

MELANIE BROCKWELL MASTER OF HEART ALCHEMY PRESENTS:

THE LIVING MASTER EQUATION[©]

DISCOVER THE LIVING MASTER IN YOU!



What You Need

- Paper or a notebook and your favourite pen to scribe your reflections.
- A recording device if you prefer to speak your truth.
- A sincere desire to explore life as a Living Master.

That's it. Save this PDF to your computer/device and feel free to share it with anyone who needs a reminder of what is sacred about them. No introduction, let's jump straight in!

Visit <http://howtobemedicine.com> for more on the Living Master Equation[©]

Melanie Brockwell Master of Heart Alchemy 2015[©]

LET'S BEGIN

TAKE A LONG SLOW BREATH TO SETTLE INTO THIS MOMENT ON PURPOSE.

Give yourself permission see-feel whatever wants to be explored in this process¹.

There's no need to take time out of your day or to find a quiet place. We want to have a genuine experience of self without needing to take anything away or add anything that isn't already present.

STEP ONE

Take a look at the collection of words below. Choose the three that best reflect what you are committed to. Feel free to add or write your own. This is not a test.



If you feel to choose more than three commitments, or find it difficult to decide on any, then we need to talk! There are numerous processes that make visible what you're committed to.

Visit <http://howtobemedicine.com/making-my-commitments-visible> to find out more.

Our commitments are:

- >> The way we navigate our everyday.
- >> The things we do when there is a choice to be made.

Remember, our commitments are not ideals. Without giving too much away at this stage, let's just say that whatever you come up with is perfect! Trust your intuition, write your commitments and move on to step two.

¹ "You never step into the same river twice." Each time you return to this process, you are starting anew. Whatever you discover now, is for now. There is no need to take what you realise into the next moment. In the next moment, your experience of who you are will be revealed to you... if you open to it.

STEP TWO: REVEALING YOUR PASSIONS

Once you have your commitments, ask yourself this question, “**what am I most passionate about?**” This is not a question about your hobbies, career, or other projects. The answer to this question will give you a sense of what matters most.

TIP: Think about which news stories get you up on your soap box. Think about the kinds of behaviours that make you want to yell at your kids or complete strangers. Think about what brings you to tears. *These things are not necessarily your passions, but they are asking you to pay attention to something. What is that something?*

Write whatever you feel to, for as long as you have something to write. When you're done, collect a list of one to three word phrases. We're focused upon the summary statements for this exercise such as 'species-extinction', 'education' and 'equality'. Obviously they don't have to be social issues.

Let this take as long as it takes. Remember, this is *your* process. Trust yourself. Trust the things that come up for you. This is not a test.

TAKE A BREATH

HOW DO YOU FEEL NOW?

After revealing your passions, the things you're motivated to action around, the things you're certain "should" or "should not" be in this world - how do you feel?

- >> Are you calm and present to the miracles and wonder of this moment?
- >> Are you empowered to be who you came here to be with an open heart?
- >> Are you truly available to the vulnerable and authentic you?

If you are, that's great!

You've mastered the first reveal of the Living Master Equation[©]

If you're *not* feeling interconnected and open to All That Is, that's great too!

It means there is something sacred going on. You are being made aware of the lores you operate by². Let's move on to the next step.

STEP THREE: WHAT'S REALLY GOING ON?

At some point in this process, you're expecting the instructions on how to align your passion with your commitments. For example, if one of your commitments is non-judgement, you might perceive a *reality gap* between your commitment and the way you react to what you're passionate about. After all, we can hardly be without judgement when we're cursing the evils of this world.

The Living Master Equation[©] is not about what's missing, it's about what's really going on.

The Living Master in YOU is not an IDEAL.
It's not a GOAL or an INTENTION.
...It's a REVEAL!

² If you would like to know more, visit <http://howtobemedicine.com/the-lores-we-live-by>

STEP FOUR: I AM THAT I AM

Now we are going to take our commitments and match them up to our passions.

Be patient with yourself. You are making visible aspects that remain unseen for a reason. We will look at what comes up for you when a REVEAL is brought into awareness in a moment. For now, avoid the temptation to change the commitments and passions you have chosen to work with. Trust yourself.

