



Live stream workshops – a brand new way to learn

The Magic Of Manifestation

Session 4: Presence

- 2 4.1: Homework
 - 3 4.2: Presence – a meditation
 - 5 4.3: Quotations
 - 7 4.4: *The Power Of Now* – selection
 - 11 4.5: The Buddha in the Tree image
-



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4.1: Homework

1. Practise the “Presence” Meditation - all the time, as often as you can remember, throughout the day.

This is not a formal meditation to be done in a quiet place at set times of day. It is a way of being. It becomes a habit – to the extent that we do everything in a focussed manner, even the most trivial things, and learn to surrender to the now without judgement.

2. Find stories similar to the ones I have told you about being Present (Arjun aiming at the bird, Sachin Tendulkar playing one ball at a time, etc) and make a note of these in your journal.
3. Observe where you go when you are not present – and keep a record of this in your journal.

is it the future (do you worry?); is it the past (are you filled with regret or remorse?); is it somewhere other than where you are because you don't like where you are (at work in an unhappy job, perhaps); or is it because you'd like to be somewhere else much more (with your children, for example)?

Consider how much more successful you are at bringing yourself back to the “Now” with each day of practise. Are you becoming more alert with practice ? Is life around you more vivid? Does life love you back more because you are loving it more?

Are you able to appreciate how creative it is in fact to be periodically out of alignment so that you can “vibrate” as you come back into alignment?

4. Read *The Power of Now*. (Sheets with selected quotes are supplied.)

Optional Extra:

5. Observe yourself as you judge people and situations – and measure the limits of your ability to be non-judgemental.

To what extent can you let go of judgement. What is it within you that demands that a judgement be made, that it would be unfair not to judge something to be “bad” or “harsh” or “unfair”.

Can you see in the unfair situation a lesson? A teacher? A partner?



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4.2: Presence – A Meditation

Close your eyes, breathe and relax.

Observe your breathing: (“I breathe in, I breathe out”)

(Do this for a while)

Since you are breathing in the Now, observing the breath will bring you into the Now

Since you have to say “I breathe in, I breathe out,” the mind can’t drift away from the Now

Get a sense of

- what you can **hear**
 - without conceptualisation (“this is a car”)
 - without judgement (“this is a pretty sound” or “this is ugly”)

 - what you can **smell**
 - without conceptualisation (“This is juniper”)
 - without judgement (“Horrid smell” or “lovely perfume”)

 - what you can **touch**
 - without conceptualisation (“This is my trouser”)
 - without judgement (“too rough” or “beautifully smooth”)

 - what you can **see** (albeit in your imagination)
 - without conceptualisation (“That is a car”)
 - without judgement (“Terrible painting”)

 - what you can taste (at meal times)
 - without conceptualisation (“This is a curry”)
 - without judgement (“Too spicy”)
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Now observe

Not the sound but the **silence** in which the sound is contained

Not the thing you can see but the **space** in which it is housed

Feel that space, feel that silence, it is immense!

Now return to the breath and observe in the world around you a PRESENCE

A presence that disturbs me with the joy
Of elevated thought; a sense sublime
Of something far more deeply interfused
Whose dwelling is the light of setting suns
And the round ocean and the living air
And the blue sky, and in the mind of man
A motion and a spirit, that impels
All thinking things, all objects of all thought,
And rolls through all things

FEEL that presence.

Look around you – and feel that presence in everything around you

Feel that presence in the things you see - the grass, the flowers,

Feel that presence in the space that holds the things you see

Feel that presence in the things you feel – the wind

Feel that presence in the space that holds the things you feel.



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4.3: Quotations

From Eckhart Tolle, *The Power of Now*

The present moment holds the key to liberation.

The more you are able to honor and accept the Now, the more you are free of pain, of suffering.

You dissolve discord, heal pain, dispel unconsciousness – without *doing* anything – simply by being and holding that frequency of intense presence.

It seems almost paradoxical, yet when your inner abject dependency on getting this or that the conditions of your life tend to improve greatly.

When you enter this timeless dimension of the present, change often comes about in strange ways. Life becomes helpful and cooperative.

The moment you completely accept your non-peace, your non-peace becomes transmuted into peace. This is the miracle of surrender.

Thomas – *The Bright Field*

Life is not hurrying
on to a receding future, nor hankering after
an imagined past. It is the turning
aside like Moses to the miracle
of the lit bush, to a brightness
that seemed as transitory as your youth
once, but is the eternity that awaits you.

