denomination, and not even to teach Christianity. His teachings offer a profound lens for understanding the nature of the spirit. They reveal how the spirit expresses itself, how it becomes obscured, and how we can return to that expression when we feel lost, fragmented, or overwhelmed.

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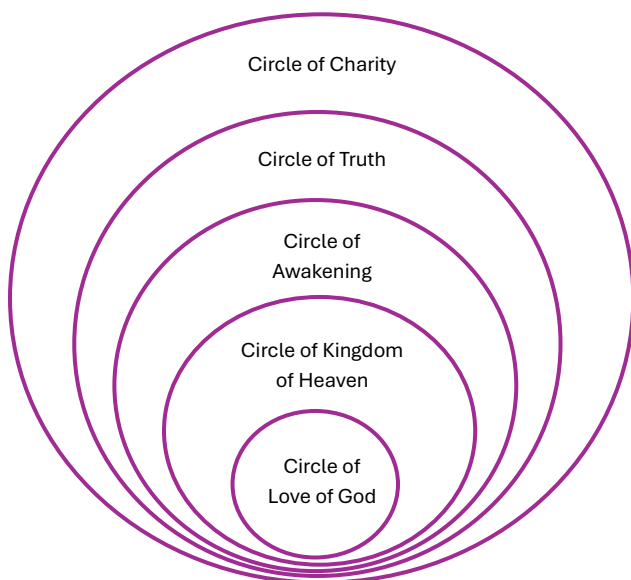
## Alchemy Map (Basic)



Source Circles represent the present moment where you are in a state of unity with God and with all beings and the place where you are trying to navigate toward.

# The Beginning of Revelation

## Layers in Source Circles



# Stage 1: Circle of Charity

## Circle of Charity

## A Path Shaped by Sacrifice

Early in my adult life, I entered into a marriage arranged through cultural tradition. I had very little choice or voice in selecting my wife; the decision was made by my parents and relatives. Because the process moved quickly, I did not have much time or opportunity to truly know my spouse before we began our life together. After the wedding, I gradually became aware that she was facing personal challenges that made things difficult for both of us. At the time, I was living abroad for work, and she joined me there. Since she was not employed, I took on the responsibility of supporting our household and doing my best to be present for her during a period that was emotionally complex for both of us.

As time passed, it became clear that the situation was not improving despite my efforts. I tried various approaches—practical, emotional, and even alternative methods of healing—to create stability and support. Some things seemed to help, others did not, and many attempts left me feeling uncertain about how to move forward. Throughout those years, I was guided by the

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belief that commitment meant trying everything possible before giving up.

Eventually, my focus shifted toward ensuring a stable environment for my young daughter. That responsibility led me to make the difficult decision to pursue divorce. The legal process was long and emotionally draining, and although I sought custody with the hope of providing consistency for her, the outcome was not what I had hoped for. Losing that battle left me feeling defeated and questioning the meaning behind all the years of effort and sacrifice.

## Where Ego Ends, Charity Begins

Jesus taught, *“But when thou doest alms, let not thy left hand know what thy right hand doeth: That thine alms may be in secret: and thy Father which seeth in secret himself shall reward thee openly.”*<sup>1</sup>

His emphasis is unmistakable: genuine charity is quiet, hidden, and untouched by the desire for recognition. Giving becomes a spiritual act only

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<sup>1</sup> Matthew 6:3-4

## Circle of Charity

when it is stripped of ego and rooted in a deeper identification with the oneness of all.

Imagine needing to move a heavy object using both hands. In my case my right hand is slightly stronger than my left, so it naturally bears more of the weight. Yet my body instinctively balances the effort between both hands. This harmony is possible because my sense of identity rests in the whole body, not in either hand separately. An observer would never know which hand worked harder.

But if my identity were divided, if each hand saw itself as separate, the right hand might resent the left: “You don’t work as hard as I do,” “You’re not as capable,” “Why should I help you?” The left hand, in turn, might feel inferior or discouraged. In that fractured state, both hands would lose sight of the shared purpose and fail to accomplish the task.

This is much like how we live in the physical world, each of us appearing in separate bodies with separate identities. When we identify only with our individual selves, our concern rarely extends beyond our own needs or those of our immediate circle. But when we identify with God, the oneness of all, the small, isolated sense of self

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dissolves into something larger and whole. In that state, we act not for personal gain but for the good of all including ourselves.

From this expanded consciousness, the stronger naturally uplifts the weaker, allowing necessary actions to unfold with ease and creating a smoother, more harmonious life for both. This is the essence of true charity. It is not performed to reinforce one's identity but to transcend it. It is the recognition of oneself in another, just as both hands work together without rivalry or pride.

## Growing Toward God- Consciousness

Even if one does not yet feel united with God as a single consciousness, the practice of charity can guide the heart in that direction. Through giving, the self gradually widens into something greater something whole. As we begin to recognize the struggles of others and help them improve their lives, their growth becomes a source of genuine joy for us. This joy arises from witnessing joy in others, and it deepens our sense of oneness with them. Over time, our consciousness expands

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beyond the boundaries of the individual self. With continued acts of charity, we begin to identify with the whole, moving closer to what may be called God-consciousness.

Charity is not limited to strangers, nor does it always involve money. Any act we do for our close friends or family without expecting anything in return is an expression of charity. When we act solely for the benefit of others, free from expectation, the true motivation becomes a desire to experience a deeper unity between ourselves and those we serve.

## Nurturing Charity in Children

It is deeply beneficial to nurture the qualities of charity in children from an early age. Charity does not always involve money; it can be as simple as encouraging children to help someone with everyday tasks without expecting anything in return. They can be guided to notice how their actions ease another person's struggles. When they witness the joy their help brings, they begin to feel a quiet joy within themselves—one that arises from seeing happiness in others. This experience motivates them to continue acting

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with kindness, until seeking the joy of others becomes a natural practice. In the process, their sense of identity expands beyond the narrow confines of the individual self—an essential shift as they grow into adolescence and adulthood.

# Stage 2: Circle of Truth

## Circle of Truth

## When Life Brings You to Your Knees

There was a time in my life when everything seemed to collapse at once. After a long and difficult marriage, I went through a painful divorce. I had a four-year-old daughter, and given the circumstances, I believed it was best for her to spend more time with me. I asked the court to grant me primary custody, but the process was harsh and unyielding. My concerns felt invisible, and I lost.

In the months that followed, more challenges arose—situations that made life even harder for both my daughter and me. Once again, I felt she needed more stability with me, so I filed for a custody modification, trusting that the court would consider what had happened and choose what was best for her. I invested time, hope, and a significant amount of money into the process, believing the truth would matter.

But the court dismissed my perspective a second time. It felt as though evidence carried no weight and everything was tilted against me. By then, the legal battles had drained my finances to the point of near collapse, and I still had substantial child

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support obligations. There was no one to turn to, no safety net—only the stark reality I had to face alone. It was one of the lowest points of my life.

### The Gift in the Darkness

Little did I know that out of my deepest despair would come the greatest gift. After losing the custody battle, grief settled over me like a heavy fog. I was consumed by sadness, unable to reconcile the idea at that time that truth seemed to hold no value in a place meant for justice. My heart was raw, and my spirit felt stripped of all certainty.

During that time, I often turned to a book about angels that I had read on and off for some time. It offered small moments of comfort, a quiet refuge from the turmoil.

One day, as I sat at my computer working from my home, a glowing, white, human-like figure nearly ten feet tall began to appear in front of me. I thought I must be hallucinating and my mind was breaking under the weight of everything. The room around me seemed to fade, yet the figure grew more vivid, more undeniable. Within

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moments, I found myself on my knees, bent forward with my face to the floor. I didn't feel worthy to stand before this presence, or even to lift my eyes toward it. Its feet hovered about three feet above the ground, and its head rose beyond the ceiling. I do not know whether it was a vision or a creation of my mind, but the experience was unmistakably real.

The figure radiated pure compassion. I have never encountered anything before whose mere presence could fill me so completely with compassion. I sensed immediately that this was something that had a higher order of existence than any human form. In contrast, I felt painfully aware of what was radiating from me—anger, frustration, and all the heaviness I had been carrying. There was no hiding from it. The truth of who I was radiating from me, and I felt unworthy in its light. I didn't feel worthy to stand before it, or even lift my eyes, because the sense of unworthiness within me felt overwhelming. If I had lifted my eyes towards it, I could have seen its face, but the weight of my unworthiness was so heavy that all I could do was stare at its feet.

Yet in that moment, something profound unfolded within me about what it truly means to

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radiate truth. I realized that the compassion flowing from that figure was not some unreachable perfection, it was a living reminder that such purity exists, and that we, too, can grow toward it. I also came to understand that worthiness is deeply relative. Among family or friends, we may feel accepted and we feel worthy of who we are. But when we stand before a being of a higher order of existence, the contrast reveals our own smallness, and our unworthiness becomes unmistakably clear. I also realized, in that moment, that unless someone lifted the weight of my unworthiness from me, I could not stand in the presence of such a being.

## A Seed Planted in Silence

The encounter with that figure lasted less than a minute, yet the compassion it poured into me lingered long after it vanished. Instinctively, I felt it was safer to keep the experience to myself. If I had told my family or friends, I was certain they would have urged me to seek psychiatric help. So, I held the experience quietly, almost protectively, as though it were something fragile and sacred.

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In the days that followed, I kept returning to the question of what it means to radiate pure compassion the way that figure had. How does one move from unworthiness to worthiness? How does one align their actions so that compassion becomes a way of existence? These questions stirred something deep within me, and I realized that the first step was taking full responsibility for my choices and for the energy I brought into the world.

After the encounter with the white figure, I felt a depth of outward compassion I had never known—toward people, toward the world, even toward myself. During the encounter, there had been no spoken communication, yet what was within me was laid bare, and what the white figure wished to convey seemed to form itself in my mind. If I were to give its message words, it would be something like: *“If you try to learn about God and Angels on your own, you will lose your way. Seek an established organization, and it will guide you.”*

At the time, I wasn't searching for any spiritual community, so I dismissed the message as a product of my imagination. But life has its own timing and a way of arranging things. Nearly a year later, missionaries from a church approached

## Circle of Truth

me. They spoke about angels appearing to people and offering revelation. I had never shared my experience with them, yet their words echoed what I had lived through. Only then did I realize that what I had dismissed as hallucination was not so different from what others had encountered.

I joined the church, and through it I learned how to listen to the Holy Ghost. Soon, revelations began to come more frequently, guiding me, strengthening me, and eventually giving me the confidence to write this book.

## The Nature of Truth

In those moments with the white figure, I felt as though I existed only as spirit. My body was present, yet I made almost no use of it. My eyes were only half open, yet the image before me was perfectly clear. I was not listening with my ears but with something deeper, something within me capable of receiving meaning without sound. I could not speak, and there was no need to. Everything within me was exposed, unfiltered. Without the body's filter, nothing could be concealed. Who I was simply radiated outward.

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It made me realize how our physical form shapes the way we communicate. Through speech, we choose what to reveal and what to hide, and in that space between words, untruths can take root. But when identity rests solely in the spirit, there is no hiding. The spirit expresses only what is real. It reveals the truth of who you are without effort, without distortion.

Much later, when I began reading the Bible, I understood that this experience had given me a glimpse into what Jesus meant when He spoke of the Truth. He did not speak of truth merely as a moral principle, but as a state of being. If I were to give Truth another name, I would call it the Spirit—because Spirit, like Truth, is what remains when everything unreal has fallen away.

## Truth Will Set You Free

Before my experience with the white figure, my understanding of truth was limited to the simple choice between telling the truth or telling a lie. During my difficult first marriage, I often chose to hide the truth in order to maintain peace at home. Speaking truth usually led to conflicts, so I became extremely cautious about every word I

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said. Because of that, Jesus's teaching that "*The truth shall make you free*<sup>2</sup>" never made much sense to me. In my life at that time, truth felt more like a threat than a path to freedom.

But in the presence of the white figure, everything about me was laid bare. There was nothing I could hide. What I was—my fears, my anger, my unworthiness—radiated from me without any filter. That moment made me realize something profound: if I had been living in a way that filled me with worthiness, then what radiated from me would have been different. The truth of my life would have been something I could stand in without shame.

As people grow older, their awareness often begins to shift naturally toward the spirit. The physical body, once strong and reliable, gradually weakens, and with that weakening comes a loosening of the tight grip we tend to keep on our physical identity. When the body can no longer serve as the primary anchor of one's sense of self, attention is gently redirected inward. In that space, the deeper truth of who they are becomes more apparent. For some, this transition is

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<sup>2</sup>John 8:32

## Circle of Truth

unsettling. As they age, they may develop intense anger, frustration, or emotional volatility. This isn't simply because of the body's decline, but because they have not cultivated a sense of inner worthiness within them. Without that, the emerging truth of themselves feels too raw, too overwhelming and too difficult to face.

When you have cultivated enough worthiness within you, the truth of who you are becomes more liberating. The fading of physical strength becomes an invitation to rest more deeply in their essence. Instead of resisting the truth, they welcome it. Instead of fear or anger, they experience clarity and freedom.

Knowing the truth, experiencing the truth, and expressing the truth are not just moral choices—they are ways of building inner value. When my actions are aligned to build my worthiness, then the truth becomes something I can stand in with confidence. In that alignment, truth becomes liberating.

To be worthy of my own truth—that is the freedom Jesus spoke of.

## I Am the Way, the Truth, and the Life

The teaching from Jesus “*I Am the Way, the Truth, and the Life*”<sup>3</sup> was also very difficult for me to understand at first. If He had said, “I am the way, a truthful life,” it would have seemed more straightforward. Why did He speak of *Truth* and *Life* as two separate things? Isn’t truth simply a part of life? Before my experience with the white figure, my understanding of *Truth* was narrow and mostly intellectual.

After I joined church and started reading bible, I began to see that Jesus was offering Himself as a living example of how to draw closer to the Heavenly Father. He lived in complete alignment with that purpose. When He spoke of *Life*, He wasn’t referring only to existence, but to the actions we take in the physical world—the choices, behaviors, and patterns that shape our earthly existence.

From those actions, something deeper emerges: a sense of worthiness or unworthiness, compassion or resentment, openness or resistance. This inner

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<sup>3</sup>John 14:6

## Circle of Truth

condition is the state of the spirit. And it is this inner state that Jesus calls *Truth*. It is not merely honesty in words, but the spiritual reality that radiates from who we are at our core.

In this light, His statement becomes clearer:

The Way is the path He walked.

The Truth is the state of the spirit that arises from a life aligned with God.

The Life is the outward expression of that alignment through our actions.

In living this out, He set Himself as the example for others to follow—giving equal weight to both the visible life we live and the inner truth of the spirit.

## Circle of Truth

# Stage 3: Circle of Awakening

## Circle of Awakening

## Awakening and Humble Witness

I do not claim to be fully awakened, so I speak from the small but sincere glimpses I have been given. What I do have are a handful of quiet, unmistakable moments—when something in me slipped out of its usual boundaries. In those moments, the familiar sense of “me” loosened, and what remained was a simple, vivid presence that didn’t need a story, a past, or a future.

These openings never lasted long. Sometimes they dissolved within few hours; a few times they lingered through an entire day, carrying a sense of clarity and ease that made ordinary life feel strangely transparent. Eventually, though, the old identification with the body and personality returned, as if gravity had pulled me back into the shape I’ve always known.