Focus on matching the commitments and passions on your list using the examples as a guide. Remember, *we are having a genuine experience of self without needing to take anything away or add anything that isn't already present.*

EXAMPLE #1

my commitment + my passion = MY REVEAL

non-judgement + species extinction
= I would be committed to non-judgement IF
species extinction were not a problem.

EXAMPLE #2

my commitment + my passion = MY REVEAL

love + education = I could love unconditionally IF
education was not an issue.

HOW DO YOU FEEL NOW?

After matching your commitments to your passions, the reality of your zero point, the lore you operate by - how do you feel?

>> Are you clear and freshly kissed by divine inspiration?

>> Are you convinced you are an equal and essential aspect of all that is?

If the answer is “yes”, then you have mastered the second REVEAL of the Living Master Equation®

If the answer is “are you f*cking kidding me?”, then we’re ready for an experience of ourselves through Spirit’s eyes.

Whatever configuration of crazy the
Divine made you - is perfect!

Let’s drop all the rules and spiritual practices
that make you wrong and have an experience
of life as seen through Spirit’s eyes.

STEP FIVE: FOCUS IS YOUR HOCUS POCUS

In order to be empowered by our self-awareness, we need to see the REVEAL as part of our perfection. “How?” you ask. “When I look at my REVEAL, all I see is what I don’t want to be. What’s empowering about that?”

Great question! What’s empowering about seeing yourself as failing to live up to your potential? Nothing. That’s why **we need to focus on WHAT IS**, rather than what’s missing.

I'm going to say it again, *we are having a genuine experience of self without needing to take anything away or add anything that isn't already present.*

At the heart of our struggle with the way life is,
is our desire to have all the answers,
to be able to predict what happens next.

This makes it hard to be moved by Grace.

STEP SIX: MOVED BY GRACE

Have you ever noticed that our first inclination is to object to our divinity? Can you hear yourself saying, "if I am Spirit manifest, then why [fill in the blank]?"

NAKED TRUTH #1

We cannot be open to the PURPOSE of our REVEAL when we've already decided it's something we need to fix.

Here's the thing. We're so used to looking for problems to solve, that when someone asks us to simply see WHAT IS... we're lost.

But what if there was a process that allowed us to be present to our whole self - scars, truths, judgements, biases included - without ever making us right, wrong or incomplete? In other words, what if we could REVEAL our true reflection in an empowering way?

Well, there is and we can □ It's called Heart Alchemy® and we've been exploring some of the ways it invites you to remain present to what is sacred about being you → the Living Master YOU! Look for your special gift at the end of this process.

STEP SEVEN: THE LAST REVEAL

Okay, this is it. We've got our commitments. We've explored our passions. We've even made visible our first REVEAL. Now it's time to discover the Living Master in YOU!

Write down 3 things you want to change. These might be about yourself, your loved ones, or the world. Whatever you choose is perfect. Ready? Go!

Now, take the first thing on your list and tell me how it serves you. Explain to me how *wanting* this to be different is the glue that holds your reality together.

Confused? Okay. Let's take a step back.

What am I asking of you? Take a breath and read the instructions again.

TIP: This is not a trick. We are all Living Masters.
This process and all the work I do is about you being able to see yourself as one, no matter what. So all the things you think of as flaws become instruments of the divine. And you no longer rank yourself on outcomes and appearances. The only thing you focus on in any moment is being Spirit manifest.

Take a break, then look at the first thing on your list and tell me how it serves you. Explain to me how *wanting* this to be different is the glue that holds your reality together.

Let me put it another way.

If wanting this to be different is ticking all your boxes, then which boxes is it ticking? Your answer is not a problem or a solution. Your answer highlights how self-assessment is

making you wrong. It illustrates how making yourself wrong is ticking your boxes. It reveals the rules you live by and why they are in place... in an empowered way.

It allows you to see yourself with love and compassion because it's not asking you to locate the place where you're getting it wrong or where you could do it better. In essence, what we're doing is beginning to think-feel-see as the masters do - through Spirit's eyes where everything is on purpose; where everything is sacred. For example:

"I'm out of money again. I know I should be financially independent. I've certainly been to enough webinars. If I was more tech savvy I'd be able to pull it off. But I'm not. I'm overwhelmed by all the backend of setting up a business. If I'm brutally honest, I'm lucky if I can remember where I filed my damn passwords!