— R.S. Thomas (1913-2000)



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Seng-ts'an – *The Way is Perfect*

The Way is beyond language,

For in it there is

No yesterday

No tomorrow

No today.

— *Translated Richard B. Clarke*

Wordsworth – *A Presence that disturbs me*

.... And I have felt
A presence that disturbs me with the joy
Of elevated thoughts; a sense sublime
Of something far more deeply interfused,
Whose dwelling is the light of setting suns,
And the round ocean and the living air,
And the blue sky, and in the mind of man;
A motion and a spirit, that impels
All thinking things, all objects of all thought,
And rolls through all things.

— *Lines written at Tintern Abbey*



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4.4: *The Power Of Now* – selection

The Power of Now, Eckhart Tolle, 1999, New World Library

It is here – in the Now – where we find our True Self, which lies behind our physical body, shifting emotions, and chattering mind. (p. xviii)

I realized that nothing I ever did could possibly add anything to what I already had. (p.2)

The word enlightenment conjures up the idea of some superhuman accomplishment, and the ego likes to keep it that way, but it is simply your natural state of *felt* oneness with Being. (p.10)

[Being is] the realization “I AM” that is prior to I am this or I am that. (p.11)

The moment you start watching the thinker, a higher level of consciousness is activated. (p.14)

One day you may catch yourself smiling at the voice in your head, as you would smile at the antics of a child. This means that you no longer take the content of your mind all that seriously, as your sense of self does not depend on it. (p.17)

The present moment holds the key to liberation. But you cannot find the present moment as long as you are your mind. (p.19)

The pain that you create now is always some form of nonacceptance, some form of unconscious resistance to what is... The intensity of the pain depends on the degree of resistance to the present moment, and this in turn depends on how strongly you are identified with your mind... Or you may put it like this: the more you are able to honor and accept the Now, the more you are free of pain, of suffering. (p.27)

Focus attention on the feeling inside you. Know that it is the pain-body. Accept that it is there. Don't *think* about it – don't let the feeling turn into thinking. Don't judge or analyze. Don't make an identity for yourself out of it. Stay present, and continue to be the observer of what is happening inside you. Become aware not only of the emotional pain but also of “the one who observes,” the silent watcher. This is the power of the Now, the power of your own conscious presence. Then see what happens. (p.33)

Once you have disidentified from your mind, whether you are right or wrong makes no difference to your sense of self at all. (p.36)

The moment you realize you are not present, you are present. (p.45)



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Find the life underneath your life situation. (p.51)

Leave the situation or accept it. All else is madness. (p.68)

To be rooted within yourself means to inhabit your body fully. To always have some of your attention in the inner energy field of your body. To feel the body from within, so to speak. Body awareness keeps you present. It anchors you in the Now. (p.78)

[Paying attention to an emotion] does not mean that you start *thinking* about something. It means to just observe the emotion, to feel it fully, and so to acknowledge and accept it as it is... Full attention also implies acceptance. Attention is like a beam of light – the focused power of your consciousness that transmutes everything into itself... In a fully functional organism, an emotion has a very short life span. It is like a momentary ripple or wave on the surface of your Being. When you are not in your body, however, an emotion can survive inside you for days or weeks. (p.99)

Forgiveness is to offer no resistance to life – to allow life to live through you. (p.100)

When your consciousness is directed outward, mind and world arise. When it is directed inward, it realizes its own Source. (p.109)

Every portal is a portal of death, the death of the false self. When you go through it, you cease to derive your identity from your psychological, mind-made form. You then realize that death is an illusion, just as your identification with form was an illusion. The end of illusion – that's all that death is. It is painful only as long as you cling to illusion. (p.119)

You “get” to true salvation by realizing that you are there already. You find God the moment you realize that you don't need to seek God. (p.122)

You can feel your own formless and timeless reality as the unmanifested life that animates your physical form. You can then feel the same life deep within every other human and every other creature. You look beyond the veil of form and separation. This is the realization of oneness. This is love. (p.129)

The miracle of transformation happens not only within but also without. A silent space of intense presence arises both in you and around you. Whoever or whatever enters that field of consciousness will be affected by it, sometimes visibly and immediately, sometimes at deeper levels with visible changes appearing at a later time. You dissolve discord, heal pain, dispel unconsciousness – without doing anything – simply by being and holding that frequency of intense presence. (p.149)



