

Tapping INTO Presence

A SIMPLE GUIDE TO ACTIVATING CONSCIOUS LIVING



1 - Attend to Breath

- Just for a moment, bring your full-attention to the flow of breath. As you are breathing in, know that you are breathing in. As you are breathing out, know that you are breathing out.
- Feel into the sensations. You may notice expansion on the in-breath, contraction on the out-breath.
- Maintaining this awareness - take THREE deep, cleansing breaths!

2 - Attend to Body

- Just for a moment, bring your full-attention into the sensations of your body. Notice exactly where the body is in this moment. Notice the temperature of the air around you.
- Notice your position (are you sitting, standing, laying-down? are you moving or still?) Feel into the sensations, areas of the body in contact with the chair or ground.
- On your next exhale, feel into the sensations of your body, right HERE.



3 - Attend to Mind

- Just for a moment, staying present with the breath and body, bring careful attention to your thinking-mind.
- The mind generates thoughts, this is natural and welcome (just like the heart beats ♥). Take this moment to notice, the current pattern of thought - are they moving fast or slow, are there many or few, are the thoughts planning, judging, figuring, reassuring - simply take note and observe.
- On your next exhale, feel into the sensations of your body, right HERE.



4 - ENVISION what's Next

- Take a full deep breath, knowing you are breathing in, knowing you are breathing out. Notice sensations of stability, the position of your body.
- Gently bring your full-attention to the items on the task list of your day.
- Envision yourself transitioning from exactly where you are in the is moment to the item (task, interaction, conversation), that is coming immediately next.
- In your minds-eye, carefully watch yourself shift into this task.



5 - Tap It IN

- While taking 2-3 full, deep, cleansing breaths, gently begin to tap:
- Mindfully raise one full, open hand, and lightly begin to tap over the top of your head (brain), then lightly over your chest (heart-brain), then lightly over your abdomen (gut/enteric-brain).
- Repeat this gentle tapping 2-4 times while breathing.



6 - Move From Presence

- Feel into your breath and body, send a message letting yourself know that in a moment you are going to be shifting gears, moving back into the "to dos" of the day.
- Let yourself know that this presence has been "tapped in" and is now a resource that can be accessed at anytime throughout the day.
- Gently open your eyes, if they were closed and follow the lead of what you've just envisioned, maintaining attention on body and the breath.