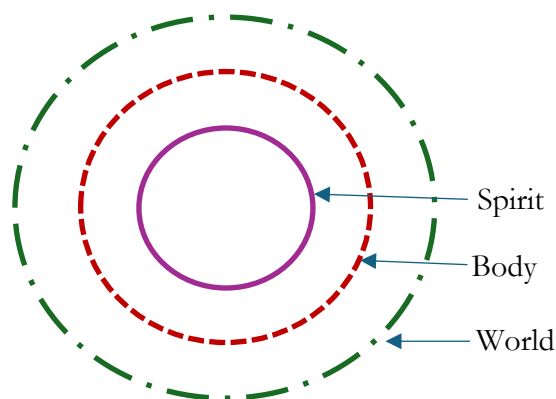
Those brief flashes showed me, not as a belief but as a lived experience, what awakening feels like. And while I can’t explain the mechanics of it—why it comes, why it goes, or what exactly triggers it—I trust those glimpses. They were real enough to leave an imprint.

## Two Ways of Living

In ordinary consciousness, the world is filtered almost entirely through the body and mind, so experience feels confined to what the senses report and what thoughts interpret. The body becomes the apparent center of awareness, the container in which life seems to happen. Because perception is routed through five senses, memory, and emotion, it feels as though the spirit is contained within the body. The identity is within the body. Joy and sorrow appear to arise as direct consequences of events that affect this body-identity, its relationships, its successes, its failures, its comfort or discomfort. When the identity is praised, the self feels uplifted; when it is threatened or criticized, the self feels diminished. The world feels external and separate, something to be managed, controlled, changed, or conquered.

## Circle of Awakening

### Normal State

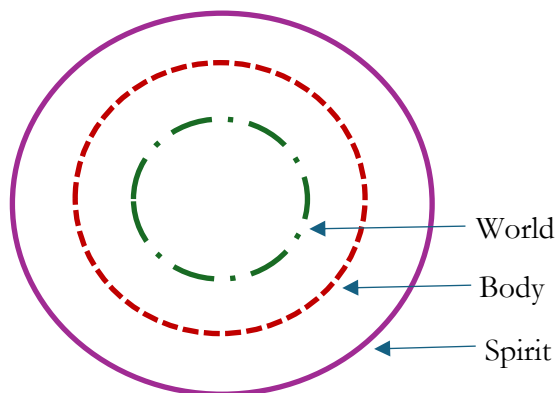


In the awakened state, the sense of self loosens from its old anchor in the body, and awareness begins to stand slightly apart from the physical form. The body is still present, still responsive, still moved by intention, but it no longer feels like the core of who you are. Instead, consciousness seems to hover just beyond it, connected by a subtle thread that allows action without creating identification. The body becomes an instrument rather than an identity. The spirit is no longer entangled in the body's changing conditions. Pleasure and pain, gain and loss, praise and blame still occur, but they do not impact the being. The spirit remains a calm observer. There is a growing

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sense that what happens to the body is happening to someone else rather than to the essence of who you are. Perception continues through the senses, but the world no longer feels like something to conquer, manipulate, or defend against. Its impermanence becomes obvious, its boundaries transparent. The urgency to control outcomes fades, replaced by curiosity of what is unfolding. This shift creates freedom. You can act and participate fully, but without the weight of believing your existence depends on the body's fortunes. The observer within remains calm and open even as life continues to move around and through you.

### Awakened State



## Circle of Awakening

What the 13th-century Persian poet Rumi taught—“*You are not a drop in the ocean; you are the entire ocean in a drop*”—becomes far clearer when seen through the lens of an awakened state. In ordinary consciousness, when your spirit perceives the world through the narrow filter of the body and mind, you naturally feel like a small drop in a vast ocean. The body becomes your boundary, and the world appears overwhelmingly large and separate from you.

But when awareness shifts beyond the confines of the body, when you stop looking *from* the body and begin *using* the body simply as an instrument to perceive, the relationship reverses. Just as a telescope reveals the immensity of the stars, or a microscope reveals the hidden worlds within a single cell, the awakened state reveals a deeper truth: you are **not** looking at a world outside you; you are looking at a world that is within you using your body. In this expanded awareness, you recognize that the entire ocean of existence is contained within your consciousness. The world that once felt immense and separate now appears as a small movement within the vastness of your being. And what you once believed to be a “drop”, your individual self, is revealed to be the ocean itself.

## The Dream Metaphor

Think of dreaming: while asleep, a dream can feel utterly real until waking reveals its unreality. Awakening is like that waking. One recognizes that identity is not the body or the mind but the awareness that uses them. While asleep you could have nightmares which are terrifying, but the moment you wake you realize the silliness of all of it. Awakening is similar, the moment you are awake you realize the silliness of all that was going on around you. The clarity is immediate and unmistakable—probably the first thing that you can say is **“I am awake”**. In my first awakening that sentence arrived naturally, and with it came the simple knowing that awakening is not a distant achievement but a waking up to the reality of my spirit.

These words are offered from a small, honest vantage point, an invitation rather than a doctrine. The experience felt surprisingly simple: all that was required was to wake up.

## Loss of Identity as a Door to Awakening

Many spiritual traditions offer practices meant to open the heart and mind. I spent years in meditation, and it brought a gentle peace and a renewed vibrancy into my life, yet awakening still felt far away. I carried the quiet belief that true awakening was something reserved for great spiritual masters, not for someone like me.

Two visiting missionaries from a church began coming to my home. Their presence warmed my loneliness and gave me a sense of belonging. When I realized they hoped to convert my religion, I was startled—my religion had long been part of my identity, and the idea of changing it shook me deeply.

That shock loosened something inside me. The identity I had built around belief and belonging fell away, and for the first time I touched a deeper reality. I was able to experience my life separate from the identity I created using my body and mind. It was one of the most beautiful experiences of all my life at that time. I realized that all the pain and the suffering I experienced was all within this identity I created using my

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body and mind. The moment you step out of this identity, there ends the experiences of this pain and suffering. The suffering might still exist on this identity, but the experience of it ends. When suffering exists but it is not experienced, then it is actually fun to deal with the suffering. On this day I was lost on what just happened to me. The first thing that my mind told was “I am Awake”.

But I could not retain this experience for very long even though I desired deeply to make it a permanent experience. It lasted for a day or two, before the desire to live through the body again crept in and I again fell back to the identity with the body. I joined the church and started attending it regularly. Looking back, I see how losing the identity you cling to, especially the one that defines you most, can open a doorway to awakening.

## Suffering as a Catalyst for Awakening

No one seeks suffering, yet life sometimes places us in circumstances where suffering becomes unavoidable. When we identify with the body,

## Circle of Awakening

pain and loss feel personal and inescapable. As that identification loosens, suffering no longer strikes at the core of who we are.

Intense suffering can create a fierce longing to break free from the confines of our conditioned identity. Some people, overwhelmed, may feel driven toward self-destructive choices, while many others turn to distraction—substances, work, stimulation, constant conversation—to avoid what hurts. If one can remain present with suffering without fleeing or using distractions, that intensity can dissolve the old identity and reveal the witness within.

It is difficult to predict how long this inner pressure must build before glimpses of awakening appear. When awakening does arise, suffering may still occur at the level of the body-mind, yet something deeper remains untouched.

Paradoxically, awakening elevates your inner state, and life begins to feel sweet again. With that sweetness, the desire to live through the body naturally resurfaces, making it harder to remain in the clarity of awakening. The renewed pull of the body creates a tension that helps explain why sustaining awakening can be difficult, especially when suffering was the catalyst for it.

## Faith as a Path to Awakening

After my early awakenings through loss of identity and suffering, those states faded as the suffering eased. That opened space to explore other paths. Faith became a steady, gentle way to reorient my life toward spirit. When faith guides even the smallest actions, the spirit begins to lead and the mind and body become instruments rather than masters. Memories and habits remain useful as information, but they no longer dictate your choices. Addictive patterns lose their power because they arise from the conditioned body-mind, not from the spirit. For me, learning how Jesus lived offered a living example to follow. Since I was learning about Jesus for the first time, everything felt so fresh. I began to ask, before ordinary actions, what would Jesus do in this situation. Over time, this practice shifted my life: spirit moved from occasional insight to daily guidance, and I felt naturally drawn back toward awakening.

Jesus said, *“Why beholdest thou the mote that is in thy brother’s eye, but considerest not the beam that is in thine own eye?”*<sup>4</sup> If your sense of identity is fused with

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<sup>4</sup> Matthew 7:3

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the body and the lens through which you view the world, how can you possibly see the beam in your own eye? Until you step outside that limited identity, it remains difficult to perceive yourself with the same clarity and objectivity you apply to others.

## The Transformative Effects of Awakening

### A Reversal of Life's Priorities

Awakening turns the usual order of life inside out. In ordinary consciousness, we chase joy and comfort while doing everything possible to avoid suffering. In an awakened state, suffering becomes something entirely different: a motivator, an awakener. Joy is your natural state as a result of staying out of your body identity. Suffering prevents the consciousness from going back into the body which usually feels all the pain, thus enabling you to stay awakened.

During a painful custody battle, my attorney's neglect brought real loss and deep anger. When I

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sensed that my body could no longer carry the weight of that pain, something in me broke open. In that opening, I had an awakening. Gratitude for the suffering arose—unexpected, but unmistakable. It exposed the fragile identity I had been fiercely defending and allowed me to step beyond it. In that moment, I saw that joy was my natural state, and nothing I could be, do, or have that could add more joy than what was already present within me. Those who make life easy often keep us anchored in the body, while those who wound us can, paradoxically, loosen that anchor and awaken us.

In an awakened state, you no longer chase joy. You recognize that you're already experiencing the highest expression of it, and nothing external can add to it. The task becomes simply sustaining that awareness.

## Life as a Conscious Game

Awakening also changes how life itself appears. It begins to resemble a video game in which we temporarily inhabit an avatar. The challenges are what keep the game engaging; without them, the experience becomes dull. The avatar doesn't *suffer*

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the obstacles—it simply encounters them, and the joy comes from moving through them.

In the awakened state, your identity shifts out of the body-avatar entirely. Challenges still arise, but they no longer experience them as personal suffering. Instead, the process of overcoming them becomes the very reason for all the fun. Real living isn't found in avoiding difficulty, but in moving through it with awareness.

Your body is experienced as a separate entity which you use to seek expression. Even something as ordinary as living in a house takes on a layered quality—almost like having a house built on top of another house (the body).

## The Simplicity of Awakening

These reflections come from personal glimpses rather than final conclusions. Experiences of loss of identity, moving through suffering, or surrendering into faith each act as a doorway—different keys that can open the same inner space of presence. Awakening is not an achievement but a remembering, a quiet recognition that you are

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the awareness in which every experience appears and dissolves.

During my first awakening, what struck me most was its simplicity. It felt as though all that was required was to *wake up*, as naturally as opening one's eyes in the morning. The only things that keep one in the un-awakened state is to resist something in the now. But when that state faded and I found myself identified with the body again, the path no longer felt effortless. What had once unfolded on its own now appeared to require a kind of ripening, a process, despite the fact that the initial shift had arrived by accident.

## Happiness Vs Joy

In the awakened state, a clear distinction emerges between happiness and joy. When you are able to observe emotions without becoming entangled in them, you begin to feel a quiet, steady joy radiating from the center of your being. This joy is not tied to any achievement, event, or outcome. It does not rise and fall with circumstances. It comes from within—an inherent quality of the awakened state itself. This is why awakening feels so precious: the joy it carries is unconditional.

## Circle of Awakening

Happiness, on the other hand, belongs to the realm of the externalized self. It depends on conditions aligning in a particular way. Happiness is short-lived because it requires a sense of incompleteness first—something missing, something desired. When we work to fill that gap through effort or manifestation, we experience a temporary emotional high. But as soon as any incompleteness reemerges, the happiness fades, and the cycle begins again.

Joy does not operate this way. Joy does not require incompleteness. It does not require striving. It arises naturally when you are no longer fused with your emotions, when you can witness them without losing yourself in them. Joy is the state of the spirit when the noise of the mind grows quiet.

Happiness depends on what happens. Joy depends on who you are.

Happiness is fleeting. Joy is foundational.

And the more you live from the awakened state, the more clearly you feel the difference.

## Circle of Awakening

**Stage 4:  
Circle of  
Kingdom of  
Heaven**

## Circle of Kingdom of Heaven

## A Morning of Revelation - Letting the Spirit Speak

I still remember this day clearly. It was six days after my first visit to an Latter Day Saints temple. I had just begun my morning when I woke up with a headache. A strong, insistent voice began to echo in my mind, repeating something like: *“Let go of the mind’s need to strengthen itself; it will help you find everlasting happiness.”*

The voice was so powerful that I couldn’t think about anything else. Even getting ready for the day felt difficult. So, I sat down and began writing what the voice seemed to be telling me. As I wrote, a strange and deep sense of joy began to rise within me.

After joining the church, I learned about one of the commandment to fast once a month—going without food and water for 24 hours. I didn’t fully understand the purpose of it, but I tried to follow it anyway. To be honest, I didn’t take it very seriously. On fast days, I enjoyed cooking because it allowed me to “taste” the food, and I convinced myself that tasting was part of cooking and not eating. Even after doing this, I could only manage

## Circle of Kingdom of Heaven

20 or sometimes 22 hours of fast. I never reached the full 24. The last stretch always felt impossible.

But on this day, as I wrote down the message from that inner voice, it said something like this:

*You need to take the commandment to fast more seriously. You struggle to fast because your spirit is weak. When you decide to fast, your spirit is willing, but in the final hours of fast is when your body and mind together fight against the spirit. For the spirit to win, it must stay strong. Fasting helps strengthen the spirit. The more you practice fasting, you are naturally strengthening the spirit. Fasting also helps overcome addictions. You call a practice an addiction because there is an awareness that it is harmful and at the same time you feel compelled to do it anyway. All awareness originates from the realm of spirit, but the compulsions originate somewhere between the body and mind. If you want to overcome an addiction, then the awareness needs to stay stronger than the compulsions. In other words, the spirit must stay stronger than the body and mind.*

This experience felt very profound. I began to understand what it means to receive revelation from the spirit and how such revelation shapes one's inner values. Knowledge gained in this process isn't through information alone, but you

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gain experience as well. That day, I felt within what it truly meant to strengthen the spirit.

“*Blessed are the poor in spirit: for theirs is the kingdom of heaven.*”<sup>5</sup> These words started echoing in my mind soon after. I knew Jesus spoke these words, and they had always puzzled me. Why would only the poor be blessed? What value is there in being poor? And if I were to become rich, would that mean I could no longer experience the Kingdom of Heaven?

But on this day, I felt as though I finally understood what it means to experience the Kingdom of Heaven. It’s hard to describe it in words. The only name that seemed to fit that experience was simply call it the *Kingdom of Heaven*. It is a state of the spirit; unlike anything the world can offer. You would call it the Kingdom of Heaven because nothing you can be, have, or do on earth compares to what you were experiencing.

With the strengthened spirit, I could see how easy it is to experience the Kingdom of Heaven. In the time of Jesus, the poor often suffered and sometimes went hungry. Through that hardship, their spirits were strengthened almost naturally.

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<sup>5</sup> Matthew 5:3

## Circle of Kingdom of Heaven

And with a strong spirit, it became easier for them to experience the Kingdom of Heaven.

So, when Jesus speaks of being “poor in spirit,” the poverty is the cause; the strengthened spirit is the effect which leads to experiencing the Kingdom of Heaven. A similar idea appears in His teaching: “*It is easier for a camel to go through the eye of a needle, than for a rich man to enter into the kingdom of God.*”<sup>6</sup>

In our time, a person who works diligently and pours their whole being into their efforts may, through that very struggle, develop a resilient and refined spirit, one capable of receiving the kingdom. But someone who is born into wealth and lives entirely according to bodily desires may find it harder to experience the kingdom, because little has been invested in the transformation of their spirit.

The Ten Commandments given through Moses, if we look closely, offer a framework for turning attention away from mere physical desires and toward the transformation of the spirit. In this sense, whether one is rich or poor becomes secondary. By honoring these commandments

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<sup>6</sup> Matthew 19:24

## Circle of Kingdom of Heaven

and living with intention, anyone has the opportunity to strengthen the spirit and enter into the kingdom.