Why do I always end up here? Broke desperate and having to ask my uncle for money. How am I ever going to break this cycle? Why can't I just be like everyone else? I wish I could just flick a switch and unlock all the magic of the universe. I know it's possible, I just can't figure out how to make it work for me..."

The Art of Ticking Boxes

MY RULES	MY ASSESSMENT
Generosity is a form of affection SO →	Asking my uncle for money proves that he loves me
Being in need is bad AND →	Financial independence would disconnect me from my uncle's affections (money)
Feeling/emotions are bad AND →	I am ONLY allowed to feel when I'm distressed about the "problems" in my life
I am special WHEN →	I can't do it the way other people can

In this example, our uncle is not the most affectionate person. Regardless, we want to feel close. We know he's not going to become a "hugger" anytime soon, so our rules about *how the world works* include this fact in our equation. We still need proof that he loves us. This is also one of our rules. So we include this in our equation too.

We add other facts about who we are allowed to be and when all of these rules are an invisible part of the equation, we might end up broke, needing to ask for money (proof that we're loved), which (gives us permission) to feel crappy, made worse by the distress of being *the only one* who can't get their sh#t together (aka special).

This is how being broke is ticking all our boxes.

STEP EIGHT: IT DOESN'T HAVE TO BE THIS WAY

Knowing our commitments, our passions and our reveals, does not a Living Master make. Being able to see our rules, our assessments, and our reveals as empowering - as Spirit manifest - that is what allows you to experience the Living Master in YOU!

So how do we get from 'knowing' to 'empowered experience'?

This is not about becoming a Living Master. It's about being the Living Master you already are. I know you think there is something unforgivable about you. I know you believe if you were a Living Master, something would be different. That's all in your rules and assessment of how the world works. And it's these things that help you feel secure because even if your assessment tells you the world is falling apart, at least you *know* what's going on (which is a lot more bearable than walking around not knowing).

Your beliefs are not a problem. Your rules are not a problem. Your assessment is not a problem. All of these dutiful aspects are serving you perfectly. They're giving you certainty and showing you what to focus on and telling you how to feel close to the people you care about. Instead of solving a problem, we are exploring what is really going on so that we can stop making ourselves wrong and start seeing life through Spirit's eyes.

Once we know how we're ticking our boxes, we can choose another way. We can still be special, and feel, and accept generosity, we simply allow these things to manifest in other ways - ways that don't involve being broke, mired in self-loathing and isolation. Unless we decide we're okay with that. After all, it's our life to experience as we choose. That is, we can't choose who we are but we can decide how we feel about that.



STEP NINE: RE-STORYING

- Accepting generosity becomes a natural part of life (rather than a means to an end).
- Closeness is felt and no longer requires proof from those we care about.
- Feeling worthwhile is imbued in the recognition of who we are (not what we do).
- Emotions are divine and experienced for their own sake.
- Being special is the unique way Spirit manifests as us.

Re-storying the way we tick our boxes is a lived process. We don't make a decision and then expect the universe to make it so. When an assessment comes up, we acknowledge how it is ticking our boxes THEN we ponder the Living Master version of what's going on. Surrender to the possibility, and we are moved by Grace.

How can you re-story some of the ways you're ticking your boxes right now Living Master?

The Living Master Checklist:

I am comfortable in my own skin	□	It's safe to be who I am	□
I feel like I belong	□	I am free to enjoy life	□
Who I am is sacred	□	I am exactly where I need to be	□
My life has meaning	□	I trust myself	□

We do not need to leap tall buildings to be a Living Master. It is living in the moment we are mastering when we let go of control (all the things we think we know). It's the wisdom of being present to our divinity we are embracing.

We only need to know who we are (and everything we do-feel-see) as sacred, in order to see life through Spirit's eyes. These are not goals or outcomes. We do not embrace our Living Mastership by focusing on what is missing. We reveal the sacred, we focus on what is, and we experience our perfection - the perfection of being who we are (not some unrealised ideal of health, happiness and getting everything we want that keeps asking us to reject who we are in favour of something better).

You are the central variable in the Living Master Equation[©]

1. How do you reveal your rules and assessments (without making them a problem)?
2. How do you recognise the boxes being ticked (by everything you label a problem)?
3. How do you re-story what's going on to see life through Spirit's eyes?

