The Presence Process

10-week process, Consciously Connected Breathing 15 minutes twice daily (a summary by Pat Evert)

This is about what is happening in my life and integrating it. To cease manipulation and to gradually enter into the present moment. Present moment awareness (PMA) is to show up in my life experience. This is wholeness in connecting with Presence. It's unintegrated past trauma that keeps us from this experience. Consciously connected breathing (CCB) is the means of entering present moment awareness (PMA). By such we can be at perfect peace with whatever happens in our lives. This is a continued lifestyle, not a one-time fix. **This is a way to emotionally grow up**, to resolve emotional blockages, to integrate suppressed emotional impacts.

By living in a mental past or future we avoid the now. We prefer noise and movement to peace and stillness. The present moment is the vibration of life. It cannot be entered unconsciously. We are not our mental thoughts, but conscious presence. Our child-self begins to arise. This is by first-hand experience only. **Don't judge how you feel, just get authentic in what you feel.** This is about releasing our attachment to a manufactured identity. To move from pretense to Presence. Be OK with sitting with your emotional charge. We are bringing awareness to our intentions. We recognize there is nothing broken or wrong with us. It is a personal experience of what we already are. **Our intent is not to feel good, but to get good at feeling.** Fear, anger and grief - we do not want to cover them up, but to discover them. We want to activate present moment awareness. This leads us out of drama and into Presence.

The pathway of awareness should be: emotional -> mental -> physical. The emotional development is from age 1 - 7 years, mental development from 7 - 14, physical is from then on. Emotional discomfort comes from unintegrated emotions from our first seven years of life. **Move beyond favoring one emotion over another, all emotions are valid.** Emotionally charged resistance (blockage) creates drama. Sedation or control should be avoided, acceptance is best. Addictions and afflictions cover up the cause rather than integrating it. Inclusivity rather than exclusivity is preferred. Go inward, into your emotional body. Pretense dissolves as Presence awakens. By moving thru this process there will be many an uncomfortable feeling - this is to be expected. It's about authenticity, not happiness. We become Presence warriors.
by Michael Brown

1) Consciously Connected Breathing (CCB) 15 minutes twice daily. We gather and accumulate PMA. There is no expected experience, every experience is valid.

2) The conscious responses are to be repeated throughout the day.

3) The weekly reading texts are to deepen our awareness.

**Gentle persistence is required.** As a result our thought life will change as well as a shift in our feelings. Don't hurry, this is about process, not accomplishing anything. Take a 3 week break between each round of 10-week sessions. This is about participation, not perfection. We will begin to trust conscious insight instead of having to understand it with our mind.

- **Week 1, This moment matters**
The difference between surrender and resistance is seen in continuing the CCB discipline. Adopt a posture that promotes alertness and non-distractive. Repeat, "I (inhale) am (exhale) here (inhale) now (exhale) in (inhale) this (exhale)". Use a timer. Am I living for the approval of others? Or am I able to do what I want without guilt? This will build personal will power. Presence is the omniscient observer and wants our best. It is our shared connection with all life. We learn our claimed identity is a manufactured and false representation. We begin to experience Presence, out true identity. Presence awareness is everything, and **this practice will bring more Presence awareness into all our daily activity.** Our mental body sees no value in this whatsoever and will do anything to distract you.

- **Week 2, I recognize my reflections and projections**
We will change from reacting to responding, liberation from being a victim. Life is not happening to me, but rather I am making it happen. We erroneously view everything through our reflective past and project it onto our future. Our suppressed emotional charges from childhood are effecting us. Presence (omnipresent) will upset us by bringing up these reflections. We are upset or triggered from our past, this is a reflection. A projection is our response/reaction to it. A reflection is something felt. The eyes of our heart will begin to detect these. Each is a call to integrate such undesirable memory charges. **We are developing self perception and learning to choose our response.** In stillness and quiet the suppressed charged emotions of our inner child will separate and we can integrate them. Feel them without judging or trying to rid yourself of them. How well and often we are set up by Presence. This is a messenger, bringing an emotional memory of the past, a moment for integration. Identify the messenger, without shooting him. Learn to laugh at yourself. There is no need to protect myself or attack another. Observe this life as a theatrical play.
- **Week 3, I choose to respond**

*Receive the intended message. Take your attention off the messenger.* Detach from the mental event. Experience and feel the direct self perception. It is best to not try to understand or verbalized it. Ask, "When did I last feel this?" We will be able to trace the reoccurring signature, possibly to our first seven years. How does this triggered event change my self perception? What was unconscious becomes conscious. Now we can choose to respond as we would desire. Though the past is gone, these emotional imprints continue to influence us.