### The Power of Trying

The Lord can easily deliver you from any struggle, break any chain, and strengthen any weakness in an instant. But He rarely removes every struggle at once, because a spirit that never strives gains no strength. Strength of spirit is not created in ease; it is formed in resistance.

When you offer sincere effort, however imperfect, however incomplete—you create the opening through which divine power flows. Even when you fall short, the very act of trying invites His grace to finish what you cannot. The evolution of the spirit happens not in flawless performance but in the willingness to keep turning toward Him.

The transformation of the spirit happens in the trying—in the striving, and the willingness to rise again. That effort is where real spiritual value is formed.

## Gratitude in the Unlikeliest Places

Another aspect of experiencing the Kingdom of Heaven is the profound sense of gratitude that arises—even toward those who have caused you pain. I remember that day when the voices were echoing in my mind. On that day I wasn't feeling especially thankful for the people who had helped me in my life but instead felt deep gratitude for those who had hurt me. This is one of the strangest feelings to have. I recognized that they were the ones who helped me strengthen my spirit which allowed me to experience the Kingdom of Heaven that day. And I was feeling extremely thankful towards them for that.

Some time ago, during a difficult child-custody battle, I hired an attorney to represent me. After taking full payment upfront, he not only refused to advocate for me but also created openings that allowed my ex to win her case. I lost custody. I was devastated, and for a long time I carried anger toward him. I even left a harsh Google review about his practice.

But on that day, something shifted within. I suddenly felt immense gratitude toward him

## Circle of Kingdom of Heaven

because I could see how those painful circumstances had shaped my spirit. The challenges he contributed to had shaped my spirit to grow strong, and that growth was part of what I was experiencing so vividly in that moment. I immediately removed the negative review. I even felt tempted to call him and say thank you.

## When Forgiveness Has No Meaning

If you are experiencing the Kingdom of Heaven, certain words—like *forgiveness*—lose its meaning. Forgiveness is only necessary when anger or resentment arises toward someone. It assumes a wound that needs mending and a self that has been harmed. But experiencing the Kingdom reveals something different: some people support your physical life, while others support your spirit. Each encounter serves a purpose. Each encounter becomes purposeful rather than personal. With that understanding, hatred becomes impossible. The spirit recognizes its invulnerability. And when anger and hatred no longer exist within you, the very idea of forgiveness becomes unnecessary —

not because you refuse to forgive, but because there is nothing left to forgive.

## Teachings of Jesus on Spiritual Strength and Kingdom

A closer look at many of the teachings of Jesus reveals that they serve as guides meant to strengthen the spirit.

*“Whosoever shall smite thee on thy right cheek, turn to him the other also.”<sup>7</sup>*

Being struck is never pleasant, yet it affects only the body. Choosing to respond without retaliation shifts awareness away from physical self and toward spiritual strength. It is not easy to do but it trains the spirit to rise above instinctive reactions. Each time you resist the impulse to strike back, you strengthen the capacity of the spirit to lead rather than the body to react. And when you are experiencing the Kingdom, you begin to recognize that even this moment is helping to

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<sup>7</sup> Matthew 5:39

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strengthen your spirit. You begin to see what it is doing *for* you rather than what it is doing *to* you. In that light, turning the other cheek becomes an act of spiritual clarity rather than weakness.

*“And if any man will sue thee at the law, and take away thy coat, let him have thy cloke also.”<sup>8</sup>*

Attachment to material possessions reinforces identification with the physical self. The more tightly you cling to what you own, the more your identity becomes entangled with the body that holds those possessions. Willingly letting go loosens that attachment and redirects focus toward the spirit, where true identity resides. When you are experiencing the Kingdom, you begin to recognize the desire—the *wanting*—in the person who takes your coat. And to the one who wants, you *give*, because you already *have*. You do not see it as a loss, for you possess the most precious reality: the Kingdom, which no one can take from you.

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<sup>8</sup> Matthew 5:40

## Circle of Kingdom of Heaven

*“And whosoever shall compel thee to go a mile, go with him twain.”<sup>9</sup>*

Physical exertion can be challenging, but choosing to go beyond what is demanded helps weaken the hold of bodily identity. It strengthens the spirit’s resilience. Each time you push past the body’s limits—not recklessly, but intentionally—you weaken the illusion that the body is the center of your identity. The body strains, tires, and protests, yet something deeper in you remains steady. That deeper part is the spirit, and every step beyond what is comfortable strengthens its resilience. When you are experiencing the Kingdom, physical exertion no longer feels overwhelming, because your sense of self is no longer rooted in the body. Your gratitude deepens as you walk the extra mile with the person, for in doing so you help loosen their grip on bodily identity as well.

*“Give to him that asketh thee, and from him that would borrow of thee turn thou not away.”<sup>10</sup>*

Generosity loosens the grip of materialism because every act of giving gently breaks the illusion that your security or identity depends on what you possess. Each time you release something of value, you remind yourself that your worth is not measured by accumulation but by the strength and openness of your spirit. When you

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<sup>9</sup> Matthew 5:41

<sup>10</sup> Matthew 5:42

## Circle of Kingdom of Heaven

are experiencing the Kingdom, generosity is not a burden but a natural expression of inner abundance. You give because the Kingdom has made you whole.

*“Love your enemies, bless them that curse you, do good to them that hate you, and pray for them who despitefully use you, and persecute you.”<sup>11</sup>”*

This teaching becomes far more than a moral ideal when it is lived through real experience. In my own journey, I saw its truth unfold in the most unexpected way—through the attorney who neglected my case. For a long time, I carried resentment toward him, yet later I found myself deeply grateful. His actions, though painful, became catalysts for spiritual growth. This is often how the Kingdom of Heaven draws near. It is not always through comfort, or the people who treat us kindly. Often, it is our enemies and the challenges they bring that push us closer to the Kingdom.

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<sup>11</sup> Matthew 5:44

## Circle of Kingdom of Heaven

*“Blessed are they which are persecuted for righteousness sake: for theirs is the kingdom of heaven.”<sup>12</sup>”*

When a person is persecuted for being righteous, the world often turns away from him. No one else can truly know the purity of his intention; only he can. And when the world withdraws its approval, something profound begins to happen. He starts to disidentify from everything external — reputation, belonging, validation, even the roles he once held. What remains is the quiet, unshakable ground of the spirit.

In that inner ground, he knows his own righteousness. He feels worthy not because anyone affirms him, but because his spirit recognizes the truth of his being. When a person can rest primarily in the spirit, and when he feels worthy there, the Kingdom of Heaven opens within him. There is no self-blame, no regret, no inner accusation. His suffering becomes a doorway into clarity.

But if, deep down, he knows he is not righteous, he cannot feel worthy. The spirit cannot open for him, because he cannot stand in the truth of himself.

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<sup>12</sup> Matthew 5:10

## Circle of Kingdom of Heaven

This is why those who are persecuted *for righteousness* enter the Kingdom so easily. Their persecution pushes them inward, and inward they discover the truth that liberates them.

## Experiencing the Kingdom

When the Kingdom of Heaven is experienced, gratitude becomes the natural atmosphere of your life. It colors everything you do. This shift usually begins with an inner awakening—an event or moment that opens door to a deeper reality. From that point on, every action carries a quiet blessing, because you move through the world with a spirit that overflows rather than grasps.

Jesus has talked a lot in parables to help us recognize the Kingdom when it arrives. I have listed some of them.

*“The kingdom of heaven is like to a grain of mustard seed, which a man took and sowed in his field. Which indeed is the least of all seeds: but when it is grown, it is the greatest among herbs, and becometh a tree, so that the birds of the air come and lodge in the branches thereof.”<sup>13</sup>*

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<sup>13</sup> Matthew 13:31-32

## Circle of Kingdom of Heaven

The Kingdom begins quietly—often as a small moment of awakening when something in you wakes up and recognizes a deeper reality. As the gratitude within you deepens and begins to radiate outward, others may naturally feel drawn to your presence. You carry within you a spirit that overflows rather than something that grasps. Others sense the peace and strength flowing through you, and they may seek refuge in the light you carry. What began as a seed becomes a sanctuary.

*“The kingdom of heaven is like unto leaven, which a woman took, and hid in three measures of meal, till the whole was leavened.”<sup>14</sup>*

When the gratitude of the Kingdom fills your life, it naturally overflows into everything you do—even though the awakening may have begun with just one small event. When the gratitude is welcomed, it begins to work its way through every part of you. It softens what was hardened, lifts what was heavy, and brings warmth to places that once felt cold. This transformation doesn’t happen because you force it. It happens because

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<sup>14</sup> Matthew 13:33

## Circle of Kingdom of Heaven

the life of the Kingdom is active within you,  
quietly reshaping your inner world until it touches  
every outward expression of your life.

*“The kingdom of heaven is like unto treasure hid in a field; the which when a man hath found, he hideth, and for joy thereof goeth and selleth all that he hath, and buyeth that field.”<sup>15</sup>”*

When the Kingdom of Heaven becomes your experience, you value it above all else, because it brings a depth of joy and gratitude unlike anything the world can offer. You come to see that its reward is so great that it is worth giving up everything you possess if that is the price of making this experience permanent. Once the Kingdom awakens in you, a longing arises to make that experience steady and enduring. You begin to shape your life around what nourishes that inner light and gently set aside what distracts or diminishes it. This is not about earning the Kingdom; it is about protecting what you have discovered, the way someone guards a precious treasure.

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<sup>15</sup> Matthew 13:44

## Circle of Kingdom of Heaven

# Stage 5: Circle of Love of God

## Circle of Love of God

## The Love of God: The Greatest Gift Beyond Blessings

Many people express God's love by saying, "God loves me because He has blessed me with so many wonderful things." It is a beautiful feeling to be loved—by another person or by God—and to receive blessings as expressions of that love.

Yet there is an even deeper experience, something I call *the Love of God*. It is different from simply saying, "God loves me." When we say "God loves me and he has blessed me with things", the focus is on the blessings, and God's love is just a means to obtain them. When we really start experiencing the Love of God within, we start realizing the profoundness of being in that love. The blessings fade into the background, and the experience of divine love becomes the greatest gift of all. Nothing compares to it. Everything else loses its importance when the Love of God is alive within you. You would want to experience the Love of God just for the sake of experiencing that love and not for having anything else.

## The Tree of Life: Lehi's Vision of Love Of God

In the Book of Mormon, one of the prophets Lehi has experienced the Love of God as a tree, he calls it the Tree of Life. He mentions the fruit of the tree of life as the most desirable to taste. He says, *“It was desirable above all other fruits.”*<sup>16</sup> He did not say that once you eat this fruit you start receiving tastier fruits. He says this is the ultimate fruit. This is the experience of Love of God. Once the Love of God is felt; there is a realization that there is nothing you can get that is tastier or desirable than this.

Jesus says, *“To him that over-cometh will I give to eat of the tree of life, which is in the midst of the paradise of God.”*<sup>17</sup>

- 1) “Overcoming” refers to spiritual endurance or the awakened spirit. It is the inner strength we cultivate when we face trials, resist temptations, or rise above addictions—any moment when the spirit stands stronger than the impulses of the

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<sup>16</sup> 1 Nephi 8:12

<sup>17</sup> Revelation 2:7

## Circle of Love of God

body and mind. It is the moment where we are able to witness our emotions rather than becoming it.

- 2) “Paradise of God” represents the Kingdom of Heaven, a state of being where gratitude becomes the dominant atmosphere of life. In this state, the very idea of an “enemy” dissolves. It is the moment when forgiveness has no meaning. People fall into only two categories: those who helped us in our earthly journey, and those who helped awaken our spirit into the Kingdom.
- 3) The “Tree of Life” symbolizes the Love of God. When Jesus promises access to the Tree of Life, He is promising the deepest spiritual reality: to live fully and freely in the presence of God’s limitless love. Nothing can compare to it.

In essence, Jesus promises eternal participation in God’s love to those who endure spiritually—those who awaken into the Kingdom of Heaven, where gratitude reigns and the very notion of an enemy no longer exists.

## Awakening to Worthiness

On the day I encountered the white figure described in earlier chapter, I felt as though every part of me, especially my sense of unworthiness was radiating outward. Standing before that presence, I did not feel worthy to remain there. Even though I knew little about Jesus or the meaning of atonement at the time, I sensed that unless someone could lift that unworthiness from me, I could not stand before such purity.

Only much later, after joining the church and learning about Jesus, did I begin to understand the deeper significance of becoming worthy.

Moses gave the Ten Commandments to guide our focus toward the spirit and help us rise above the limitations of the body. In Hinduism, any remaining unworthiness is understood as *karma*, which leads to rebirth. Jesus, however, established the Atonement which offers forgiveness and removes that unworthiness, allowing us to experience the Kingdom of Heaven.

## Rising Through the Kingdoms

Water exists in three states. In its coldest form, it becomes ice—rigid, confined, and nearly motionless. As it absorbs heat, it softens into liquid water, able to move, adapt, and flow around whatever it encounters. With even more energy, it transforms into vapor, rising freely and no longer bound by the shape of any container.

It is the same substance in all three forms, yet its behavior, properties, and possibilities change dramatically depending on its energy level. Ice cannot flow. Water cannot rise. Vapor cannot be held. The shift in state is not about becoming something new, but about unlocking capacities that were always present, waiting for the right conditions to emerge.

Latter-day Saint theology teaches that there are three kingdoms of glory—Telestial, Terrestrial, and Celestial—with the Celestial Kingdom representing the highest degree of glory. These kingdoms can be imagined much like the states of water, each representing a different condition in which a spirit may exist after mortal life. Just as water moves from ice to vapor by absorbing increasing levels of heat, the spirit progresses

## Circle of Love of God

from the Telestial to the Celestial by gaining the experiences, refinement and growth that mortal life provides.

When we look closely at how each life situation adds value to our spirit, we begin to see that life challenges are not obstacles but catalysts. They supply the “heat” that enables transformation — softening what is rigid, expanding what is limited, and elevating what is ready to rise. With this understanding, difficulties and trials no longer appear as enemies but as opportunities to elevate, strengthen and refine the spirit. Even the moments that feel heavy or constricting become part of the upward movement, contributing to the spiritual energy needed for higher states of being.

## When Hunger for Righteousness Opens the Heavens

In the days immediately after joining the church, I often wondered why the spirits chose to teach me and reveal so much. I questioned whether I was truly worthy of such guidance. At that time, I wasn't even following many of the

## Circle of Love of God

commandments with consistency. So why would the spirit place its trust in me?

One day I came across a scripture from the Book of Mormon spoken by Jesus: *“And blessed are all they who do hunger and thirst after righteousness, for they shall be filled with the Holy Ghost.”*<sup>18</sup> A similar teaching appears in bible *“Blessed are they which do hunger and thirst after righteousness: for they shall be filled.”*<sup>19</sup> The moment I read it, something clicked. I realized this was the answer.

When a person goes without food for a long time, the body aches with hunger, and even the simplest meal tastes extraordinary. In the same way, when someone strives to do what is right and continues in goodness even when no reward appears, the spirit eventually grows weary. That weariness turns into a deep hunger for truth, a longing that rises from the very core of the being. That spiritual hunger is what draws the response of heaven and opens the door to the Truth within.

For years, I poured much of what I had into helping my then-wife through her difficulty. After

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<sup>18</sup> 3 Nephi 12:6

<sup>19</sup> Matthew 5:6

## Circle of Love of God

our separation, I did everything I could for my daughter, only to face setback after setback. In those moments, I felt I had done what was right, yet all I saw were failures. Looking back, those were the times when my spirit yearned most fiercely for truth. That yearning was my own “hunger and thirst after righteousness.” This also goes very well with what Jesus spoke of getting persecuted for being righteous—“*Blessed are they which are persecuted for righteousness sake: for theirs is the kingdom of heaven.*”<sup>20</sup>” If a person is persecuted for being righteous, a deep hunger can stay in him yearning for truth. That yearning invites the holy ghost which opens the door to the Truth within makes it possible to experience the Kingdom of Heaven.

