

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

By Sam Sri

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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

Preface

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.

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**, which include 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, be it 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

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coherence, allowing 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.

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You will learn to:

- Navigate emotions with awareness rather than resistance.
- 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

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.

Conclusion

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 intensified 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

The Beginning of Revelation

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 their imagination. So, when they hear that fire can keep you warm yet also kill you, the statement feels contradictory. 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

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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 make the book 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, 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

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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 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.

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- 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 discuss these emotions in more detail in later chapters. When a person identifies 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.

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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 to 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

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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 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 you clearly recognize these layers. Instead of being overwhelmed by their emotions, you can learn to navigate them with intention and understanding.

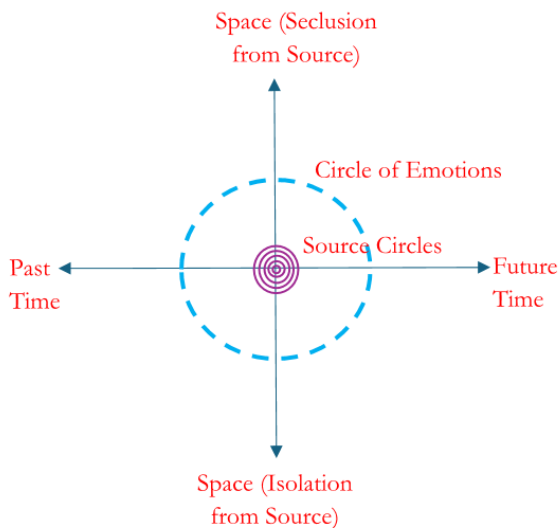
Many of the layers within the Source Circles are illuminated through the teachings of Jesus, not to promote any denomination, and not even to teach Christianity. His teachings offer a profound lens for understanding the nature of the spirit. They reveal how the spirit expresses itself, how it

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becomes obscured, and how we can return to that expression when we feel lost, fragmented, or overwhelmed.

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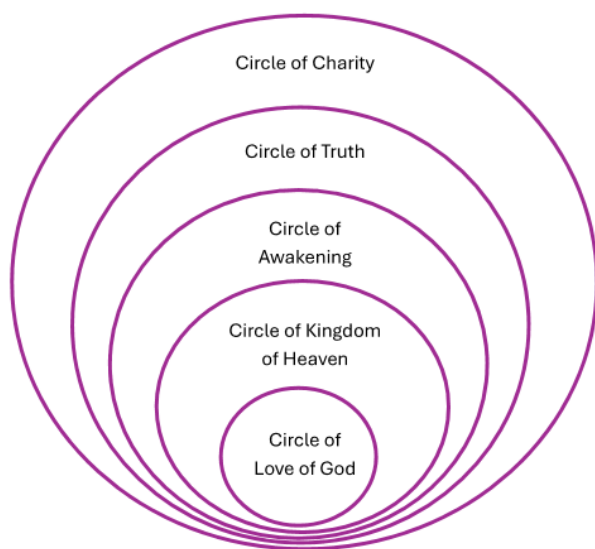
Alchemy Map (Basic)



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.

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Layers in Source Circles



Conclusion

Stage 1: 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 unemployed, I took responsibility for supporting our household and did my best to be present for her during an emotionally complex period 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 belief that commitment meant trying everything possible before giving up.

Circle of Charity

Eventually, my focus shifted toward ensuring a stable environment for my young daughter. That responsibility led me to make the difficult decision to pursue a 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” (Matt. 6:3-4 KJV).

