

# Presence Practice

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Sit comfortably in your chair, with both feet firmly planted on the floor, palms open and facing upwards, on your knees. Let the small of your back touch the back of your chair, so your spine is erect. Your eyes are gently closed...

A relaxed body is the foundation of Presence. Scan your body, part-by-body-part, from the top of your head, to the tips of your toes ... and back up. Consciously let go any tightness of stiffness you come across, pay particular attention to your neck & shoulders, the small of your back and your knees – areas where many of us carry tension. As your body settles, your attention will automatically go to your breath.

1. Even breath is the first signal of Presence. Simply observe your breath as you inhale (your abdomen will rise) and exhale (your abdomen will fall). You don't need to regulate your breath in any way ... just notice your normal, steady, rhythmic breath. Modern neuroscience says that an even breathing pattern balances our left/right brains and also produces endorphins (feel-good hormones).

2. A clear, calm, quiet mind is the second signal of Presence. Bring your attention to the screen of your mind and notice what thoughts and scripts are running there. Our monkey minds usually flit from one thought to another, unbidden. Just like you would do on your computer screen, shut down all the open windows and applications of the mind, gently and firmly. When your mind becomes clear and quiet, it can focus fully and you can bring all its resources to bear on one thing at a time.

3. An open heart is the third signal of Presence. Bring your attention first to your physical heart and feel its warmth in your chest area. Now become aware of your emotional heart: the place from which you relate, connect and engage with others. Try and open your emotional heart, first a crack and then wider and wider. So you can receive the true feelings, emotions and even vulnerabilities of others, and equally, to reveal your true feelings, emotions and vulnerabilities to others. Remember, you are in a safe space.

4. Sensitive sonar is the fourth signal of Presence. Allow your anxious self-orientation to fall away and send out your antennae to pick up the subtlest of signals from people/ situations around you. Notice all the sounds, textures, aromas, energies swirling around you, which you otherwise may overlook. When you are fully context-aware, you can respond appropriately.

5. Energetic induction is the fifth signal of Presence. When the first 4 qualities are in place, energetic induction happens effortlessly. Like a tuning fork, Presence radiates outwards and energetically draws others towards its own soothing vibration. Become aware of your energy field and slowly expand it to include the people around you ... and allow yourself to be included in theirs. Cultivate an inclusive attitude, energetically inviting/ welcoming others into your field of Presence.

**Notice how your internal state has changed ... and now say these affirmations aloud.**

The reality of this moment ... is that ... "I have nothing to defend" - The reality of this moment ... is that ... "I have nothing to promote" - The reality of this moment ... is that ... "I have nothing to fear" - The only reality of this moment ... is that ... "I AM HERE NOW."

***Presence is ever-present within all of us. Get your ego out of the way and let it shine through.***