And it was precisely in that state, tired, searching, and spiritually hungry, that I first experienced the spirit speaking to me through the appearance of the white figure.

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<sup>20</sup> Matthew 5:10

# The Emotional Alchemy Map

## The Emotional Alchemy Map

## The Horizontal Dimension of Time

### Expectations, Fear, and Anger

As we move through life, we quietly build internal blueprints of how things are supposed to unfold. These imagined futures become the scaffolding we lean on to make decisions and to maintain a sense of direction. They give us something to anticipate, something to work toward, and something that reassures us when life feels uncertain. So, when anything threatens that mental picture, when reality starts drifting away from the future we counted on, **fear** naturally rises. We cling more tightly to whatever feels familiar, predictable, or safe, because losing that imagined future feels like losing part of our stability.

When we believe another person is responsible for disrupting that vision, fear often transforms into **anger**. Anger feels more powerful, more outward-facing, more actionable than fear. It gives us a target. It gives us a sense of control. But underneath that anger is usually a quieter truth: we're scared. We're scared because something we

## The Emotional Alchemy Map

depended on—an expectation, a hope, a sense of security, suddenly feels fragile or threatened.

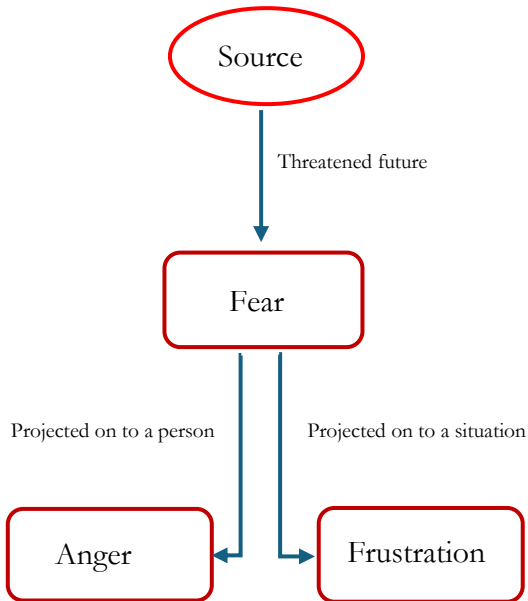
If the perceived threat comes from a situation rather than a person, that same fear tends to show up as **frustration**. We're still reacting to the loss of control, but without a clear individual to blame, the emotion disperses differently. In both cases, though, the root is the same: fear of losing the future we thought we had.

In many ways, anger is simply fear redirected. It's the outward expression of an inward alarm. When we say, "*I'm angry at him because he did this to me*" what we're often describing is the collapse of a personal safety net, the unraveling of a story we had already written in our minds. That fear of losing control or certainty is what ignites the anger.

And by that same logic, when we become the source of someone else's fear, intentionally or not, it becomes easy for them to respond with anger toward us. Their reaction isn't always about who we are or what we meant; it's about the threat they perceive to their own imagined future. Understanding this doesn't excuse harmful behavior, but it does help us see the emotional mechanics behind it. It reminds us that beneath

## The Emotional Alchemy Map

most anger, ours or theirs, there is usually fear, and beneath that fear, a longing for safety, predictability, and a future that feels intact.



### Memory, Sadness, and Hate

We often find ourselves returning to the past—sometimes deliberately, sometimes without even realizing it. There are moments we revisit because they hold wisdom, offering lessons that can shape our future choices. Other times, we return to memories of joy, replaying them because they allow us to feel that warmth and happiness once more. But when our minds drift back to experiences marked by disappointment or unmet expectations, **sadness** begins to surface. Until we uncover the deeper meaning or purpose behind those difficult moments, it's easy to get pulled back into them, even when we wish we could move on. And each return brings with it the same emotional weight, as if the past is happening all over again.

When we assign responsibility for that sadness to someone else, the emotion can shift into something sharper and more outward-facing: **hate**. In many ways, hate is sadness that has been redirected, an attempt to externalize the pain by placing it onto the person we believe caused it. It gives the sadness a target, a shape, a direction. But the core remains the same: a wound from the past that never healed the way we hoped it would.

## The Emotional Alchemy Map

When we say, “*I hate him because he did this to me*” what we’re really expressing is the grief of a past that didn’t unfold the way we imagined. It’s the mourning of an expectation that was never met, a version of life that slipped away before we could live it. That sense of loss of what could have been, is what fuels hate.

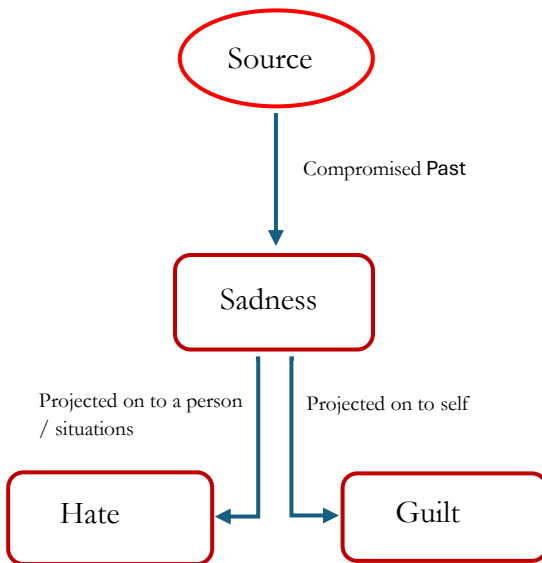
If, instead of projecting that sadness outward, we turn it inward and see ourselves as the source of the pain, the emotion transforms into **guilt**. Guilt is sadness pointed at the self—a belief that we should have acted differently, known better, or prevented the outcome that still haunts us.

And sometimes, that hate doesn’t stay contained in the past. If we believe that the loss someone caused long ago is still limiting our future, the emotion can evolve again, turning into anger. Anger steps in when we feel that the past is not only behind us but also reaching forward, interfering with the life we’re trying to build.

By the same logic, if you become the source of someone else’s sadness, whether intentionally or not, it’s entirely possible they may come to hate you. Their reaction may have little to do with who you are now and everything to do with the story they’ve constructed around their pain.

## The Emotional Alchemy Map

Understanding this doesn't justify harmful behavior, but it does illuminate the emotional chain reaction that often lies beneath it: sadness, loss, unmet expectations, and the longing for a past that feels unresolved.



### Returning to the Present

Anger stems from fear and hate stems from sadness. These emotions don't arise randomly; they are the byproducts of our unique human ability to remember the past and imagine the future. This capacity to reflect, analyze, anticipate, and plan is what allowed humanity to evolve far beyond other species. It's the reason we build civilizations, innovate, and adapt. But the same mental abilities that elevate us can also become obstacles to inner peace.

When the past becomes a reservoir of sorrow, regret, or unresolved pain, it weighs on us. And when the future becomes a canvas onto which we project fear, uncertainty, or imagined threats, it overwhelms us. The mind, caught between what has already happened and what might happen, loses its grounding in the only place where peace actually exists: the present moment.

When we live fully in the present, neither dwelling on the past nor projecting into the future, we become untouched by these emotional storms. You still witness the chaos, the noise, the shifting circumstances around you, but your inner state remains steady. It's the recognition that your

## The Emotional Alchemy Map

essence is deeper than any passing emotion. In this state, a natural stillness emerges—a quiet bliss that exists beneath all turbulence, like the calm ocean floor beneath crashing waves.

Of course, modern life makes it unrealistic to abandon the past or ignore the future. We need the past to learn from it, and we need the future to prepare for what is coming. The key is not to shut these things out, but to engage with them without letting them pull us deeper into fear or sadness.

You can practice a simple kind of witnessing:

- When you look back at the past, allow whatever emotions arise to be there, but try to observe them rather than be pulled into them. Notice the sadness, the regret, or the heaviness the way a scientist observes a reaction—present, attentive, but not consumed. Let the emotion show itself and simply witness its nature.
- When you look toward the future, notice the fear or uncertainty that appears, but try not to get carried away by imagined scenarios. Let the mind show you its worries and watch how they try to take

## The Emotional Alchemy Map

hold. Use the future for planning, while staying aware of how fear attempts to possess your attention.

When we relate to time in this way, the past stops reopening old wounds and instead becomes a source of insight. The future stops feeling like a threat and becomes a direction to move toward. And in the space between them, the present moment, we rediscover the quiet peace that has always been there, waiting beneath the noise.

### Escaping Sadness and Fear

When we recognize that sadness often arises when the mind projects itself into the past, and fear arises when the mind projects itself into the future, it becomes easier to understand why these emotions feel so powerful. The mind is not doing anything wrong, it is simply moving through time in ways that create emotional weight. Once we see this clearly, we can gently redirect the mind when it becomes stuck.

When sadness arises, the mind is lingering in the past. In those moments, it can help to engage in

## The Emotional Alchemy Map

activities that naturally draw your attention toward the future:

- Start a new hobby
- Plan a trip or an outing
- Set new goals or intentions

When the mind becomes active in imagining or preparing for what is ahead, it loosens its grip on the past. It becomes less likely to keep returning to old memories that trigger sadness.

In the same way, when fear dominates, the mind is projecting itself into the future. Here, it can be helpful to reconnect with the past, not the painful parts, but the moments that remind you of your strength, your resilience, and your joy:

- Look through old photos and allow yourself to relive good memories
- Visit old friends or family members and share warm conversations
- Practice contemplative methods like meditation or self-hypnosis to reconnect with inner stability

When you remember the good moments you've lived, and the challenges you've already overcome,

## The Emotional Alchemy Map

your spirit naturally lifts. The mind begins to trust the future again.

These techniques can offer quick relief when emotions feel too overwhelming to sit with directly. They are temporary supports—ways to steady yourself when the emotional intensity is too sharp to face head-on. But this is the first and last time I will speak about these kinds of escape mechanisms. They are useful, but they are not the heart of this book.

The core of this book is to help you use your emotions, not avoid them. Your emotions are not obstacles; they are fuel. They are invitations to awaken to divine love and joy. If you rely too heavily on escape mechanisms, you lose the opportunity to redirect that emotional energy toward the Source. The real transformation happens not when you run from your emotions, but when you learn to witness them, understand them, and follow them inward toward the truth of who you are.

## The Vertical Dimension of Space

As we move through life, we often feel a longing to become something greater than who we currently are. This longing gives rise to our ambitions and desires. At its core, this impulse comes from the spirit's yearning to return to its source, the profound oneness shared by all beings. In Hinduism this oneness is known by the name '*yoga*' and a person who is seeking this union is called a '*yogi*'. However, because we tend to identify primarily with our physical form and the mind-made self, the mind interprets this spiritual longing as a need to become *bigger* than others. From this misinterpretation arises the feelings of **superiority** and **inferiority**.

This separation can be understood as:

- **Superiority:** A sense of being above others, which leads to avoiding genuine connection in order to preserve an inflated sense of self-worth. When projected onto a person or situation, it appears as **pride** or **ego**. When this superiority cannot be maintained through comparison, it turns into **jealousy**.

## The Emotional Alchemy Map

- **Inferiority:** A sense of being below others, which also leads to disconnection, this time because one feels unworthy or unable to meet others at the same level. When projected onto a person or to oneself perceived as causing this feeling, it manifests as **low self-esteem**. When tied to a situation, it appears as **shame**.

Both states pull us away from our true nature. They create distance from the source and prevent the expression of the deeper, unified consciousness, what some call God-consciousness, through us.

### Seclusion, Superiority and Pride

Our spirit carries an ancient memory—a quiet but persistent longing to return to its origin, the vast oneness from which all life arises. Deep within, we sense that we are not separate, that we belong to something greater and more expansive than the individual identity we wear. Yet the way back to that unity is rarely obvious. The path is subtle, easily obscured by the mind's interpretations and desires.

## The Emotional Alchemy Map

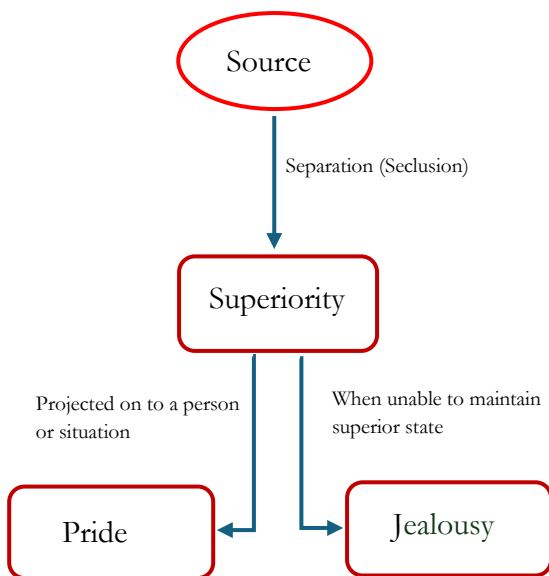
In its yearning to reconnect with the whole, the spirit can become disoriented. Instead of dissolving into unity, it may attempt to reach it by expanding itself. Rather than surrendering the small self, it tries to enlarge it. This misunderstanding gives rise to an inflated sense of individuality—a belief that one is somehow more important, more deserving, or more elevated than others. This distortion is what we commonly call **superiority**.

Because superiority is built on a false foundation, it is fragile. The person who holds it must constantly defend it, reinforcing the illusion again and again. Whenever someone or something challenges that inflated self-image, the mind instinctively constructs a barrier. That barrier is **pride**. Pride becomes the armor that protects the illusion of being “above,” shielding it from anything that might expose its instability.

But pride is not a stable refuge. It requires constant maintenance, constant comparison, constant vigilance. And when the person can no longer sustain the illusion of superiority, when someone else appears to shine brighter, succeed more, or receive the admiration they crave, the protective pride collapses. What fills the space left

## The Emotional Alchemy Map

behind is **jealousy**. Jealousy is the emotional residue of superiority unmet, the ache of a self that cannot maintain the height it once claimed.



### Isolation, Inferiority and Shame

There are moments when we feel out of rhythm with the world around it. We look at others and cannot quite find where we belong, as though everyone else has been given a map that somehow we missed it. In these moments, a quiet sense of separation begins to form. This feeling often arises when we believe we lack something—knowledge, skill, strength, confidence, or some essential quality we imagine others possess with ease. Even though no one seeks this experience, life inevitably places us in situations where we feel small, unseen, or inadequate. This inner contraction is what we call **inferiority**.

When another person unintentionally stirs this sense of inferiority within us, the emotional response that follows is **low self-esteem**. When a situation evokes it, the response is **shame**. Shame and low self-esteem are both deeper, more pervasive beliefs that we are somehow “less than” what we should be. Low self-esteem forms when we measure ourselves against an ideal, an image of who we think we must be to deserve acceptance, belonging, or respect and conclude that we fall short. It whispers that we are not enough, that we

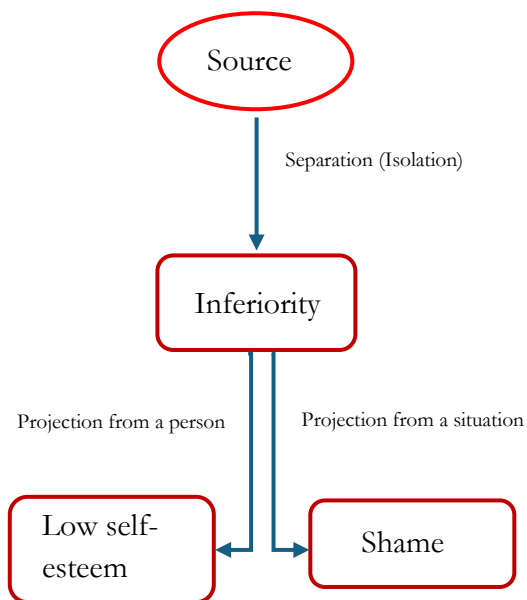
## The Emotional Alchemy Map

do not measure up, that we are fundamentally lacking.

