

A woman in a long, flowing dress stands on a wooden dock by a lake at sunset. She has her hands behind her head, and the sun is low on the horizon, creating a warm, golden glow. The text "Nine Techniques to Practice Personal Presence!" is overlaid in white serif font on the image.

Nine Techniques to Practice Personal Presence!

Physical presence!

Stand still for a moment, wherever you are.

Take a deep breath and focus on your senses.

What do you see, hear, smell, and feel right now

Observe your surroundings with curiosity and without judgment.

This is a common technique to get out of an anxiety loop.

Focus your attention on: 5 Things you See, 4 you Feel, 3 you Hear, 2 you Smell and 1 you Taste....

Observe and connect through your physical senses with the now.



Grounding Through Touch!

While standing or walking, bring your attention to yourself. You can focus on your position or simply on your feet.

Feel the ground beneath you.

Wiggle your toes inside your shoes and notice the texture of your socks against your skin.

This tactile awareness will anchor you in the present.

It is a great technique when you notice your stress levels rising. Easy and always available, without anyone noticing.



Mindful Eating on the Go!

We know nowadays that it is better for our bodies to sit and eat. For our brain to register what is happening in the present moment and align all bodily functions to optimize the experience.

Unfortunately, many people are not able **to create** the time to sit down and focus only on eating.

Even if we do not have the time, we can still be mindful.

Stop letting our attention drift away in time and space.

If you're having a snack or a meal, even while walking, take a moment to truly taste your food. Notice its flavors, textures, and temperatures. Be present with each bite. It is in the practice of these little moments you start to train your brain to direct attention to predetermined goals.

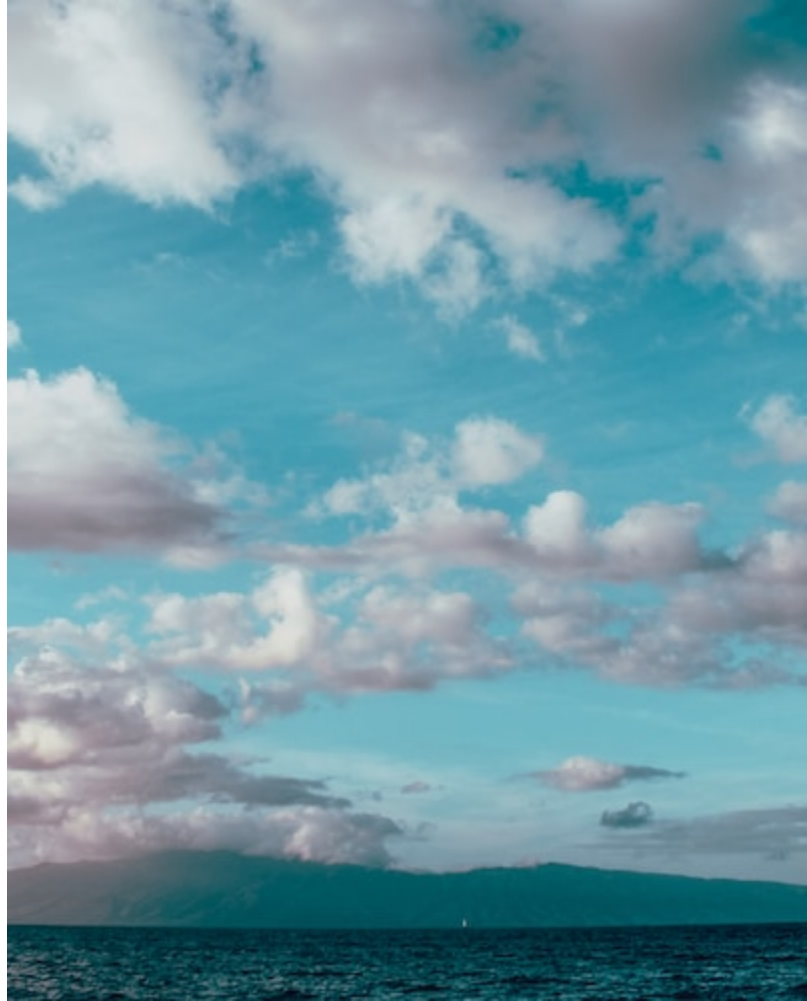


Good Old Cloud Watching!

If you have a moment outdoors, look up at the sky. Watch the clouds drift by. Let go of any thoughts and simply observe the sky's ever-changing canvas.

