

## PRESENTING BETTER WITH PRESENCE

There is a method to think better, present better, and develop better insights. It is called 'mindful stress reduction'. It is not difficult and you can get better at it with practice, but I can almost guarantee that even on an initial effort you will experience a benefit, a better focus. This can also be experienced within minutes, however more effort in actual meditation sessions can produce even better results.

How much more enjoyable would life be if we could truly live in the present. How much more effective could we be if we were present from 'moment to moment' or as Jon Kabat-Zinn says, "presencing". (He is one of the founders in the field of mindfulness training and of the Mindfulness Based Stress Reduction Training Program).

The mind is often hard to focus. There is constant chatter within our brains - distracting chatter. We are our own worst enemy. Our minds either focus on an endless recording of the past along with all accompanying emotions or we focus on the future with all the "what if's" and all those accompanying emotions, mostly negative. This is all exhausting.

Steps:

1) take a few DEEP BREATHS breaths first

2) BREATHE NORMALLY..and maybe for the first time really follow your breath as it flows in through your nose or mouth, whatever seems more comfortable, and mentally follow it down into your chest and into your belly (y may even experience your belly expanding). Don't try to hold onto your breath, just let it go.

3) PAY ATTENTION

Notice sensations in your body with each breath-just pay attention. You may start to notice a feeling of peace and calm, and of just letting go.

4) THOUGHTS TAKE OVER.

5) WATCHING THOUGHTS UNINVOLVED

6) MENTALLY REPEATING KEY PHRASES

"becoming calm", "peaceful", "centered".

This exercise can be done over 5 to 10 minutes before stressful events or when you feel tension and pressure is building. Ideally, this can be done daily. With this clearing, you will be more present, more energetic and presentations will be better because your mind will be better focused.

(there is an even more instant version of this. When noticing stress, mentally say to yourself, PAUSE AND RE-SET; letting everything go and starting afresh).

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