Shame arises in moments when we perceive ourselves as failing to meet expectations, whether our own or those we imagine others hold. It can be triggered by criticism, rejection, comparison, or even the weight of our internal standards. In these moments, we don't merely feel that we did something wrong; we feel that *we* are somehow inadequate. Shame becomes an emotional mirror that reflects back a distorted image of our worth, convincing us that we are less than we hoped to be or less than others expect.

At its core, shame and low self-esteem are mindsets shaped by the belief that our worth is conditional—dependent on performance, ability, or approval. Because this belief is rooted in misunderstanding, it distorts our perception of ourselves and others, creating distance where connection is actually possible.

## The Emotional Alchemy Map



## The Coordinates of Alchemy Map

We live our lives on the physical plane, moving through the dimensions of space and time. To understand our emotional experience within this realm, imagine a simple coordinate system built from these two dimensions:

- **The X-axis represents Time**, stretching into the past on one side and into the future on the other.
- **The Y-axis represents Space**, or the sense of psychological distance from the Oneness, the Source.
- **The origin is the Source itself**, the state of pure presence, where there is no past or future, no separation or comparison—only being.

Within this map, every emotional state can be placed according to how far it pulls us away from that center of presence.

## The Emotional Alchemy Map

### Emotions on the Time Axis

- **Fear and anger** fall on the positive side of the time axis. They arise when the mind projects itself into the future—imagining threats, anticipating loss, or trying to control what has not yet happened.
- **Sadness and hate** fall on the negative side of the time axis. These emotions emerge when the mind sinks into the past—replaying old wounds, clinging to memories, or resisting what has already occurred.

In both cases, the mind leaves the present moment and becomes entangled in a time-bound story.

### Emotions on the Space Axis

- **Superiority and pride** lie on the positive side of the space axis. They reflect a sense of separation from the Source through an inflated self—an attempt to rise above others in order to feel secure.

## The Emotional Alchemy Map

- **Inferiority and shame** lie on the negative side of the space axis. They reflect separation through a diminished self—feeling smaller, unworthy, or disconnected from the whole.

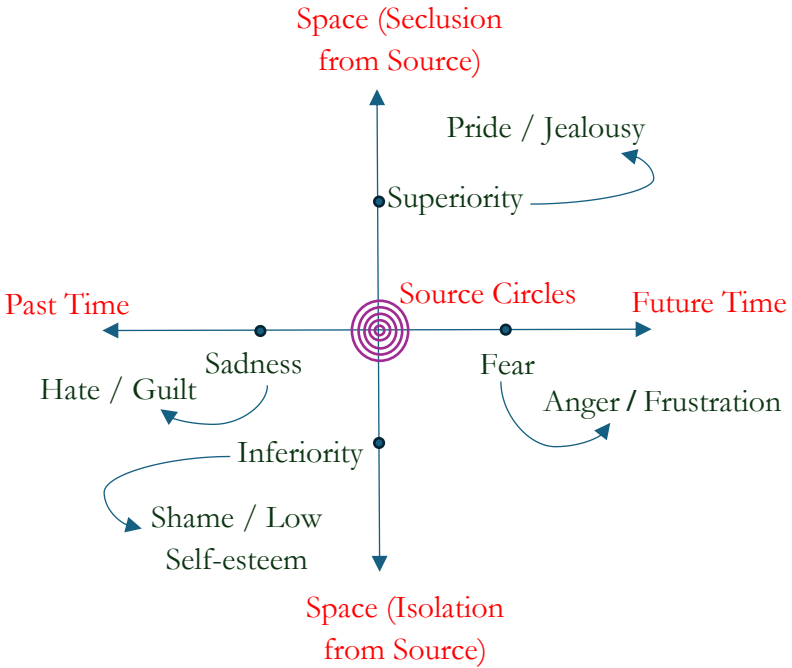
Both directions represent distortions of identity, created when the self forgets its unity with everything else.

## The Alchemy Map And Compass

I call this framework **The Alchemy Map**. Every emotion we experience in the physical world and every way we drift from the Source (Source Circles), can be understood within this coordinate system. More complex emotions arise as combinations of these fundamental emotions.

By locating ourselves on this map, we gain clarity. We can see not only *what* we feel, but *why* we feel it, how far we've drifted from presence, and in which direction. With this awareness, we can consciously navigate back toward the Source (Source Circles), returning to the origin point where time dissolves, space unifies, and the self remembers its wholeness.

# The Emotional Alchemy Map



## Complex Emotions

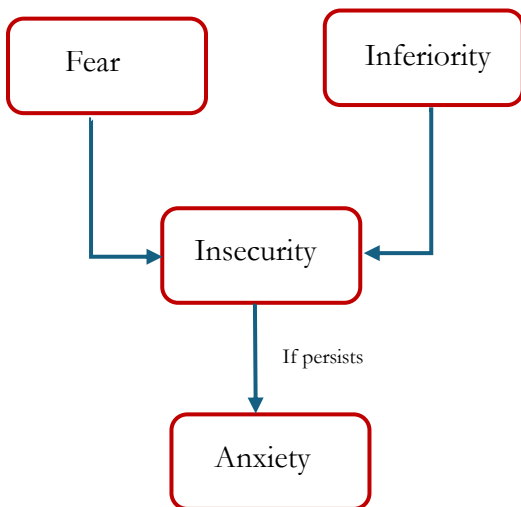
More complex emotions arise when the feelings tied to our sense of time (past vs. future) blend with the feelings tied to our sense of separation from the Source (inferior vs. superior). These combinations create distinct emotional states, each one a unique point on the Alchemy Map. When two axes intersect, the emotional experience becomes layered, multidimensional, and often harder to understand without a framework.

### Insecurity: Fear + Inferiority

When someone fears what might happen in the future while simultaneously doubting their own worth or capability, **Insecurity** emerges. It is the emotional outcome of looking ahead and imagining challenges that one feels unprepared to meet. The mind projects danger or failure into the future, and the diminished sense of self on the negative space axis reinforces the belief that “I won’t be able to handle it.” Insecurity is essentially the fear of the future filtered through a lens of low self-esteem. When the feeling of

## The Emotional Alchemy Map

insecurity becomes persistent and chronic, it turns to **Anxiety**.



### Despair: Sadness + Inferiority

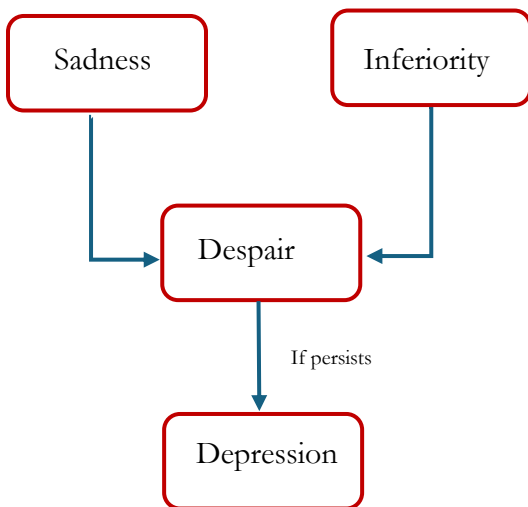
When someone carries a diminished sense of self and also feels regret or sorrow about the past, the emotional result is **Despair**. Here, the person is pulled downward by two forces at once:

- a negative view of themselves (inferiority), and

## The Emotional Alchemy Map

- a painful relationship with their own history (past-oriented sadness).

Despair forms when the past becomes a weight the person believes they are too small or too broken to rise above. It is the emotional gravity created by self-judgment combined with unresolved memories. When despair becomes chronic, when the emotional collapse stops being a moment and becomes a pattern, it leads to **depression**. A despair is a moment of collapse whereas a depression is a sustained state of collapse.



## The Emotional Alchemy Map

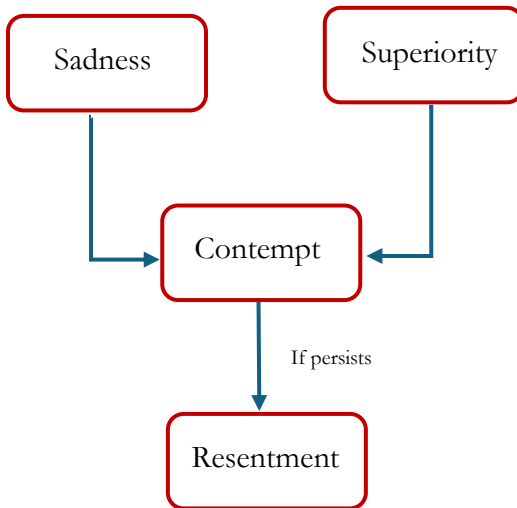
### Contempt: Sadness + Superiority

When someone regrets the past and also feels that the situation made them appear inferior, even though internally they believe they are above what happened, the emotional result often becomes **Contempt**. This emotion is not merely a visceral recoil but a judgmental distancing. It arises when:

- the past is seen as unacceptable or degrading, and
- the person believes the event was “beneath” who they understand themselves to be.

Contempt can be directed outward toward the situation or the people involved, but it can also turn inward—toward oneself—for having participated in something that now feels misaligned with one’s standards, values, or sense of identity. When contempt becomes a habitual lens rather than a momentary reaction, it crystallizes into **resentment**.

## The Emotional Alchemy Map



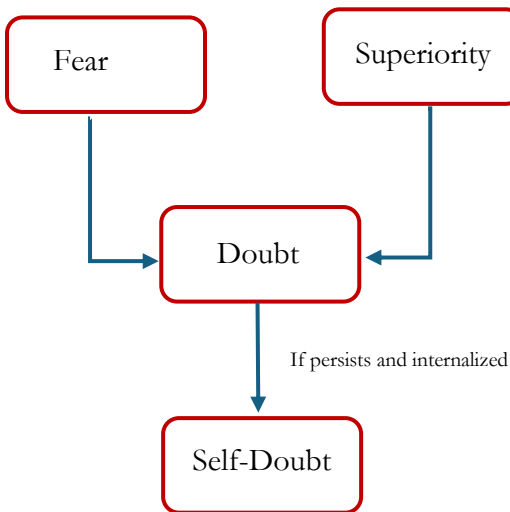
### Doubt: Fear + Superiority

When someone fears what the future might bring but simultaneously feels superior to the situation they're facing, the emotional result often becomes **Doubt**. This emotion arises from the tension between:

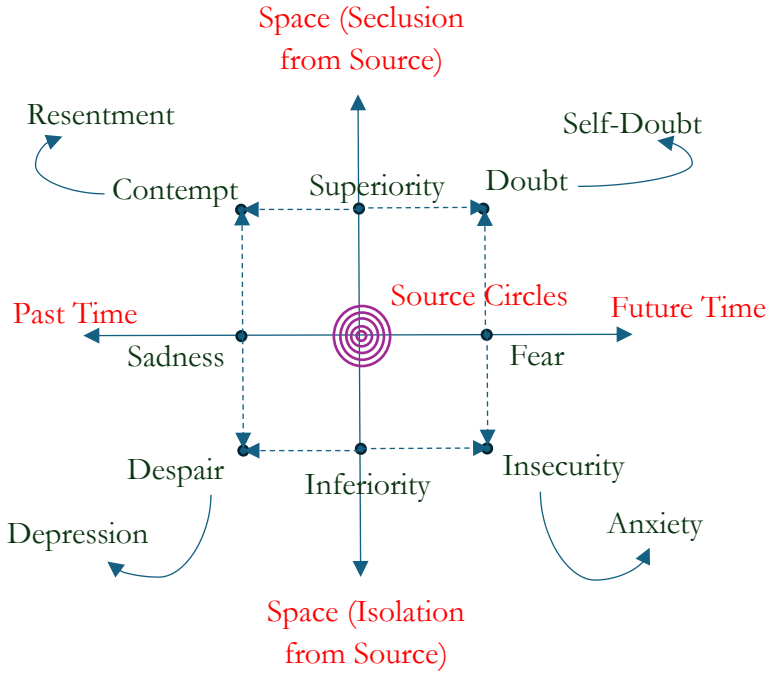
- external uncertainty (fear of the future), and
- internal confidence or expectation of competence (superiority).

## The Emotional Alchemy Map

The person believes they should be able to handle what lies ahead, yet the unpredictability of the future shakes that belief. Doubt is the friction between who we think we are and what we fear might happen. When doubt repeats and is internalized, it turns in to **self-doubt**.



# The Emotional Alchemy Map



## The Source Circles

The Source can be understood through five unfolding levels.

It begins with **Charity** — the moment you recognize the oneness in another. Charity is not merely the act of giving money or offering help; it is the willingness to truly *see* another person, to sense what they most need in a given moment, and to respond with sincerity. It is the first softening of the heart, the first opening toward something greater than the self. When enough genuine charity is practiced, the heart naturally becomes receptive to the next level: Truth.

**Truth** is the recognition of your own inherent worthiness and the means to build that worthiness. Your actions begin to align with that worthiness. You stop striving to prove your value and instead begin to live from it. Life becomes less about earning worth and more about expressing it.

At the core of Truth lies **Awakening** — the state in which suffering no longer defines your being. You begin to see that joy is not something added to you by circumstances but something already present at your center. In Awakened state, you

## The Emotional Alchemy Map

realize that no person, achievement, or event can give you more joy than what you already possess in your deepest self. Life starts resembling like a video game where the challenges you encounter and uncertainties you face is what makes everything so lively.

At the center of Awakening is the **Kingdom of Heaven**. Here, gratitude becomes absolute. You feel grateful not only for blessings but even for those who have harmed or challenged you. You recognize that every person and every experience has played a role in guiding you toward awakening. It's a lot like a video game; except the challenges you overcome actually feel like they're adding value to you. That is why gratitude becomes the predominant atmosphere in Kingdom of Heaven. Gratitude becomes unconditional, arising from reflection rather than preference.

At the innermost core of the Kingdom of Heaven is the Love of God — the sweetest and most complete form of love. In this state, you recognize that feeling this love is the only true necessity in life. Everything else becomes secondary.

## The Emotional Alchemy Map

# Navigating the Map

## Navigating the Map

## Returning to the Source

### The Drift from Subtle Emotions

When we experience subtler emotions—fear, sadness, superiority, or inferiority—it can be difficult to recognize how far we've drifted from the Source. But once these lighter emotions are projected onto a person or situation, they intensify and transform into anger, frustration, hate, pride, jealousy, or shame. At that point, the separation is unmistakable, often visible not only to us but to those around us as well. These amplified emotions demand our attention.

When we find ourselves caught in one of these stronger or complex emotional states, the first step is to trace it back to its origin—the subtler emotion beneath it. We can turn inward and ask ourselves questions such as:

- What fear is giving rise to my anger?
- What sadness is fueling my hate?
- Is there pride or jealousy in me, and what am I trying to feel superior to?
- Am I feeling shameful, and what sense of inferiority is feeding it?

## Navigating the Map

When we find ourselves overwhelmed by a complex emotion, it helps to break it down into the subtler emotions that are generating it. Instead of treating the emotion as a single, solid block, we can examine the ingredients that make it feel so powerful. Asking targeted questions can reveal what's happening beneath the surface:

- If I'm feeling insecure, what future threat am I afraid of, and in what way do I feel inferior that is feeding this insecurity?
- If I'm feeling depressed, what situation has made me sad, and how is a sense of inferiority shaping my response to it?
- If I'm feeling disgusted or contempt, what past event do I regret, and what sense of inner superiority is intensifying my rejection of the situation?
- If I'm feeling doubtful, what future possibility am I afraid of, and what form of superiority or expectation of competence is creating tension within me?

