

PRESENCE



Commentary on Presence

To be fully present means you have full consciousness of your multidimensional self, just being in each moment in your physical body.

After years and years of conditioning and unconscious blocking of energy flow in my body to prevent acknowledgment of pain or inconvenient feeling, it took quite some time for me to actually feel my entire physical body and become aware of the energy flow there. Slowly as I unpeeled the layers, I found I would be able to feel another part of my physical self.

The paradox is sometimes you are not aware of what you cannot feel until you feel it. I am talking from the perspective of a sensate experience in the body.

The body is the vehicle used to develop our conscious awareness of mind, soul, and spirit. From the point of view of consciousness, to not live from the past and not worry about the future is a key element in creating a new reality for your self. If you live in the past, it becomes a self-fulfilling prophecy; if you worry about the future, you push away the bright new moment. To be fully present and alive in the body in each moment becomes our goal.

Presence Practice

Note: End points are face and head, hands, feet, and pelvic floor.

Find a space with room to move and an area where you can lie down comfortably.

- ❖ Bring your awareness to your body. How does it feel? What does it want to do? Move in whichever way it needs. Walk, dance, stretch, yawn; and lie down.
- ❖ Bring awareness to the breath. Allow this to come and go in its natural rhythm. On the next breath, inhale and then exhale with a prolonged sigh. If this feels fine, experiment with different volumes and pitches of your voice.
- ❖ Begin to bring your awareness to the body again. What sensations are there? Wherever your attention goes in the body, notice the sensation. As you feel it, give it permission to move, breathe, and sound however it wants to.
- ❖ Follow your attention wherever it takes you. It may go to a thought. Feel the sensation arise and let it move; breathe; and sound.
- ❖ Using the sensations as a guide, get a sense of how the energy in your body is moving and where it is not moving. Notice areas that have a lot of activity and those that have little, where there is flow and where there is congestion. Get to know how your energy moves and feels.
- ❖ Pay attention to the energy circulating through your face and head. Feel all the sensations in your face: your jaw, your mouth, your gums, your teeth, your ears, your lips. Give these sensations your permission to move and breathe and sound in their own way.
- ❖ Let your head and face awake and feel how that draws energy up from the throat and chest and the rest of the body. Allow the face and head to lead your body. And then give yourself permission to feel the whole body and move; breathe; and sound however it wishes to.

- ❖ Repeat this process with the other end points: the hands, the feet, and the pelvic floor. Allow each part to feel itself. Allow yourself to feel the emotional tone of the sensations that arise and the emotional tone of allowing them to sequence through your body and out to the end points.
- ❖ Allow your attention to focus on a particular sensation and then shift it out through all of you letting this happen in its own way and allowing it to move, breathe, and sound.

This practice* introduces you to the energy of the body and brings your conscious awareness inward.

Practice as much as you want to, but at least once a week, until this becomes an integral part of your being. Learn to listen in to the body and follow its wisdom.

I am connected to my body. I feel my
energy. I am here now.

Journal about whatever came up for you.