

HOLY ALCHEMY

INTRODUCTORY CHAPTER

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INTRODUCTION

What if I told you that buried beneath the patterns of pain, doubt, and fear that run your life is something ancient and powerful, something waiting to be unlocked? What if the anxiety that keeps you awake at night, the self-sabotage that holds you back, and the weight of unspoken wounds are not permanent fixtures of your identity but illusions you've been conditioned to accept?

You are here because something within you already knows the truth. You've glimpsed it in moments of clarity, felt it in whispers of intuition, and longed for it in the silent spaces between distractions. The truth is this: *you were designed for healing, wholeness, and connection to something far greater than yourself.* And yet, most of us are taught to ignore that call; to dismiss the aches of the soul as some kind of unsolvable mystery.

But what if I told you that healing isn't a distant dream or a privilege reserved for the "enlightened" few? What if the key to your transformation has been within you all along; written into the very fabric of your being?

For centuries, spiritual seekers, mystics, and healers have understood something modern society has forgotten: the body and soul are not separate. They speak to each other, reflect each other, and hold the keys to the deepest healing imaginable. And yet, we have been trained to trust everything except our own internal knowing. We silence our instincts, numb our emotions, and surrender our power to external authorities—never realizing that our greatest teacher has always been within.

Holy Alchemy is an invitation to reclaim what was stolen. This book is not just a guide; it is a catalyst for a new way of being. Through the ancient wisdom of Scripture, the power of spiritual alignment, and the courage to face your wounds with truth and grace, you will learn how to hear from the Divine Intelligence that has been whispering to you all along. This is not a set of abstract ideas or empty promises. It is a step-by-step journey to rewriting the scripts that have defined you and stepping into a life of deeper intimacy with God, unshakable peace, and personal mastery over your mind, body, and spirit.

Right now, you have a choice. You can continue carrying the weight of past wounds, repeating the same cycles, and wondering why the breakthroughs never come, or you can take a step into the unknown, into the possibility that your life could be transformed in ways you never imagined.

What would it feel like to wake up every morning knowing that you are free? That the patterns that once controlled you no longer hold power over your life? That you are no longer at war with yourself? That is what's waiting for you. And all it takes is the willingness to say yes.

This book is not just about healing... it's about *alchemy*. It's about taking the raw, broken, and painful pieces of your story and transmuting them into something holy and redeemed. It's about discovering that the very wounds you once tried to escape are the gateway to your greatest strength.

You already know, deep down, that you were meant for more than the life you've been settling for. *Holy Alchemy* is your opportunity to step into that knowing; to take the first step toward a future where you are no longer defined by your past but awakened to your highest potential.

Many Christians today are trapped in a cycle of spiritual frustration; praying for healing, for breakthrough and for freedom from their struggles, yet feeling as though their prayers go unanswered. They are told to "have more faith," to "trust God's timing," and to "let go and let God." But what if the problem isn't a lack of faith? What if the real issue is that we have been conditioned to overlook the ways God has already provided for our healing?

Throughout Scripture, God demonstrates that healing is both spiritual and physical. Jesus didn't just preach about salvation, He laid hands on the sick, cast out spirits of affliction, and restored people to wholeness through both spoken word and touch. He taught that the kingdom of God is not just a distant promise but a *present reality*. Yet, in modern Christianity, we have lost much of this understanding, replacing it with an intellectual faith that often dismisses the deep mind-body connection that Jesus Himself embraced.

What if we chose to partner with God, to listen to the way the Spirit moves within our bodies, and to release the wounds that keep us from living in the fullness of His presence? Scripture reminds us that the body is the temple of the Holy Spirit (1 Corinthians 6:19), yet many believers live disconnected from the very vessel through which God speaks. When we ignore the signals of our body (stress, anxiety, tension, and even physical ailments) we are ignoring the ways in which God is trying to get our attention. The practices in *Holy Alchemy* are not about seeking power outside of God, but about *surrendering* more deeply to His wisdom. They help us clear the clutter, recognize the spiritual roots of our struggles, and step into a life where healing is not just a hope, but a reality.

Despite many believers confessing faith in Jesus Christ, Yeshua the Messiah, Christians often find themselves struggling with the same issues year after year: Unhealed wounds, unaddressed emotional pain, and a lack of lasting transformation in their hearts, even for those deeply committed to their faith. This may seem like a bold statement at first glance, but let's reflect on the reality:

While many Christians attend church regularly and identify as born-again believers, research shows that Christians are statistically just as likely to experience divorce as non-believers. Furthermore, over half of practicing Christians admit to viewing pornography, and a staggering 84% of those who struggle say no one is helping them address this issue. These

struggles highlight not just the challenge of upholding biblical principles, but also the deep, internal wounds that often remain unhealed.

When it comes to mental health, the challenges within the church are equally evident. Many pastors acknowledge the strain and difficulty of addressing acute mental illness within their congregations. A significant 22% of pastors admit feeling reluctant to engage with those struggling with severe mental health issues due to a lack of time, resources, or support. Yet, paradoxically, 76% of pastors believe that a Christian with acute mental illness can thrive spiritually, even if their condition remains untreated. This raises an important question: *can individuals truly thrive when they are amid instability and pain?*

For many, the answer is no. In fact, countless Christians have walked away from the church, citing a lack of understanding and support during their mental health crises.