These questions help transform a vague emotional state into something understandable and workable. By recognizing the subtler emotion

## Navigating the Map

underneath, we move one step closer to the Source. In identifying these underlying feelings, we stop projecting them onto people or situations and instead take full responsibility for what arises within us. When the responsibility rests with us, the emotion becomes far easier to understand, work with, and ultimately transform.

### Taking Responsibility of Subtle Emotions

Once we are able to identify the subtle emotion, whether it is fear, sadness, superiority, or inferiority, the next essential step is to take full responsibility for it. If we do not take responsibility, the mind instinctively projects the emotion onto other people or situations that result into going back to strong or complex emotions. Responsibility interrupts this cycle.

One practical way to assume responsibility is to **prepare yourself to meet the emotion directly:**

- When **fear** is predominant, explore what concrete actions or inner resources can help you meet fear with steadiness. Ask yourself what support, clarity, or skill

## Navigating the Map

would allow you to face the situation rather than avoid it.

- When **sadness** from the past is active, try to figure out what you could have done if the past did not unfold the way you desired. Reflect on what you needed at that time—support, boundaries, understanding, or a different choice. This is not about rewriting the past but about reclaiming your agency in the present.
- When **superiority or inferiority** arises, look for the deeper need beneath the comparison. Often it is a longing for acceptance, belonging, or worthiness.

Taking responsibility means acknowledging the feeling honestly and exploring what would help you return to inner balance. As you take full ownership of these subtle emotions, they lose their power to project it on to other people or situations preventing you from creating strong or complex emotions. Then it becomes far easier to navigate back toward the **Source Circles**—the inner states of truth, presence, and alignment. Responsibility is not a burden; it is the doorway back to your own freedom.

## Redirecting Energy Toward the Source Circles

These subtler emotions arise within us; they are not projections onto another person or situation. Sometimes, the moment we recognize them, we see how insubstantial the entire emotional structure truly is—constructed by the mind and sustained by our own projections. That simple awareness itself can draw us closer to the Source.

Many times, clarity does not always arrive immediately. Sometimes the origin of an emotion reveals itself only after we sit with it for a day or two. I give myself at least a full day to sit with the emotion, feeling it without resistance and accepting it exactly as it is.

When a subtle emotion is predominant, the goal is not to get rid of it. Ambition naturally brings fear because you are trying to create future, and there are possibilities of future not happening the way you wish it should. These emotions may arise, but we can avoid experiencing them. When I was able to experience the awakened state, I was able to witness fear without actually experiencing it. It almost felt like someone else was experiencing it.

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This is the state you want to invite, the ability to observe an emotion without experiencing it.

In the awakened state, fear becomes a motivating force—an energy that heightens the experience of what is unfolding. It feels like a video game: if everything were predictable and free of challenge, where would the excitement be? Fear becomes enjoyable only when we are not emotionally identified with the identity that feels threatened. So, when experiencing fear or sadness, seek the joy that comes out of the disidentification with the identity.

When feelings of superiority or inferiority begin to dominate, it becomes essential to awaken the qualities of **charity** within yourself. Charity softens the ego, dissolves separation, and reconnects you to the shared humanity and divinity within all people.

If you are feeling **inferior**, engaging in an act of charity can lift your spirit almost immediately. When you help someone who genuinely needs your support, your heart expands. You begin to see that you are not powerless or insignificant—you are capable of contributing, uplifting, and making a difference. This restores dignity and reconnects you to your true identity.

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If you are feeling **superior**, charity works in a different but equally transformative way. When you serve someone with sincerity, you meet them on a spiritual level. You recognize the same spark of God within them that exists within you. This dissolves the illusion of hierarchy. Superiority fades because you are no longer looking down at another person—you are standing beside them, united in purpose and compassion.

Charity, then, becomes a bridge. It bridges the gap between pride and humility, between insecurity and confidence, between separation and union. Through acts of charity, whether small or great, you return to the truth that all souls are connected. You remember that your worth does not come from being “above” or “below” anyone, but from living in alignment with God’s love. And in that alignment, both superiority and inferiority lose their power, replaced by a quiet sense of unity, purpose, and peace.

During this process, it is essential that the actions we take nourish a sense of worthiness rather than diminish it. Before beginning any task or making any choice, we can gently ask ourselves: *“Does this action create a sense of worthiness within me?”* This

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simple inquiry accelerates our return to alignment with the Source.

Often, when someone triggers anger or hate in us, we direct our energy outward—blaming, accusing, or fixating on what they did. This only pushes us further from the Source. When we redirect that same energy inward, toward understanding what is happening within us, we begin to move closer to the Source. A helpful starting point is to ask: *“Why is this emotion needed for me right now?”* and remain open to whatever arises.

While writing this book, many such emotions surfaced through different people and situations. I realized that returning to the Source required shifting my attention away from others and instead tracing each emotion back to its origin. These emotions became essential to the writing process; each one revealed how it needed to be understood and integrated. Without working through them honestly, writing about them would have been impossible. In that sense, they arrived as blessings in disguise.

I recall a time when my daughter was around seven to nine years old, she didn’t give much importance to time. Whenever we needed to get ready to go somewhere, she would move at her

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own pace, and we often ended up running late. I used to get angry about this. Looking closely at the emotion, that anger was really just fear, the fear of being late, disguised as frustration with her. Once I recognized that fear for what it was, everything shifted. It became something I could manage within myself rather than something I projected onto my daughter. By staying with that fear and tracing it back to its Source, I began to see the sacredness in life and in the way events unfold naturally, without force. From that place of clarity and presence, my creative power felt strongest. And interestingly, when I asked my daughter to get ready from that grounded state, she naturally made it a priority.

Even if we can't always trace anger all the way back to Source, simply recognizing that fear is what triggers anger and identifying that fear and taking ownership, itself can keep us from reacting in ways that feel unnatural or out of control. This awareness gives you more control over yourself because you're no longer projecting your emotions onto others. As you practice more and more emotional navigation, the situations that once triggered anger begin to feel less threatening. Over time, the same experiences start to feel more

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manageable, and you find yourself responding with greater clarity and steadiness.

Giving ourselves time and inviting the awakened state reveals that these emotions are simply byproducts of time and space. They are not real in the deepest sense; they exist only in the mind when it projects itself into the future or the past, or when the self creates distance from others. The only true reality is the **present-unified-moment**, where consciousness seeks expression. As this awareness settles in, we are naturally drawn back to the Source. In the Source, our energy is at its highest, and the power to shape our reality is within our grasp.

Awakening, the Kingdom of Heaven and the Love of God are all experienced only in the Source—in the Now. When we drift away by isolating ourselves through inferiority or superiority or through projections into future or past, we can pause and recognize that this mindset is merely a symptom of distancing ourselves from the oneness of all and from the present moment. With that realization and the way we drift, we are drawn back to the Source once again. And in the Source, our creative power is fully alive.

## Questions That Can Redirect Us to Source Circles

When we are experiencing subtler emotions, one powerful way to redirect our energy back to the Source is through self-inquiry. Asking the right questions helps shift our attention from the mind's projections to what is emerging from the Source itself. Each Source Circle offers a distinct kind of question that aligns us with its nature:

From the Circle of Charity:

*What does Lord/Universe want me to do at this very moment?*

*Am I doing it for the benefit of all including me?*

From the Circle of Truth:

*Are my thoughts and actions creating a sense of worthiness within me?*

From the Circle of Awakening:

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*Am I able to witness the emotions without becoming it like a character in a video game?*

From the Circle of Kingdom of Heaven:

*Can I feel compassion toward those I perceive as enemies?*

*Am I able to maintain a spirit within that overflow rather than one that grasps?*

From the Circle of Love of God:

*Is feeling the Love of God the only priority of my life?*

## Minimizing Distractions

When we choose to sit with our emotions, one of the most important things we can do is reduce distractions as much as possible. Emotional presence requires space—inner space, mental space, and even physical space. Distractions interrupt that process. They slow our movement toward the Source Circles and make it harder to hear the quiet truth beneath the noise.

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Some distractions are so strong that they can completely sever our connection to our emotional world. Substances like drugs, alcohol, or nicotine can numb the system so thoroughly that we lose access to the very sensations we're trying to understand. These forms of escape don't just delay the process; they can block it entirely. They create a temporary illusion of relief while pushing the emotion deeper into the shadows, making it harder to reach later.

But emotions do not disappear simply because we cannot feel them. They wait. They settle beneath the surface, dormant but not gone. And they will resurface the moment life places us in a situation similar to the one that originally created them. When we try to rebuild our lives—new relationships, new responsibilities, new environments—those buried emotions rise again, often with even more intensity because they were never fully processed. What once felt like a small discomfort can return as anxiety, anger, fear, or confusion, leaving us wondering why we are reacting so strongly to something that seems minor.

This is why strong distractions are so deceptive. They offer comfort in the moment but steal

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clarity in the long run. They interrupt the healing process and make it harder to reconnect with the emotional truth that needs our attention. The very emotions we avoid become the ones that shape our future reactions, decisions, and relationships—until we finally turn inward and meet them with awareness.

Other distractions are gentler. They don't shut down the emotional experience, but they do pull our attention away from it—sometimes subtly, sometimes almost imperceptibly. Watching a movie, listening to music, scrolling through social media, or talking with someone can all create just enough distance to keep us from fully entering the emotional space. These aren't inherently harmful; in fact, they can be useful when the emotional intensity feels too sharp or overwhelming.

If an emotion rises with such force that it feels unbearable, choosing a subtler distraction is often the wiser path. It softens the intensity without completely escaping the experience. It gives the nervous system a chance to breathe, to recalibrate, to find a sense of safety. In this way, we are not running from the emotion, we are approaching it gently, with respect for our own limits.

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When choosing a lighter distraction, choose one that keeps you aligned with the Source rather than pulling you away from it. If you watch a movie or a media content or listen to music, choose something that fills you with gratitude, compassion, or love—not something that stirs anger, fear, or hatred. If you talk to someone, choose a person who brings calmness and understanding, not someone who amplifies negativity or bias. In this way, even your distractions become part of the path rather than detours from it.

The intention is never to numb ourselves or escape what we feel. The goal is to stay close enough to the emotion that we can eventually meet with awareness and compassion. By doing so, we create the conditions for genuine healing. We learn to sit with ourselves, even in discomfort, without abandoning the parts of us that need attention the most.

## Recognizing the Return

How do we know we've returned to the Source? A quiet joy begins to rise from within in the sweetest, most natural way—even while fear,

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sadness, superiority, or inferiority may still linger at the edges. The circumstances that triggered the emotions remain unchanged, yet your state of being is no longer shaped by them. The emotions appear only as faint background noise around the deep gratitude that fills your core. As this gratitude deepens, those emotional echoes gradually lose their power and eventually fade.

If you are able to stay joyful and at the same time observe the fear or sadness happening around your identity, it is a sign of the awakened state. When you begin to feel a profound, almost overwhelming gratitude toward the very people who have hurt you or caused you harm, it is a sign that you are slowly recognizing the Kingdom of Heaven.

The more I used it to locate my emotional state in any given moment, the easier it became to return to the Source. The Source is the state of unity with God, the place from where manifestations arise and where prayers are answered. When you reach it, you recognize it instantly. Gratitude becomes the only emotion that you are able to feel. Life begins to feel directed by you rather than happening to you. And from that state, if a

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situation calls for action, you know exactly when and how to act.

### Power of Prayer

I think I truly learned how to pray only after joining the church. I noticed that whenever a prayer began, people first expressed what they were grateful for. At the time, I didn't understand why gratitude had to come first or what purpose it served.

Once the Alchemy Map was revealed to me, it became clear. When you speak and genuinely feel what you're grateful for, you intentionally shift your awareness back toward the Source, regardless of your emotional state beforehand. And when you are in the Source, aligned with that deeper presence, your capacity for your prayer to be answered becomes significantly greater, because your creative power is fully alive.

Most people turn to prayer when they are sad, overwhelmed, or desperate for their circumstances to change. Yet, surprisingly, prayers are far more powerful when offered from a place of gratitude rather than lack. Jesus hinted at this

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principle when He said, “*For unto everyone that hath shall be given, and he shall have abundance: but from him that hath not shall be taken away even that which he hath.*”<sup>21</sup> Gratitude places you in the state of someone who *already has*, someone who recognizes blessings rather than focusing on what is missing. From that state, your prayers carry a different energy. When you feel grateful, take a moment to envision the future you desire, and then ask for it in prayer. In that posture of abundance, more can be poured into your life.

Paradoxically, in the awakened state, or when you are at the Source, there is very little you feel the need to ask for in prayer. When you are experiencing the Awakened state or the Kingdom of Heaven within, you are already immersed in the highest glory; it feels as though no additional joy could possibly be added on. So why would you want anything to be different from what is present right now? If you do not want anything to be different from what it is now, what would you ask in a prayer?

While being in the Source, the only time you may feel moved to pray is when some inner block

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<sup>21</sup> Matthew 25:29

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arises in the moment. Yet it is precisely in the Source that prayer holds its greatest power. What you pray begins to manifest almost instantaneously.

### A Personal Experience of Instant Manifestation

I often struggled to wake my daughter early in the morning to get her ready for school. She wouldn't wake up or get ready on time. One day, when I happened to be deeply connected to the Source, I felt inspired to pray for her to wake up. As I prayed and asked her to rise, it felt as though something within her mind received the message. She woke up instantly and started getting herself ready. I stood there amazed at how quickly the prayer manifested.

Part of me wanted to test whether prayer would work in every instance that day, but when you are at the Source, you recognize the divine nature of prayer, and you don't use it lightly or for amusement.

Later that morning, as I was preparing to leave for work, I misplaced my phone and couldn't find it.

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I offered a simple prayer, and immediately the idea of where it might be, appeared in my mind. Once again, I was struck by the manifesting power of prayer and its sacred nature when you are aligned with the Source.

### Navigating Anger

Anger is a unique emotion that often requires a different kind of attention. Our bodies are wired with an instinctive mechanism to protect us from perceived threats. This response is automatic, deeply embedded in our biology, and sometimes difficult to control. In many situations, it's essential for survival—like when we touch an electric wire. The moment we make contact, the brain sends an immediate signal to pull away. There is no time for analysis, no moment to weigh pros and cons. If we paused to think—*Should I move my hand? Should I wait?*—the consequences could be fatal. This rapid, reflexive reaction is the body's way of keeping us alive.

Anger operates in a similar way. It is essentially a reaction to something the mind interprets as a threat. When anger arises, the body prepares for

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action: the heart rate increases, muscles tense, and the mind narrows its focus. The natural impulse is to react instantly, often without thinking. In those moments, there's rarely enough time to reflect on what we're feeling or to navigate the emotional landscape with clarity. The body is in "protective mode," not "thoughtful mode."

That's why the most effective first step when anger arises is to create distance. Stepping away from the person or the situation that is triggering the anger interrupts the automatic reaction. It gives the nervous system a chance to settle and the mind a chance to shift out of survival mode. This pause is not avoidance; it is a strategic reset. Once the mind has settled and is no longer reactive, it becomes possible to examine the emotion more thoughtfully. In that space we can inquire within what fear has triggered it and consider navigating it.

When you learn to identify the fear beneath your anger and prepare yourself to meet that fear directly, you stop projecting it onto others. And when you stop projecting fear, anger loses its fuel. It no longer takes control of you. This preparation becomes a kind of emotional "early-warning system." You begin to notice

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much sooner: *“This moment is activating my fear, and when I feel this fear and don’t take its responsibility, anger rises quickly.”* With that awareness already in place and with the readiness to face the fear, you’re no longer caught off guard.