- **Week 4, I feel unconditionally**

Fear causes us to resist our undesirable feelings. Pain and discomfort are not our enemies to be avoided or removed. Listen to them and learn. They are our friends come to assist us. They have a valuable contribution for us. Our resistance to them could be the real problem. Give them your conscious attention. Choose to be with the pain. Allow these suppressed emotions to come out and be felt. Invite them in for tea. **These feelings must be felt in order to be integrated.** Don't judge these feelings or have any preconceived desire of outcome. Be opened to any outcome. Treat them as a mother with her children. Let Presence determine the outcome. Patience, no hurry.

- **Week 5, I am innocent**

Connecting with our child-self calls us onto the pathway of self guidance and nurturing. This enables us with increased Presence. We are born innocent. In our childhood we lose this innocence (or inner sense) to feelings of fear, anger and sadness. Worse yet we think we ARE fearful, angry and sad, rather than feelings we bear. Presence restores us to our innocence. We don't know how to care for our own wellbeing so out of guilt we try to help others. This is neither of lasting benefit to us or those we are trying to help. The value of any adult discomfort is to use it to see its childhood cause, that is my unintegrated emotional charge. This is a reconnecting with a valuable piece of ourselves, integrating our past with our present. We now can give unconditional acceptance to our unintegrated past and thus resolve our unconscious behavior.

Our child-self is both gullible and vulnerable. It cannot distinguish between illusion and reality. Our child self's unrest follows us until it is integrated. Once our child self comes to peace, so do we. At times this uncomfortable emotion will interrupt our present. **Here I will need to unconditionally sit with this little guy as long as he needs.** Give him a hug. Thus you will experience increasing awareness of peace and joy. How long I have ignored and suppressed the cries for help of my child self.

- **Week 6, I integrate charged emotion**

Thus far we have learned:

1) To use our breath to consciously reenter our body (identify the messenger)
2) Conscious responses support ongoing navigation (getting the message)
3) The procedure for integrating charged emotion (to feel unconditionally).
We should no longer label our emotions good or bad. Joy is not about feeling good. It is about feeling everything. We get upset or are set up -> then we resort to the drama of blaming someone. We direct it on another or accuse the mirror for what we see. -> Thirdly we feel guilt and regret. **We need to dismiss the messenger. Thank them for their service and allow them to go on their way. Then receive the message, insight. Thirdly we need feel unconditionally.** Accept complete responsibility for what you are feeling and give it your complete attention for as long as is needed.

Before commencing week seven thru nine (first sessions only) soak for 15 minutes in a hot bathtub. Afterwards have your regular meditation of CCB. Hydrate well 24 hours before the soaking. Entire torso submerged. Whatever is experienced is valid.

**- Week 7, I feel safe now**
Embracing physical presence is the first step toward accomplishing a permanent shift from reactive to responsive behavior. All the causal experiences are growth opportunities. **As we integrate our child self begins to feel safe in these difficult emotions.** None of our stories that we tell ourselves are valid. We need to drop our stories. We are entering the emotional body awareness phase of the journey. Presence = Pre-sense. You won't be able to make sense out of much of these emotions. Mental confusion is normal and a sign of progress. The emotional charge will gradually be released from our body. The warm water session will help facilitate this. We will increase PMA in our body awareness. From now on you can do the warm water sessions as often as you like.

**- Week 8, I forgive myself**
We think peace is procured by rearranging our circumstances or by a mental agreement. Peace is a vibration, we feel it. It is everywhere, even in the midst of chaos. We don't make peace, none can grant us peace, we realize it through forgiveness. We seek unconditional love, even in all the wrong places. Arrogance stifles our ability to forgive ourselves and others. As adults we know how to pretend all is well. Are our parents responsible for the emotional charges we have? No, even though through judgment we blame them. We need to love them unconditionally by forgiving. There is no reason to treat ourselves with anything but unconditional love. **Realizing peace through forgiveness is entirely in our hands.** We refuse to identify others by their poor or destructive behavior.

