

Presence

Being in the ease and flow

“Hmmm ...” “How am I creating this?” “I wonder what I can learn from this”

PRESENCE

Put simply, presence is a state of conscious awareness. You will know you are in a state of presence when you are bringing a sincere curiosity to a situation and are interested in learning not only the dynamics at play behind events but also your own role in them. When in presence, the veil of drama is lifted, so to speak. You may still drift from “perfect” awareness but are able and willing to become once again curious and observant of yourself and others. Presence is possible at any time.

Seeks Out ...

Learning
Connection
Contribution
Authentic feelings
Acceptance of self, others and situations

Reliable Ways to Return to Presence:

Appreciate someone or something
Breathe consciously
Get curious
“Hmmm ...”
Drastically change your posture
Speak unarguably
Exaggerate your current attitude
Claim responsibility
Practice conscious listening

Being in the Ease and Flow

How do you know you are off the triangle?

You breathe and move with ease
You see more possibilities
You take 100% responsibility for the issue
You are no longer interested in right and wrong
You see others as allies rather than enemies
You easily feel and express emotions
You can easily laugh at yourself
You are interested in learning from everything

Presence is an unarguable experience. What is unarguable?

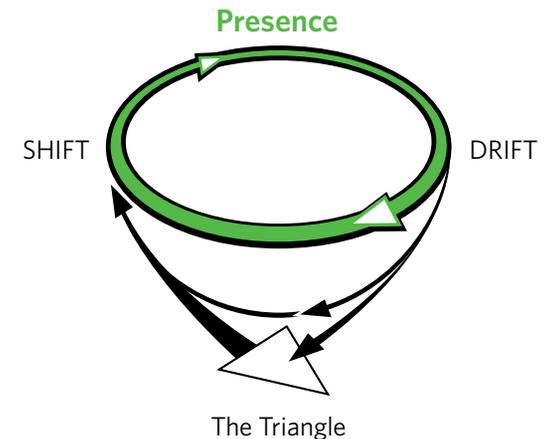
Your sensory experience:
outer senses
taste • smell • touch • sound • vision
inner senses
internal energetic sensations

Your emotional experience:
joy • anger • sadness • sexual feeling • fear

The occurrence of your thoughts:
pictures • sounds

Why people stay on the triangle

To avoid the unknown
To be right (and not wrong)
To be entertained
To get a hit of adrenaline
To avoid authentic feelings



Presence is about being and moving in concert with what is happening. While present, a person can make many drifts and shifts. The question isn't how often you drift, but how easily can you shift? Do you learn in the moment, or do you continue to drift more deeply into the triangle, where suffering occurs?