Decide whether you're happy where you are, or you want an experience of Grace. Start where you are. Follow the steps in this guide. Contact me if you have any questions. And don't forget to take advantage of your special gift on the last page!

Thank you for exploring the Living Master Equation®. I am grateful for having this conversation with you and am open to having many more. As always I defer to your guidance to further investigate or alter this process for yourself, Living Master. With love and poetry from Melanie Brockwell Master of Heart Alchemy.



Your Special Gift!

Living Master Melanie Brockwell & Louise Moriarty the Headless Buddha have put together a special offer for anyone intrigued by the Living Master Equation®.

For your exploration, no strings attached we are granting you access to Day One of the Perfect Present 8 Week Experience absolutely FREE!

PLUS we're offering a massive discount on the program for anyone who hooks it over to <http://everydaymiraclesandwonder.com> to sign-up for our newsletter. Don't miss out, this is a crazy basement price for a world first program that promises what no other process can - no judgement, no pathology, no polarities, no separation, no problem-solution paradigm, no fixing, no changing, no healing, no teaching (or learning). This is the real deal for Living Masters on the planet right now!

Day One: Our Gift to YOU! <http://theperfectpresent.kajabi.com/sp/37614-learn-more>

Perfect Present OFFER! <http://theperfectpresent.kajabi.com/sp/38124-50-discount-code>

YOUR INVITATION

When we stop solving problems and stop thinking we know what's going on, we begin to live in graceful surrender. We start allowing the truth to be revealed in this moment without having any attachment to outcomes or pre-conceptions. This is Heart Alchemy.

HEART ALCHEMY[©]

We are all Living Masters.

Being a Heart Alchemist is really something else.

The Perfect Present[©] 8 Weeks is a great way to discover the reason your life is the way it is. And exploring the Living Master Equation[©] is the next natural step to fully embrace yourself as Spirit manifest. But what then?



What if you want more than to be the activist, the shaman, the muse?

What if you're ready for an experience of life as a conversation with the cosmos?

OPTION ONE: [A Mentorship](#)

There are numerous mentorships available for those who feel pulled to take this further. Each one has your uniqueness in mind and allows you to experience yourself as a Living Master no matter what's going on in your head, heart or habitat.

Visit <http://howtobemedicine.com/mentorships> to read more.

OPTION TWO: [the Perfect Present[©]](#)

I cannot impress upon you just how powerful this process is over the eight weeks. Once you begin, your life literally transforms without having to do anything. The material is written in a number of learning styles with various methods of participation including experiments, meditations, podcasts, articles, videos and more.

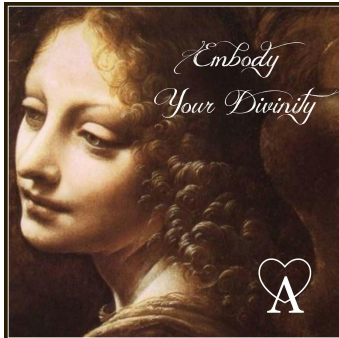
Visit <http://howtobemedicine.com/start-here> for your discount link.

OPTION THREE: [Heart Alchemy Session](#)

One-on-one Skype sessions are the most expensive way to interact with me. I am not attempting to discourage you from accessing personal time with me, I'm simply being honest. I am happy to engage on a session-by-session basis, if that is your preference.

Visit <http://howtobemedicine.com/sessions> to book your series of one-on-one sessions.

Heart Alchemy has three main functions.



The first is *reflection*.

By remaining present to what is, a Heart Alchemist can see the version of anyone's story that recognises how that person is perfect for their purpose (without ever mentioning Heart Alchemy).

The second function is *allowing*.

By offering people a way to remain present to what is, Heart Alchemy allows anyone to see what is unseen so they can make informed decisions about what that means. The Perfect Present© 8 Week Experience and the Living Master Equation© are great examples of allowing.

And the third function is *being*. A Heart Alchemist does not have intentions or goals. To be a Heart Alchemist is to be present to life as Spirit manifest, to experience life as a conversation with the cosmos - no exception. And to offer reflection or allowing wherever it is requested (never as a solution or "better" way).

Come talk to me about Heart Alchemy©.

That's why I'm here!

Love & Poetry

Melanie Brockwell

Master of Heart Alchemy

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