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**THE POWER OF PRESENCE:**  
**INSIGHTS – SUMMARY & BULLET POINTS**

**1. NOW IS WHEN YOU ALLOW**

The present is when you receive AND when you make your next choice

**2. UNPLUG TO TUNE IN**

Turn down the noise to tune into the eternal presence of good within (and remember to “breathe to get off the train...” as needed)

**3. CULTIVATING CONSCIOUSNESS IS KEY**

Cultivating conscious living = more divine *deliberate* creations

**4. THE PRESENT IS YOUR GREATEST GIFT**

When you savor life, it’s delicious!

## THE POWER OF PRESENCE: TOOLS

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### **TOOL #1: FOCUS ON PRESENCE**

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Start in neutral to choose your destination or shift into neutral to quiet a runaway mind (below are some ideas)

#### →MEDITATION

-----Allowing Meditation:

-----Follow your breath in and out of your body

-----Inhale for 3 counts, exhale for 5 counts

-----Slow your breathing down with each cycle until you reach a rhythm that feels good to you

-----As you inhale think: “BREATHE IN EASE” and breathe with that rhythm

-----As you exhale think: “I – RELAX – MY BODY – AND – MIND”

-----Count each completion of the cycle and shoot for 10 cycles or more

#### →COUNTING

-----Count your breaths

-----Count your steps

-----Count the leaves on a plant

-----Count “reps” when exercising

→MOVING MEDITATION – ENGAGE IN MOVEMENT THAT  
REQUIRES PRESENCE

-----Walk outdoors

-----Take a dance or yoga class (or just dance!)

-----Weight training, Pilates

-----Drum or play your instrument of choice

-----Create something or work on your home/garden/vehicle/etc.

-----Do anything that commands your attention

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## **TOOL #2: SAVOR LIFE!**

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Use your sensational senses to savor life by:

→Feasting your eyes

→Treating your ears

→Tantalizing your taste buds

→Smelling the sweetness of life

→Get your hands, feet and body into good things

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## **TOOL #3: PRESENT FOCUS FLIP**

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If and unpleasant thought wafts in, try these flip statements &  
questions or create your own:

*“THAT’S GOOD TO KNOW. NOW, WHAT DO I PREFER?”*

*“I KNOW WHAT I DON’T WANT FOR SURE, NOW WHAT DO I WANT?”*

*“WHAT WOULD BE EVEN BETTER?”*

*“WHAT IF I DECIDED TO JUST BE HERE NOW?”*

*“I FEEL HOW I FEEL AND THAT’S OKAY. WHEN I’M READY I CAN AND WILL FEEL BETTER.”*

*“IT IS WHAT IT IS, AND THAT’S OKAY. I CAN BEGIN A NEW EXPERIENCE NOW.”*

*“I’VE DECIDED TO SLEEP NOW SO I CAN APPROACH THIS WITH GREATER CLARITY TOMORROW.”*

## **HERE'S A BULLET LIST OF THE POWER OF PRESENCE TOOLS:**

TOOL #1: FOCUS ON PRESENCE

TOOL #2: SAVOR LIFE!

TOOL #3: PRESENT FOCUS FLIP

→ Choose the one that feels best to you and do it now.