One of the goals of meditation is to go around the analytical brain. Letting go of thoughts can be done when we focus on something simple and neutral. Because then our brain sends the feedback that there is no stress. It's time to relax. When our analytical mind slows down, we can relax mentally and physically.

And when we relax, magic can happen.



Waiting in Line:

Standing in line can be an opportunity to practice presence. Instead of impatiently checking your phone, notice your breath and the sensations in your body.

Breath three times in and out.

Now you can start to pay attention to the people around you, their expressions, and the environment.

Just pay attention, without the need to judge, or evaluate.



Enjoy Street Sounds!

While walking down the street, listen intently to the sounds of the city or nature around you. Hear the distant chatter of people, the rustle of leaves, or the distant traffic.

Try to distinguish different sounds, and let this be an opportunity to notice how your mind often interprets single sounds and makes a whole story around it.

And then return to the sound. Let the sounds be a reminder to stay present. As soon as your attention drifts away to another time or space.

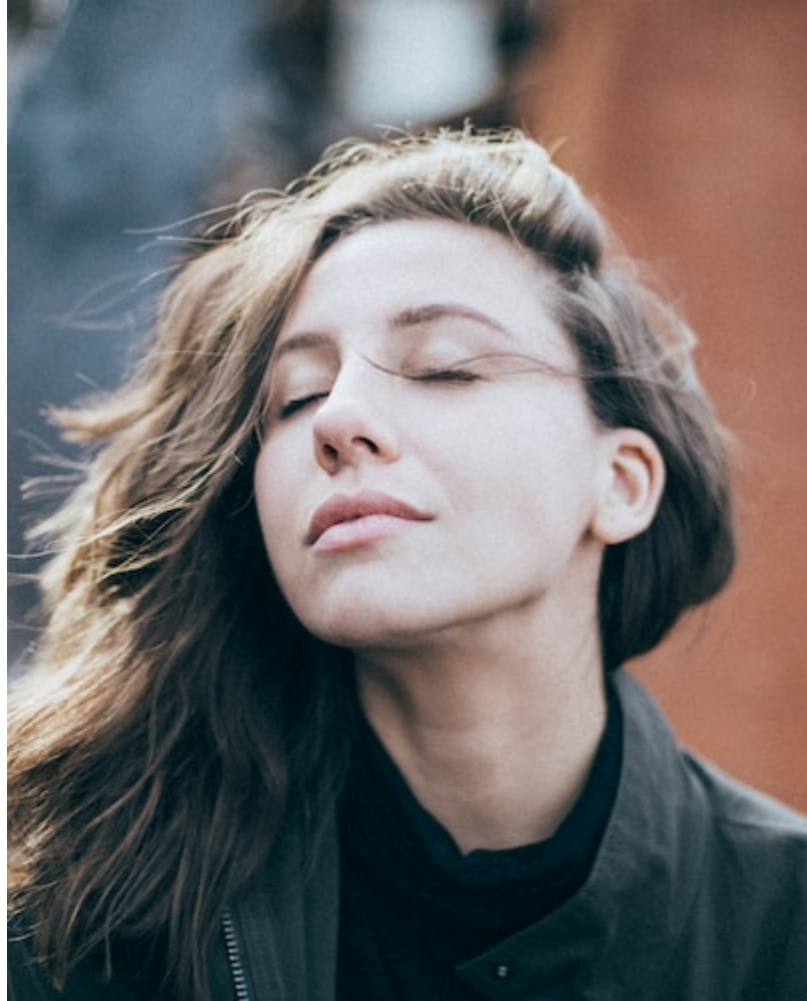


Observing Your Breath!

You can practice mindful breathing anywhere, whether standing or walking. Take a few moments to tune into your breath.

Feel the rise and fall of your chest or the gentle flow of air at your nostrils. Breathing doesn't need our intervention, but when done correctly, it has so many hidden benefits.

When you take 6 deep breaths (preferably in through the nose, out through the mouth), you automatically calm the biochemical stress-response.



Body Scan in Public!

While standing, you can discreetly do a mini-body scan. Start with your toes and mentally move upward, checking in with each part of your body.

This practice can help release tension and ground you in the present.

When you work your way mentally through your body regularly, you will notice more and more things your body is sharing with you.

Remember that your body is always communicating with you, and what your mind can not express, your body will.



Smiling Meditation!

As you walk or stand, put on a gentle smile. Notice how it feels on your face. Smiling sends different signals to your body control centers, enabling you to create the biochemistry of all is well.

This simple act can shift your mood very quickly and bring you back to the present moment.

