

## **THE ART OF PRESENCE WORKSHOP BUFFER SHEET.**

### **FINDING PRESENCE IN THE EASIER PLACES FIRST.**

To sit outside on natural objects:

Wooden bench

Log

Grass

or even just a walk in nature. Maybe try barefoot, Grounding. All helps.

### **FIND A SPOT:**

Explore your local area to find a spot that feels nice to sit.

Horizons, views, water, busy high street, park. Anywhere really, just see what feels good for you.

(Just see how all these places feel. What works, what doesn't, explore your own feelings and just be curious)

(Trying these things are to help find stillness. Once you've found a way into the present moment these things matter less, but you'll probably choose to do them anyway)

### **SILENCE:**

Silence is a key factor. Find it, seek it out. At least once a day find somewhere that is quite and listen to the silence. No book, phone or computer. Just you and silence. The spaces between any sound. No naming of any sound that may arise just hear it.

### **SOFT FOCUS:**

While sitting on a bench or anyplace try not to focus on any one thing. Let your eyes soften, and see shapes or spaces between things. Try to notice when your mind wants to start labelling things and just relax and observe your breath. Every time the mind starts, re focus back on your breath. Feel the weight of your breath, rising and falling. Enjoy the stillness this brings. Don't worry if the mind keeps going, just try to notice it, but not engage.

### **REMINDERS:**

During your day try to use something to remind you to check in on yourself. A moment to just stop, breath and see how you are feeling in that very moment. Observe where you are and just notice yourself THERE in that moment. Not your thoughts just how it feels to be you in that very second.

Some examples of a reminder. It could be stairs, every time you use stairs let it remind you to be present. Doors, walking through any door could be used in the same way. Making a cup of tea, Getting in a car. It really doesn't matter what you use but it's a nice little trick to remind you of your true self and catch yourself possibly in thought. Just observe.

### **TRIGGERS:**

Remember. If you get triggered throughout the day don't see this as a bad thing or focus on the person who triggered you. Welcome it, see it as a gift just for you, a way of showing you what you believe about yourself. Nothing is personal.

### **TO HELP:**

Less caffeine

Less looking at screens

Less LED lights (Maybe candles)

Less Wifi

Natural clothing

Less sugar

Less talking

Less Doing.

The mind loves to keep busy. These practices make it harder for it to keep up it's momentum.

# WHAT COULD HAPPEN IN THE NEXT MOMENT?

Just say and feel into these words and wait for what ever happens next. Just be super vigilant and aware of your surroundings. Be still and notice what you notice. It could be how you feel or an outside thing. It's a great trick to bring you into the present moment.

## RESOURCES:

### BOOKS:

THE POWER OF NOW by Eckhart Tolle

FREEDOM FROM THE KNOWN by J. Krishnamurti

TO BLESS THE SPACE BETWEEN US by John O'Donohue

THE GREAT DIVORCE by C.S. Lewis

THE KYBALION by The Three Initiates

JOURNEY TO IXTLAN by Carlos Castaneda

MEMORIES, DREAMS, REFLECTIONS by Carl Jung