Instead of slipping into anger automatically, you gain the space to pause, ground yourself, and choose your response. Over time, this practice strengthens your emotional stability. You become calmer, clearer, and far more capable of responding with intention rather than reacting from fear.

Ultimately, taking responsibility for your fear is what frees you from anger. It restores your ability to act from clarity instead of being driven by unconscious emotional patterns.

## Navigating Harassment

If you’ve experienced harassment, the core of that experience often comes from a fear of being diminished in value. Someone making fun of you doesn’t actually reduce your worth, but the *fear* that your value is being threatened naturally arises. When that fear gets assigned to a specific person,

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anger follows. And once anger takes over, reacting impulsively becomes very easy.

As a first step, try to remove yourself from the situation as much as possible so you don't respond automatically. When you're in a safe space, physically and emotionally, give yourself the chance to think clearly and navigate what you're feeling. Allow yourself to fully experience the sense of inferiority triggered by the harassment, as well as the fear beneath it.

Then, ask yourself the five questions, especially the Awakening Circle question: "*Am I able to witness this emotion without becoming it?*" This practice helps you reclaim your sense of joy regardless of the circumstances. And in doing so, you begin taking back control over your inner world and your ability to shape your future.

## Navigating Grief

When navigating grief, it helps to return to the emotional map and examine what the grief is made of. Sometimes grief is simply sadness—a response to a past event that didn't unfold the

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way you hoped. But sadness can also blend with feelings of inferiority or superiority.

When sadness mixes with superiority, it may show up as contempt or resentment. When it mixes with inferiority, it can feel like despair or depression. If you notice that sadness is intertwined with either inferiority or superiority, allow yourself to experience both layers fully. At the same time, clearly distinguish the sadness tied to the past event from the triggers that activate feelings of inferiority or superiority within you.

Ask yourself the five questions from the Source Circles, especially the first and second. As you cultivate experiences of charity, you open yourself to surrendering to what is good for all. When your actions align with what benefits everyone and also strengthen your own sense of worth, the painful stories of the past begin to lose their power to keep you emotionally weighed down.

Engaging in selfless work helps you reclaim the spirit of life, and with that renewed energy, you move steadily toward creating the future you desire.

Sometimes grief arises from the loss of someone we deeply love. The stronger the bond was, the

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more powerful the grief feels, because love and feelings of loss are intertwined. What intensifies this pain is the belief that we have lost someone forever from our life. This grief is experienced because of a misperception that we lost someone precious to the physical form and we are staying eternal in the physical form. When we begin to realize within that we too, are temporary in our physical form, we will be able to understand that what is truly eternal is not the physical form but the love, the memories, and the imprint of connection that remains within us. As this understanding grows, grief can soften and gradually transform into a pure expression of love.

Instead of focusing on the absence, we start to feel gratitude for having experienced such a profound bond. It will help us open into the Love of God in us, a love that is not limited by time, distance, or physical form. Through this realization, we come to understand that nothing is greater than this pure love that continues to live in us, unchanged and unending.

## Navigating Sickness

When we're sick, it's common to feel a swirl of difficult emotions. There may be resistance to the fact that you became ill, which can turn into hate with your current situation. You might feel anger when you look toward the future and realize you can't do the things you had planned. You may even feel a sense of inferiority when comparing yourself to people who are healthy.

When emotions blend together like this, it becomes essential to separate them. Identifying each emotion on its own helps you see how it pulls you away from the Source, by drifting us away either in time or in space. Once each emotion is recognized, it can be addressed individually, allowing you to gently guide yourself back to the Source. Navigate the complex emotions to its subtler roots. From the subtler emotions, use the five questions to navigate back to the source circles.

## Navigating Disability

When living with a disability, a person can experience many emotions, often with inferiority

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as the predominant, especially when they feel unable to do what others can. It's important to recognize that the body is simply a mechanism through which the spirit expresses itself. The spirit seeks expression through whatever you have in this moment, not through what you lack.

The mind, however, tends to create a narrative: *"I cannot be like everyone else because I don't have what they have."* That narrative reinforces a sense of separation from the Source. But when you begin to recognize the inclusive nature of the Source, a different understanding opens up. The answers arise from within, and you start to see that you still belong, that you still fit among others, even if feelings of inferiority and lack still continue to surface at the level of identity.

Use the five questions, especially the first and the third, to step back from the emotional identity and redirect your attention to what is present in your body that the spirit can use to express itself. Life is meant to be lived so the spirit can strengthen itself, not so you can measure yourself against others. When life is approached in this way, returning to the Source becomes natural and effortless.

## Navigating Boredom

Boredom is one of the strangest emotional states I've come across. At first, it seems to not fit anywhere on the Alchemy Map. It doesn't arise from projecting ourselves into the past or future, nor does it stem from feelings of superiority or inferiority. Yet it still keeps us out from experiencing the fullness and joy of the Source. In boredom, there isn't enough emotional "fuel" to propel us into any of the circles. Instead, we drift along the periphery—neither fully engaged nor fully withdrawn. It's a state of non-decision and non-action. We avoid choosing, avoid moving, because movement risks stirring up fear, inadequacy, discomfort or low self-esteem.

Boredom often signals a deeper issue: a lack of purpose, or a reluctance to pursue purpose because doing so might expose us to failure, judgment, or uncertainty. It's a quiet avoidance strategy. And although boredom feels neutral on the surface, it is not a desirable state, because neutrality is still separation from the Source. There is no aliveness in it, no flow, no inner fire. To return to the Source, we need fuel and emotions provide that fuel. The way out is not to wait for inspiration but to consciously create

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direction. Set a goal, choose an intention, take a step. Allow life to be comfortable with having emotions. And when emotions arise, use the Alchemy Map to navigate them and return to the fullness of the Source.

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# Bringing the Map to Life

## Bringing the Map to Life

## Union with the Source

One of the intentions of this book has been to reveal that Awakening, the Kingdom of Heaven, and the Love of God are not distant, abstract ideals reserved for some future existence beyond physical death. They are living realities, available in the immediacy of this very moment, waiting to be recognized as we open ourselves to God consciousness. As Jesus teaches, “*The kingdom of God is at hand.*”<sup>22</sup> This nearness is not metaphorical, it is a direct invitation to experience the nearness of the divine, an invitation meant to be felt, embodied, and lived.

These sacred experiences are known in the spirit, yet when our sense of identity becomes confined to the body and the thinking mind, the subtle presence of the spirit can seem hidden or inaccessible. The body-based identity is not a mistake; it is the instrument through which the spirit expresses itself in the world. But recognizing the true nature of the spirit allows us to remain aligned with the Source.

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<sup>22</sup> Mark 1:15

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From this alignment, the body, mind, and spirit cease to operate as separate or competing aspects of ourselves. Instead, they become a unified movement, a single harmonious expression of the divine presence within. Life begins to feel less like something we must control and more like something we allow, a graceful unfolding guided by the wisdom of the spirit. In this state of union, the Kingdom of Heaven is no longer a distant hope but a lived reality, revealed in the simplicity of being fully present, fully open, and fully connected.

## Suffering as a Pathway to the Source

Suffering, though undeniably painful, can become a doorway into the Kingdom when we allow ourselves to follow the trail of emotions it stirs within us all the way back to its Source. In this way, suffering becomes more than an obstacle to endure; it becomes a awakener, inviting us to navigate the emotional landscape it reveals and leading us toward the Source Circles where healing, truth, and divine presence are waiting to be discovered. My hope is to invite readers to see

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suffering not as an enemy to be feared or avoided, but as an opportunity for spiritual depth.

This perspective does not mean that we should seek out suffering or glorify it. When suffering is self-created or intentionally pursued, we cannot trace it back to the Source. But the suffering that arises naturally in the course of life, the losses we did not choose, the disappointments we did not anticipate, the challenges that arrive uninvited— carries within it a hidden invitation. These moments, when approached with openness rather than resistance, can be traced inward to the quiet center where God meets us, and transforms us.

## Awakening Into Divine Love

Awakening is marked by a profound inner peace — a peace so steady and unmistakable that it signals the nearness of the Kingdom of Heaven. As the heart awakens, it begins to perceive life with a new clarity, as though a veil has been lifted. Gratitude arises naturally, even toward those who have caused pain or hardship. This gratitude is not manufactured or forced; it flows effortlessly from a deeper awareness that everything, even suffering, can serve as a pathway leading us back

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to God. When this understanding dawns within us, it becomes one of the clearest signs that the Kingdom is drawing near.

At the very center of the Kingdom is the Love of God. This love is not something we strive to create; it is something God pours into us. When it arrives, it is unmistakable, a sweetness, a warmth, a presence that makes all other desires fade into the background. In those sacred moments, the spirit recognizes its true home. Nothing in the world feels more essential than remaining in that love, abiding in it, and allowing it to shape every thought, action, and intention.

Once a person awakens into the Kingdom and tastes the Love of God, turning away from God's truth becomes increasingly difficult. Even when challenges arise, even when old patterns attempt to reassert themselves, the heart remembers. It knows where home is. It knows the difference between the fleeting comforts of the world and the enduring peace of divine presence. And because of this knowing, the awakened heart longs to stay aligned with that sacred reality, not out of obligation, but out of love.

## When Young Hearts Wander

It is very easy for teenagers and young adults to become angry over small things. At that stage of life, they are just beginning to fully identify with their bodies, their personalities, and the social roles placed upon them. With that new identity comes a sudden awareness of limitations—physical, emotional, and social. They feel everything intensely, yet they lack the tools to interpret or navigate those emotions. When suffering appears, even in small doses, it can feel overwhelming.

Many young adults instinctively reach for whatever promises quick relief. Drugs, alcohol, and other forms of escape seem to offer a way out, a momentary numbing of the discomfort they don't yet know how to face. These substances create a brief illusion of peace, but the relief is shallow and temporary. Over time, the very things that once seemed to offer comfort begin to function like a false god—promising peace while quietly pulling further away from the path God intended. In chasing that illusion, young adults risk drifting further from their true identity, their purpose, and the deeper spiritual calling woven into their lives.

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When Awakening, the Kingdom of Heaven, or the Love of God enters a person's experience, the compulsion to escape suffering begins to loosen its hold. Suffering is no longer seen as something to flee from, but as something that can lead them inward, back to the Source of all healing. Instead of numbing their pain, they learn to listen to it. Instead of avoiding their emotions, they learn to follow them to the quiet place where God meets them with compassion, clarity and truth.

## The Journey That Revealed the Source

I often heard people say that Jesus suffered and died for our sins, yet I struggled to understand what that truly meant. How could one person bear the sins of another? This question weighed heavily on me, leaving me restless and uneasy, unable to grasp the idea of taking on someone else's burden keeping me in constant search for clarity.

For eight years, I lived through a deeply challenging marriage. I tried everything I could to bring peace into our home, but despite my efforts,

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very little changed. After pursuing divorce, although my home finally felt calm, the ongoing legal battles were draining me emotionally and financially. It was during that dark period that I experienced something unexpected: a vision of a white figure which I described in the chapter Circle of Truth. It was accompanied by insights I could not fully understand at the time. Only years later, after becoming involved with the Church and learning more about Jesus, did I begin to see my experiences in a new light. I realized that carrying even a portion of another person's suffering can be profoundly painful, and that this small glimpse helped me better understand the depth of sacrifice attributed to Jesus. His burden was infinitely greater, yet my own experience allowed me to understand the concept in a personal and intimate way.

Looking back, I now see that those difficult years contained a hidden blessing. Through them, my heart opened into what I call the first Source Circle—the Circle of Charity. The vision of the white figure later guided me into the Circle of Truth, where I began to understand worthiness in a deeper way. My introduction to the Church marked the beginning of the Awakening Circle, where I learned to step back from my identities,

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even my religious identity and observe emotions without becoming consumed by them. As the Kingdom of Heaven unfolded within me, resentment dissolved and gratitude took its place even towards those I once perceived as adversaries. And ultimately, recognizing the Love of God revealed the one truth that stands above all others: that divine love becomes the center of life, making everything else secondary.

## How the Book Found Me

Starting with my experience of the Kingdom of Heaven, I began taking notes so I wouldn't lose what I had seen and felt. I wanted to be able to return to those moments, to study them and understand what had really happened that day. As I continued attending church, I felt an unexpected pull to write about certain themes—charity, truth, emotions, addiction, and more—without fully knowing why these topics were coming to me or how they fit together. I also recorded the revelations that often arrived in the early morning, just before waking, when my mind was quiet and most receptive.

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At first, all of these writings felt separate, like scattered pieces with no obvious connection. Around that time, I noticed something about emotions such as fear and sadness: they seemed to arise when my mind moved away from the present, either projecting into the future or revisiting the past. From this insight, I created an initial map with a single horizontal axis representing time. For a while, that simple time-based map was what I had.

Yet something in me sensed that the picture was incomplete. I felt an inner nudge to draw a vertical line across the map. The word “superiority” emerged at one end of this new axis, and I put “inferiority” at the other. As I explored this dimension, I began to see how nearly every human emotion could be traced to some combination of time and this sense of higher or lower worth. Slowly, I realized that all the emotions a human could experience could be placed somewhere on this map.

Later, another connection appeared: the writings I had collected on Charity, Truth, Awakening, the Kingdom of Heaven, and the Love of God all seemed to belong at the very center of the map. They were not just ideas; they were the still point

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around which all emotional movement revolved. That realization stirred something deeper in me—the sense that this was not just a private journal anymore, but the beginning of a book.

I started expanding my notes, explaining each idea in detail, including how to navigate emotions using the map and how to move toward the center. Eventually, I felt I had completed a full manuscript and that it might be ready to share with others. But when I read it back, I felt disheartened. Growing up, English wasn't my primary language, and I often noticed that many of my sentences were grammatically incorrect, sometimes as many as one out of every three. I could sense that something was wrong in a sentence, but I didn't always know how to fix it. I wondered how I could possibly publish a book in that condition. Only after finishing the manuscript did I discover an A.I. tool that could help correct grammar. As I refined my text with this tool, the writing became clearer, and my confidence slowly grew. I began to feel that readers could focus on the message without being distracted or frustrated by my English.

I then attended a free class with Steve Harrison and his book publishing team, where I learned

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more about shaping and refining a book. Their guidance helped me make further improvements, and I could feel the quality of the manuscript rising. Encouraged, I enrolled in more of their classes, which helped me bring the book to a more professional level.

Looking back, I can see that the book evolved in phases. Each stage added a new layer of clarity and confidence, slowly strengthening my belief that this work could genuinely serve others.

In the early days, I often felt sad about my custody arrangement, grieving the limited time I had with my daughter. Looking back, I began to see something I couldn't see then those quiet stretches of solitude gave me the space to reflect, to write, and to allow this book to take shape. Without that time alone, it would have been difficult to interpret the insights and revelations that were unfolding within me. What once felt like loss slowly revealed itself as the very condition that made creation possible. The aloneness I resisted became the doorway through which this work entered my life.

And through it all, it was never just my effort. I can recognize now the quiet, steady guidance of the Holy Ghost, placing confidence in my heart

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when I doubted, offering revelations when I felt stuck, and showing me, step by step, what needed to be done and when. This book grew not only from my experiences, but from a guidance far wiser than my own. It was that same guidance that prompted me to place this work in the hands of the people best equipped to help it reach its fullest potential.

There were times when I didn't feel uplifted or confident enough to write about the teachings of Jesus. My experience with church and Christianity was limited—only about two years—and doubts would rise in me: *“What if my interpretations are wrong?”* *“What if people reject what I write?”* These questions discouraged me and made me hesitate.