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I have learned to offer no resistance to what *is*; I have learned to allow the present moment to be and to accept the impermanent nature of all things and conditions. Thus have I found peace. **To offer no resistance to life is to be in state of grace, ease, and lightness.** This state is then no longer dependent upon things being in a certain way, good or bad. It seems almost paradoxical, yet when your inner dependency on form is gone, the general conditions of your life, the outer forms, tend to improve greatly. (p.155-156)

Whenever you notice that some form of negativity has arisen within you, look on it not as a failure, but as a helpful signal that is telling you: "Wake up. Get out of your mind. Be present." ... You may be able to just drop it once you realize that you don't want to have this energy field inside you and that it serves no purpose. But then make sure you drop it completely. If you cannot drop it, just accept that it is there and take your attention into the feeling. (p.159)

Somebody says something to you that is rude or designed to hurt. Instead of going into unconscious reaction and negativity, such as the attack, defence or withdrawal, let it pass right through you. Offer no resistance. It is as if there is nobody there to get hurt anymore. That is forgiveness. (p.160)

Don't look for peace. Don't look for any other state than the one you are in now; otherwise you will set up inner conflict and unconscious resistance. **Forgive yourself for not being at peace. The moment you completely accept your non-peace, your non-peace becomes transmuted into peace.** This is the miracle of surrender. (p.161)

On the level of form, you share mortality and the precariousness of existence. On the level of Being, you share eternal, radiant life. These are the two aspects of compassion. In compassion, the seemingly opposite feelings of sadness and joy merge into one and become transmuted into a deep inner peace. This is the peace of God. It is one of the most noble feelings that humans are capable of, and it has a great healing and transformative power. True compassion goes beyond empathy. It does not happen until sadness merges with joy, the joy of Being beyond form, the joy of eternal life. (p.163-164)

Your primary task is not to seek salvation through creating a better world, but to awaken out of identification with form. You are then no longer bound to this world, this level of reality. You can feel your roots in the Unmanifested and so are free of attachment to the manifested world. You can still enjoy the passing pleasures of this world, but there is no fear of loss anymore, so you don't need to cling to them. **You are in touch with something infinitely greater than any pleasure, greater than any manifested thing. In a way, you then don't need the world anymore. You don't even need it to be different from the way it is.** (p.166-167)

Your healing influence is primarily based not on doing but on being. Everybody you come in contact with will be touched by your presence and affected by the peace that you emanate,



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whether they are conscious of it or not. When you are fully present and people around you manifest unconscious behaviour you won't feel the need to react to it, so you don't give it any reality. Your peace is so vast and deep that anything that is not peace disappears into it as if it had never existed. This breaks the karmic cycle of action and reaction. You become "the light of the world," an emanation of pure consciousness, and so you eliminate suffering on the level of cause. You eliminate unconsciousness from the world. (p.167)

If you find your life situation unsatisfactory or even intolerable, it is only by surrendering first that you can break the unconscious resistance pattern that perpetuates that situation. The results will then look after themselves. As more humans awaken, the word work is going to disappear from our vocabulary, and perhaps a new word will be created to replace it. (p.173-174)

When you enter this timeless dimension of the present, change often comes about in strange ways. Life becomes helpful and cooperative. (p.175)

The external conditions that were being resisted also tend to shift or dissolve quickly through surrender. It is a powerful transformer of situations and people. If conditions do not shift immediately, your acceptance of the Now enables you to rise above them. Either way, you are free. (p.177)

Give your complete attention to what you feel, and refrain from mentally labelling it. At first, it may seem like a dark and terrifying place, and when the urge to turn away from it comes, observe it but don't act on it. Keep putting your attention on the pain, keep feeling the grief, the fear, the dread, the loneliness, whatever it is. Stay alert, stay present - present with your whole Being, with every cell of your body. As you do so, you are bringing a light into this darkness. This is the flame of your consciousness. (p.185)

Facing deep pain, allowing it to be, taking your attention into it, is to enter death consciously. When you have died this death, you realize that there is no death - and there is nothing to fear. (p.186)

Do you want an easy death? Would you rather die without pain, without agony? Then die to the past every moment, and let the light of your presence shine away the heavy, time-bound self you thought of as "you". (p.186)

The amazing and incomprehensible fact is not that you can become conscious of God but that you are not conscious of God. (p.187)



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4.5: The Buddha in the Tree image

