



Transcript: The Gift of Presence

In my last video I spoke about the feeling of safety and unsafety that guides the way we enter into relationships and live our life. I asked you to notice how you feel when you enter into a new social context.

So following on from that my question is do you have the possibility, do you have the time, the awareness to manage and make choices that will serve your relationships better when you feel unsafe or uncertain?

So much is changing so very fast. What was certain yesterday is being questioned today. There's so much knowledge that we have to keep up with. Wow, it's exhausting! Nicholas Janni teaches that if we look at our education from a very early age, we're programmed, or we're conditioned into what he calls a very narrow bandwidth.

This narrow bandwidth is our rational mind which wants to reduce everything to certainties. It wants to control everything. This mind is great for creating zoom conferencing, a vaccine for Coronavirus and even new business ideas. But as we all know, we're living in an environment and times where it's less and less possible to control everything.

So, that raises the question, "What do we need to do? What do we need to do inside ourselves to move to a bigger bandwidth?"

In other words is there more available to us than just our rational thinking?

Another way of putting this is that we may find ourselves caught up in doing doing doing, fixing and solving. And of course, that's hugely important. What's missing though is being. Being! And highly successful people in every field, connect to the integration of being and doing.

The secret to breaking this spell of doing is a very committed contemplative or meditative practice.





So, one thing to begin noticing is how rushed do you feel? How much can you move thru your day being in each thing that you do, giving your attention and giving your presence?

If you're with someone for 2 minutes, do they feel that you're with them? Are you really listening, or thinking about something else or waiting to go somewhere else.

Thomas Hubl teaches that availability radiates presence. We see this with our intimate partners, with our children, with friends, with colleagues, when we are really available it immediately creates an intimacy and a real connectedness.

The more we drop into our bodies and our emotional worlds, the more we have space for creativity, clarity and confidence to arise. We consume more information than we can digest. We need space to contemplate and to process our lives and our experiences. In order to do that we need to include more of our available abilities and resources.

Some people do this thru exercise. More and more people are doing it thru meditation or walking in nature. Regular prayer is also a great way to connect to yourself. Any contemplative practice that you can relax into will help you create more of the space you need.

Mindfulness is a congruency and a presencing of your current perception.

All the contemplative arts basically teach us how to really be available in this current moment and in this current possibility. It doesn't matter how you choose to do this, what really matters is that you do this regularly to free yourself from this narrow bandwidth and expand your capabilities by noticing your feelings in bodies and your emotional world as well.

A moment of mindfulness in a busy day, in a coffee shop, walking to the next meeting or waiting for a train... will take you to a deeper inner space. It will help you to clarify what's actually happening in your inner world right now. And it brings a certain amount of relaxation and grounding.





PP 1

For us to live a healthy life, we need to practice and create inner space and presence, in order to process the complexity of our life better.

PP 2

If our minds are filled with information, and there is less inner space and availability, the more likely we are to always be reacting to rather than responding to the circumstances of our life.

PP3

Reactivity is acting *before feeling*.
Responding is action *informed by feeling*.
Thomas Hubl

PP 4

I invite you to reflect on:

- What is your practice around your ability to be present?
- What is your practice around creating space for yourself?
- How available are you when you communicate?