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

Circle of Charity

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 a separate body with a separate identity. 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 dissolves into something larger and whole. In that

Circle of Charity

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 others' struggles and help them improve their lives, their growth becomes a source of genuine joy for us. This joy arises from witnessing others' joy, deepening our sense of oneness with them. Over time, our consciousness expands beyond the boundaries of the individual self. With continued

Circle of Charity

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 others' happiness. This experience motivates them to continue acting with kindness until seeking the joy of others

Circle of Charity

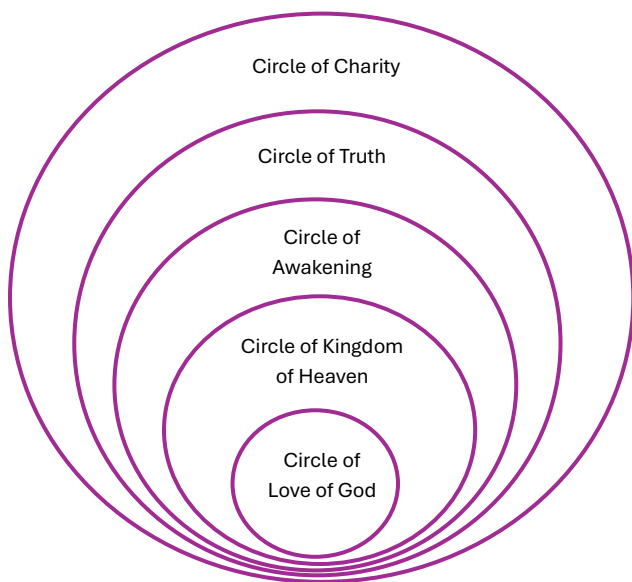
becomes a natural practice. In the process, their sense of identity expands beyond the narrow confines of the individual self—an essential shift as they grow into adolescence and adulthood.

Conclusion

Conclusion

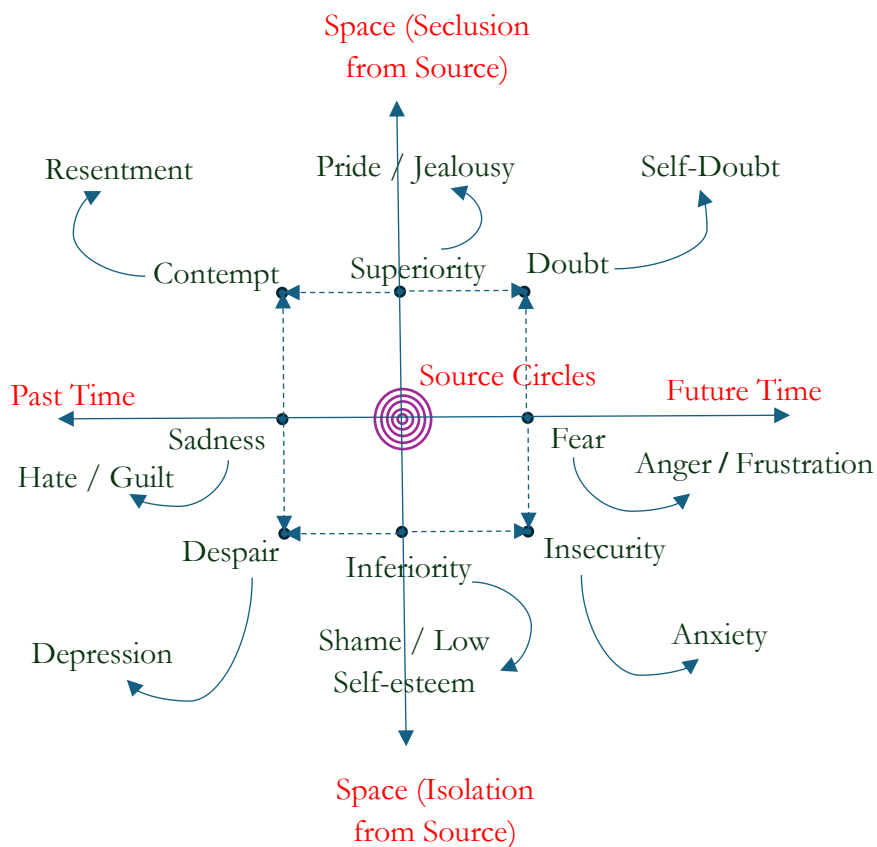
Visual Reference

Source Circles



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.

About the Author

Sam Sri is an engineer, martial artist, and 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.