

Presencing Practices

by Gayle Colman

Many of us spend an inordinate amount of time thinking about the past and what went wrong or anticipating the future and creating catastrophe. When we locate our minds in the past or in the future, we are not here in the present. The only place that is available for truth, insight and full body-mind engagement is what is present now.

The following activity gives you an opportunity to explore your current relationship with being present. In coaching, for anything meaningful to arise, it comes from the practice of being present. The place we start in any exploration is discovering what is true right now. Remember, there is no problem; there is only discovery.

The next page asks you to pause and reflect on the question: how am I present today? Take a moment to wonder whether you spend most of your time in the *Past, Present or Future*. Put a percentage of your time to each category. For instance, if you are primarily in the past, a little in the present and a little more in the future, your percent allocation may look like this: 50% past, 20% present, 30% future. After your percentages are clear, draw lines on the circle to represent your time allocation to the past, present and future. Label each section.

Now, consider each section and write in the topics, concerns, pleasures, and issues that you think about in the past. Do the same for the future. With the portion of your circle that is devoted to being present, write in the activities you are fully engaged in that typically occupy your present awareness.



For each of the sections, as you fill in the *Past, Present and Future*, notice what arises in your body (thoughts, feelings and sensations.) What is the same/different when you compare each timeframe? What insights do you discover from being present to your current relationship with presence?

Now go to the third page where the question is: After my exploration, how do I intend to be present? Write or draw your answer in the circle. Answer the last three questions to support your commitment in your own way on the page. They are: 1) what are the specific actions that support my presence? 2) What are potential barriers? 3) How do I plan to re-commit?

How am I present today?



Draw lines in the circle to represent where you spend your time in:
the *past*, the *present* and the *future*.

As a result of my exploration, how do I intend to be present?

What are the specific actions that support my presence?

(i.e. ask a friend for support, conscious breathing, meditation)

What are potential barriers? (i.e. don't see value, limiting beliefs, not enough time)

How do I plan to re-commit? (i.e. celebrating success, create structure, just say YES!)