**- Week 9, I love myself unconditionally**
Our unconscious definition of love is conditional. The energy trapped in a holding pattern of continual resistance, we believe this is what we are. Our relationships don't bring us the unconditional love we need, but rather reveal our lack of it. We need gain more PMA. When our intimate relationships fail what are we left feeling? Feel without conditions. Looking for love is to be in lack. We must find such contentment in Source. Don't manipulate your spouse. Don't expect them to make you happy. You cannot get it by taking it from another. **Feel yourself as already full (fulfilled) and give to the other, you will then experience unlimited abundance.** Our experience is happening to us because it is required. Don't feel it to fix it, but rather to integrate it without
expectation, condition or manipulation. Trying to get love you only go deeper into lack. How can I respond consciously? Without blaming or expecting it from others. I need love myself unconditionally.

- **Week 10, I appreciate what I am**
  
  We can live on purpose. Because of our physical bodies we feel we are separated from one another. This is an illusion. Our beliefs bend our perception to make our experience fit. These beliefs that once served us, no longer do. Choose to behave as one. We are one vibrational field, one heart and of one purpose. This cannot be explained and I need no validation of it. My faith grows into a knowing. Experiencing presence allows us to close this gap between myself and others. Presence is shared, it is us unified. We either focus on the gap or presence. It is awareness. Because we aren't unconditionally loved, each as unique expressions of Presence, we become uncomfortable with who we are and become doing oriented. We attempt to earn the love we need. But, we are human beings, not human doings.

We are invited to appreciate who we are, this is Presence. To appreciate is to recognize full worth, it is also to increase its value. Appreciate the one that is with you. Together we form the heart of God. We are never alone. Love and appreciate who we already are.

- **Possibility**
  
  I am here now because it is required. I am responsible for the quality of my experiences. I will then be less likely to blowup. Only in PMA do we see that the time is now.

1. We will have more energy and less unconscious activity.
2. We hurry less through life.
3. Working conditions become more enjoyable. Our experience of our environment is improved. We will choose authentic joy.
4. We become more creative and source-like.
5. We will feel at home, in peace with our family members.
6. Our sleep is more restful. This may take some time.
7. We loose weight without dieting.
8. We enjoy being around children. We can once again play.
9. We eat more healthy, alive and nutritional. It dawns on us how privileged it is to have a body.
10. People are attracted to us and enjoy our company.
11. We enjoy solitude.
12. We sense events before they occur. We experience synchronicity and greater abundance.
13. We manifest less drama. Certain people will move out of our sphere of activity.
14. We become interested in our vibrational being. We cease endless distractions.
15. We are more gentle and compassionate with ourselves and others. Unconditional love is not something we can get, but that we give to ourselves and others.
16. We have less anxiety.
17. Our life becomes a journey, not a destiny. Nothing ceases and everything changes.
18. Our gratitude grows. Whatever's flows toward us comes on a river of grace. What we require comes to us without seeking it out.
19. Presence adheres to the principle of non-interference. The more we tune into it the more we behave like it. The more connected with nature we feel.
20. We don't need to advertise our craft, only be it. Insight is silent and still. It speaks through anyone and anything.
21. We are perfect as we already are. Just show up and be useful. We drop all conditions. We control nothing.
22. We make an authentic contribution to this world. Don't try to awaken others. They need their rest, sleep has a purpose. Without integrity we cause harm. Be gentle and patient. PMA must dawn on us gradually. Be a willing student, don't try to be a teacher. Life is our teacher. The Presence process is only for those who are ready.

- Clive and Nadine

A child's unintegrated imprinting is only a reflection of the parent's patterns. As Clive integrated emotional charges the changes in his daughters behavior paralleled his progress. When we activate PMA all benefit. Things that upset us in family members is not their problems, but mine. We are not our imprinting, we are created perfect. How do I know if I am in present moment awareness or not? Time is a place when things don't seem right. When I am in PMA all is well.

We are continually bumped off coarse. We make the conscious adjustments needed by our breathing routine. Be as Present as possible, it's our responsibility and joy. Reread this book as needed. Source created everything and it is all to be embraced. Everything in this life is a result of our collective thought. PMA Is influencing all those around, you need not be aware of its influence. This invites them to be united with all. Consciously approaching vibrational awareness... It's not about perfection, only participation.