Whenever I used to write, I always I felt a strong movement of the Holy Ghost guiding me, offering insights, revelations, and ideas that were far beyond my own understanding. And at times, when I resisted or delayed what I felt called to do, I experienced what I can only describe as the wrath of the Holy Ghost. It was an inner turmoil so intense that it felt as though everything around me was collapsing and my very soul was on fire.

With the awakening that had opened within me, I knew that even if people misunderstood me or

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reacted strongly to my writing, I could always step back from my body-identity and remain just a witness to whatever unfolded. That kind of detachment would only deepen my awakening. But if my soul was on fire, there was no escape from it.

That is why I continued writing. More than my own desire to finish this work, I felt that the Holy Ghost wanted this work brought into the world. My task was simply to stay faithful to the guidance and ensure that the message reached the right hands.

## Sin and Weight of Unworthiness

When a spirit takes birth on earth, it arrives with a longing to express itself. Through expression, it gathers the energy required to evolve into a higher possibility—just as water transforms from ice to liquid to vapor by absorbing heat. The spirit may even choose a family whose environment best supports this unfolding, whether through love, challenge, or a mixture of both.

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As a child grows, layers of identity begin to form. First comes a **body-based identity**, shaped by sensations, needs, and survival. Then emerges a **mind-based identity**, built from thoughts, beliefs, and the stories we tell ourselves. By adolescence, these identities become strong and often dominant. When the impulses of the body and the noise of the mind overshadow the quiet intention of the spirit, a person can drift away from their deeper purpose. In this sense, such misaligned actions can be understood as *sin*—not as moral condemnation, but as a turning away from one’s inner truth.

Early adulthood often intensifies this drift. The physical world becomes enticing, demanding exploration and experimentation. In the process, the spirit’s needs may be neglected or forgotten. This is why living a completely sinless life is not simple; it requires awareness, humility, and a willingness to stay aligned with the spirit even when the world pulls in other directions.

When I encountered the white figure, I felt utterly unworthy. Everything within me was exposed. In that moment, I longed for someone to lift that unworthiness from me, because I did not feel worthy in the presence of such a divine being.

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That lifting of unworthiness is precisely what Jesus offers through his atonement — if one is willing to believe in him and ask for forgiveness. His grace does not erase the past as if it never happened; instead, it transforms the heart so that the past no longer defines one's worth. Through belief in him and the courage to ask for forgiveness, the burden of unworthiness is dissolved. What remains is a heart capable of standing in the light, not because it is flawless, but because it has been made whole.

## Reincarnation vs Eternal Life

Many Eastern traditions emphasize reincarnation, often linked to the law of *karma*, the idea that unresolved actions, impressions, and inner distortions must eventually be balanced. In contrast, Jesus spoke of eternal life, a single passage into a perfected state of being. For a long time, this difference puzzled me. If God is one, why would the paths appear so different?

During my encounter with the white figure, something became unmistakably clear. I became aware of a profound sense of unworthiness, a heaviness that seemed to radiate from the very

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core of my being. I realized that unless someone lifted that unworthiness from me, I could not stand before the presence of such a divine being.

That realization helped me understand *karma* in a new way. What Eastern traditions call *karma* is not merely a record of deeds; it is the weight of untransformed inner impressions. It is the residue that keeps a spirit circling through birth after birth, seeking resolution. Reincarnation, in that sense, becomes the long path, the gradual purification of the spirit through experience, learning, and repeated opportunities.

But the atonement of Jesus reveals another path. He offers to take this burden, this unworthiness, this karmic weight, upon Himself. Not automatically, but through a relationship: through belief in Him, through the humility to ask for forgiveness, through the willingness to let His grace transform the heart. His atonement does not bypass justice; it fulfills it in a way we could never accomplish on our own.

When this burden is lifted through Him, the spirit becomes capable of entering the kingdom for eternity. Not because it has perfected itself through countless lifetimes, but because it has been made whole through divine love. In this

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way, the teachings of reincarnation and the promise of eternal life are not opposites; they are two perspectives on the same human condition — one describing the long road of self-transformation, the other revealing the possibility of redemption through grace.

### Living Life Aligned With God

The glimpses of awakening I experienced taught me to witness emotions instead of becoming it. Instead of becoming fearful, sad or anxious, I learned to observe them, almost like watching a character in a video game navigate uncertain and unfamiliar terrain. In a game, you don't cling to what happened to the character in the past, and you don't fear the future; the unknown is what makes the journey exciting. If one game stops being enjoyable, you simply choose another. In real life, this translates into adjusting your circumstances, shifting your environment, or changing your approach so that life becomes more aligned with joy.

But this perspective also raises an important question: **Should life be treated as carelessly as a video game?**

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During my first awakening, I felt tempted to live that way. Because I could witness emotions without being overwhelmed by them, I felt strangely invincible. I could create chaos in my life and feel almost nothing and that detachment itself became intoxicating. It was fun, but it was also dangerous.

This is where living in alignment with God becomes essential. In a video game, if you set a clear objective—reach this level today, complete this mission—the character plays with purpose. Risks are taken thoughtfully. Setbacks are met with resilience. The game becomes meaningful.

Life works the same way. When God is part of your navigation, you begin setting intentions and living with purpose. You don't become careless, because your life has direction. At the same time, you're not overly attached to outcomes, because you trust that the future is known only to God, who guides you through it. You give your best effort without being consumed by fear or disappointment.

Life, then, is neither reckless nor rigid. It becomes a purposeful adventure guided by God, yet free from emotional entanglement in any single

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outcome. This mindset allows you to enjoy the journey, even when setbacks arise.

There is a profound greatness in living a life aligned with God. I often imagine the difference between a life aligned with God and one that is not much like the difference between a stray dog and a beloved pet. A stray dog has complete freedom—no rules, no boundaries. Yet it lives with constant uncertainty: hunger, danger, exposure to the elements. A pet dog, though living within boundaries, is cared for, protected, and given the opportunity to grow into a higher order of existence through its relationship with humans.

In the same way, aligning your life with God does not restrict you, it elevates you. It places you in a relationship where your needs are met, your path is guided, and your spirit is nurtured. Freedom without guidance leads to wandering; freedom with guidance leads to growth, purpose, and joy.

## Trust

I've come to see that all meaningful relationships are ultimately built on trust. Whether it's with parents, children, friends, or a spouse, the degree of trust you place in another person determines the depth of the relationship itself. When a child knows that a parent will stand by them even when they fail or fall short, that assurance becomes the foundation of trust. It creates a bond that is not merely emotional but spiritual. Trust bridges the gap created by individual identities; it allows two people to move in harmony rather than in guarded separation. And when trust breaks, that unity becomes difficult to sustain.

I didn't grow up with a strong parent-child relationship. In many ways, it was fragile and uncertain. But my relationship with my daughter was the opposite—steady, open, and deeply connected. Experiencing both sides of that contrast has shown me what nurtures a healthy bond and what quietly erodes it.

The same truth applies to a relationship with a spouse. When trust is mutual, the relationship becomes resilient. If you're searching for a partner and you find someone who trusts you and with

## Bringing the Map to Life

whom you can be fully yourself, without filters or fear—that relationship has the potential to grow into something profoundly spiritual. Even when differences exist in faith, culture, or interests, trust allows you to recognize and honor the other person’s spirit rather than getting lost in surface-level differences.

A relationship with God deepens in a similar way. I wasn’t always a person of strong faith, though I tried to do what was good and right for others. When my ex-wife was struggling with her challenges, I did everything I knew to support her. But despite all my efforts, nothing seemed to change. That sense of helplessness eventually led me to pursue divorce and seek custody of my daughter. When the custody attempts also failed, I felt completely defeated, as though every path I had tried had closed in front of me. It was in that moment of deep exhaustion and surrender that the white figure appeared, bringing revelations that would ultimately spark my faith. From that point on, my relationship with the Lord became personal, intimate, and conversational. The more I placed my trust in Him, the more the spiritual world opened itself to me. Much of what I’ve written in this book has grown out of that unfolding relationship.

## Bringing the Map to Life

So, I've come to believe that the depth of trust you place in someone—your friend, your child, your parent, your spouse, or the Lord—is what ultimately defines the depth of the relationship. Trust is the doorway through which love, understanding, and spiritual connection can enter. Without it, relationships remain shallow. With it, they become transformative.

# Conclusion

## Conclusion

## Conclusion

As you arrive at the final pages of the book, remember that it is not meant to be a one-time read. It is a companion for the moments when life feels overwhelming, confusing, or troubled. The Alchemy Map you've explored is a living tool, one that becomes more powerful each time you return to it.

When emotions begin to swell or feel unmanageable, come back to the map. Pause. Notice where you are. Ask yourself which emotions are present right now, and name them with honesty. From there, look toward the emotions that need to be navigated next. Gently guide yourself from the strong or complex emotions toward their subtler roots. Your first task is simply to trace the emotion back to its subtle origin.

When you arrive at those subtle emotions, allow yourself to feel them fully. Sit with them without judgment and without reaching for anything that would diminish its intensity. Take full responsibility of the emotions without projecting it on to people or situations. If the emotions feel too overwhelming, choose a lighter distraction rather than a stronger one. These subtle emotions are the doorway back to your Source.

## Conclusion

Use the questions from the Source Circles in this book to reconnect with the Source. They are designed to draw you towards the Source Circles, to help you see clearly, and to guide you back to the quiet center within yourself. Give yourself time, perhaps a day or two, to notice the shifts that unfold. Keep the map close to you so you don't slip back into strong or complex emotions.

As you are able to disidentify from the subtle emotions, you may feel a natural sense of gratitude emerging. This is a sign that you are returning to the Source Circles. Let that gratitude open the way to prayer, affirmation, or intention. Use this moment to shape the path ahead with clarity and purpose.

You now hold a tool for navigating your inner world with wisdom and grace. The map will not remove challenges from your life, but it will transform how you meet them. It will help you respond rather than react, understand rather than resist, and return to your Source rather than lose yourself in emotional storms.

Keep this book close. Return to it often. A visual image of the map is far easier to recollect during a period of difficult emotional storms. Let it guide you back to the quiet truth within you. Your

## Conclusion

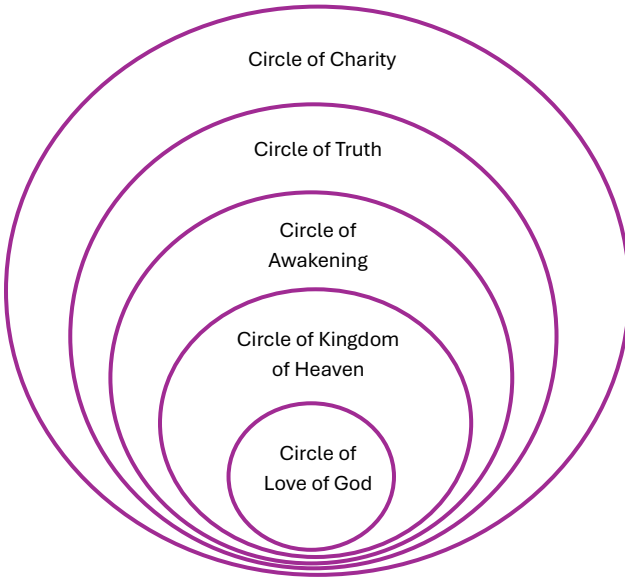
emotional landscape is vast, but you are not lost. You have the map. You have the compass. And you have the Source within you, always.

## Conclusion

## Conclusion

# Visual Reference

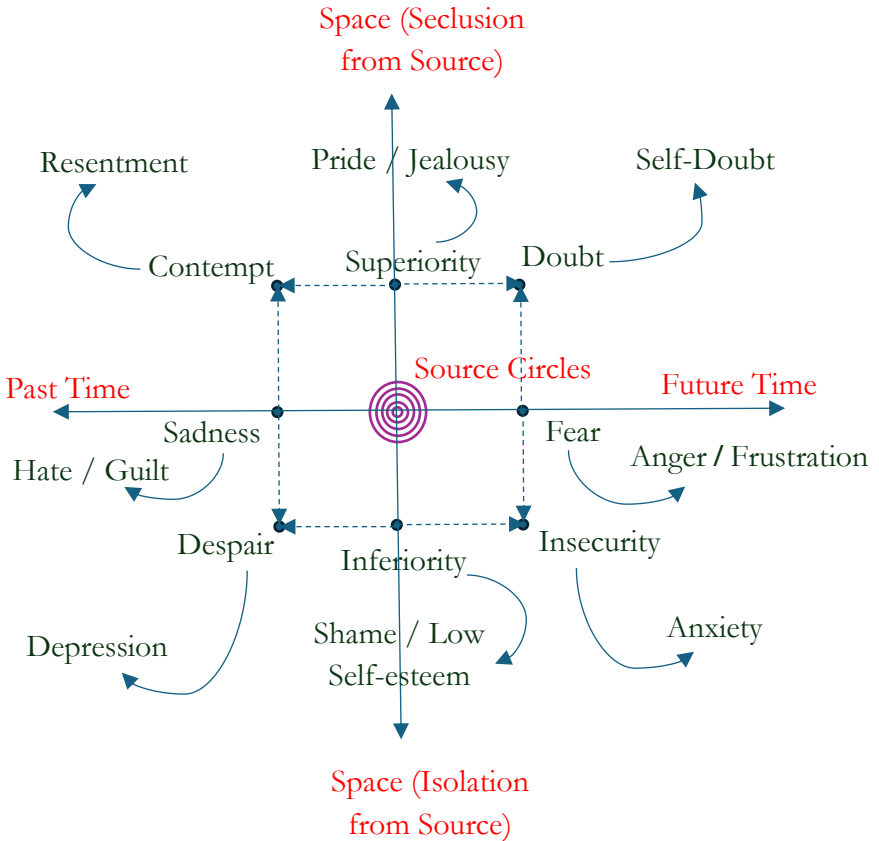
### Source Circles



## Conclusion

# Conclusion

## The Alchemy Map



Source Circles represent the present moment where you are in a state of unity with God and with all beings and the place where you are trying to navigate toward.



## Acknowledgments

My deepest gratitude is owed to the Holy Ghost, whose revelations, insights, and experiences within my life that shaped every page of this book. Without that divine guidance, the truths within these pages would have remained undiscovered.

I am also grateful for the church, its members, its practices, and the responsibilities entrusted to me. Each of these has played a meaningful role in deepening my understanding and knowledge of Jesus Christ.

I also extend heartfelt thanks to all those whom I once perceived as adversaries. The experiences that arose through them helped me awaken and reveal the deeper self within me. I was then able to witness my body and emotions as distinct from my identity, a realization that ultimately shaped the structure of *Alchemy Map*.

I am deeply grateful for the support of Microsoft Copilot and other image-generation tools, which helped me refine my language, create the visuals I needed, and strengthen my confidence as a writer. The clarity and precision I gained through that

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Finally, I wish to thank Steve Harrison's team for elevating this manuscript to a professional standard. Their expertise, encouragement, and commitment to excellence helped transform my ideas into a book ready to be shared with the world.

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## Author Bio

Sam Sri is an engineer, martial artist, and a spiritual teacher who discovered a profound inner connection at the lowest point of his life. Today, he shares the insights, research, and practical path to a transformation that can feel nothing short of magical. His spiritual journey deepened during a season of profound personal upheaval, when prayer, scripture, and unexpected moments of grace opened a doorway into a deeper awareness of the self. What began as private reflections written in the quiet hours of the morning gradually unfolded into a body of insight that reshaped his understanding of suffering, identity, and inner transformation.

The Alchemy Map emerged from this transformative period—a synthesis of lived experience, spiritual revelation, and a desire to help others navigate their own emotional and inner landscapes. Sam writes with the intention of offering clarity and companionship to those seeking healing, awakening, or a return to the Source within themselves. His work invites readers to explore the deeper layers of consciousness with honesty, courage, and an open heart.