It's no secret that mental health and inner healing are often overlooked or misunderstood in the church. Despite the availability of Christian counselors and church retreats, many people are leaving the pews, feeling that their deepest wounds have not been addressed. The recent rise in "deconstruction" movements (where people critically examine and, at times, walk away from their faith) reflects a growing dissatisfaction among believers. But the root cause of this isn't always the church's failure to provide mental health care or spiritual support. Often, it is the pain of encountering hypocrisy or feeling abandoned by those who profess love but fail to extend it in meaningful ways.

In contrast, many other religions and spiritual movements around the world are experiencing significant growth. Islam, for instance, continues to be one of the fastest-growing religions globally, with adherents known for their disciplined practices and strong community ties.

Eastern spiritual philosophies, such as Buddhism and Hinduism, are also gaining traction in the West, often appealing to those seeking inner peace and personal transformation. Even secular or non-religious spiritual practices like mindfulness and meditation are thriving, offering people practical tools to navigate life's challenges.

Meanwhile, the number of professing Christians is shrinking, particularly in the Western world. Declining church attendance, rising skepticism toward organized religion, and the allure of alternative spiritualities are contributing to this trend.

Could it be that these other faiths are growing because they emphasize personal responsibility, discipline, and inner transformation, areas where modern Christianity often falls short?

The phrase "there's no hate like Christian love" has become the anthem for many who feel wounded by the church. This sentiment, while painful to hear, reflects the struggle within the body of Christ to define and embody true love. Some believe love means unconditional acceptance, while others believe love requires correction and rebuke. Both perspectives find support in Scripture, yet the tension between them often leads to division

and misunderstanding. Can we hold space for both definitions of love? And more importantly, can we extend that love to ourselves?

This brings us to the core question of this book: *Can you love yourself unconditionally while also working to heal and transform your own brokenness?*

Instead of focusing outward, on how others should love or behave, it's time to turn inward. That's what *Holy Alchemy* is all about. It's about addressing the wounds we carry, not to dwell on pain, but to allow the Holy Spirit to bring true and lasting healing. While the church often emphasizes outward expressions of faith, such as evangelism and service, true transformation begins within. Without healing the inner self, our outward efforts risk becoming disconnected, performative, or unsustainable.

Think of the safety instructions on an airplane: before helping others with their oxygen masks, you need to secure your own. Yet many Christians are so focused on helping others that they've forgotten to care for their own spiritual, emotional, and mental health. Could this be why, despite the widespread knowledge of Yeshua and His sacrifice, Christianity of today is struggling to make a lasting, biblical impact on the world?

True transformation requires a balance between inner healing and outward expression. When we heal our wounds, we can reflect God's love more authentically to the world. Inner work, like addressing personal scars, confronting false beliefs, and deepening intimacy with God, is not selfish. It's foundational. Yeshua Himself taught us to first remove the log from our own eye before addressing the speck in our neighbor's. Healing ourselves enables us to love others more fully and to fulfill the Great Commission with integrity and compassion.

There is a deep need for what I call *Wound Remediation* within the body of Christ. This book is a resource for Christians of all denominations to confront and heal the emotional, mental, and spiritual wounds that hinder their walk with God. Drawing on the transformative power of the Holy Spirit, *Holy Alchemy* offers a biblically grounded approach to inner healing, one that bridges the gap between faith and emotional well-being.

I believe *Holy Alchemy* will be a powerful resource for personal transformation and deeper intimacy with Christ because it fills a crucial gap in Christian resources: a focus on inner healing. While the church often emphasizes outward expressions of faith, it rarely equips believers to confront the inner wounds that hinder spiritual growth. This book offers a Spirit-led path to healing and renewal, empowering readers to experience lasting transformation and a deeper connection with God's grace.

This journey may challenge long-held beliefs or reveal areas of discomfort, but it is a journey of true love. Be truthful and gentle with yourself as you read. Healing takes courage, but the rewards are abundant: freedom, joy, and a deeper intimacy with the God who dwells within you.

In this book, you will see me use the names **Jesus** and **Yeshua** interchangeably. Yeshua is the original Hebrew name of Jesus, meaning “**Salvation**”, and it carries a deep connection to His identity and purpose. The name Jesus is the more commonly known English translation, and both refer to the same Savior, the One who heals, redeems, and restores. My choice to use both names reflects the fullness of who He is, honoring both His Hebrew identity and the way He is known to believers around the world. No matter which name is used, my prayer is that you encounter Him in a deeper and more intimate way as you walk through this journey of healing.

Let’s begin.

***Holy Alchemy* releases on April 20, 2025!**

For more information and resources, please visit:

www.ashleybrose.com

***Holy Alchemy* is now available for pre-order on Amazon!**

(Both as an e-book and paperback)