

PROGRAM GUIDE

Restoring Resourcefulness: Presencing



Module 1: Introduction to Presencing

Program Introduction

This program is intended to support a global shift in our ability to effectively move out of the fear trance and to experience access to choice, connection, and collaboration. The modules in Restoring Resourcefulness expand your ability to meet challenges and create new structures that support getting real, wondering and creating caring communities.

- The Presencing Module shows you how to be fully with a feeling, another person, an unexpected event. When you move from fear to here you can meet life and create by choice.
- The Whole-Body Listening Module shows you how to bridge and appreciate difference, to try on another's point of view to expand the possibility of co-creating together rather than recycling us vs. them.
- The Breathing Module shows you the quickest way to locate yourself here and now and to decrease stress and increase vitality.
- The Fear Melters® module shows you how to move from fear to here by using simple, powerful body moves that shift you into agency and choice.
- The F.A.C.T. module shows you how to use our premier transformation process, a body intelligence practice that has been honed over several decades and can be used in a wide variety of situations.
- The Matching Module shows you a way to create congruence between your inner experience and your outer expression. Matching makes use of whole-body thinking and expressing which expands creativity and vitality.
- The Persona Module shows you how to identify and befriend the roles (personas) you learned in order to receive attention and connection. You will learn the Persona Interview, which will assist you in letting your unique essence shine through whatever persona you're wearing. **Our Persona Module is brand new and will be released mid-April.

We'll be continuing to add to the video programs with applications, suggested combinations, advanced videos, and more, so keep checking back for the latest advances.

Module 1: Introduction to Presencing

Presencing is an integrative, body-mind tool that helps you welcome feelings, sensations, thoughts, and any other experiences into the wholeness of yourself. It is choicefully using your attention to focus on what is happening in the present moment. Presencing invites you to use your attention with curiosity, rather than from a critical or 'what's wrong' point of view. Presencing activates creativity and ease within you. It eliminates drama and replaces adrenaline with a deeper sense of being 'here' and available. It is the opposite of what goes on when your body is there, but your heart and mind are elsewhere.

Steps to Presencing:

1. Turn your attention fully towards what is happening in the present moment.
2. Open your body posture (arms and legs uncrossed, face and body relaxed).
3. Breathe fully and easily into your belly.

Additional Information:

- Notice physical sensations in your body
e.g., tightness in chest, sweaty hands.
- Take three breaths and change body posture.
- Follow any impulses to move.
- Move at your comfortable pace.
- Get curious with a Hmmm sound.
- Appreciate yourself and another.
- Shift your attention from yourself to another person and then shift back to yourself (repeating frequently with an easy rhythm)

Resources:

At the Speed of Life, Gay and Kathlyn Hendricks : Chapter 5, “The Presencing Principle: The Starting Point of Mindbody healing”.

Conscious Loving Ever After, Gay and Kathlyn Hendricks, Chapter Three, “Full Spectrum Presencing”.

Foundation for Conscious Living:
www.foundationforconsciousliving.org

Big Leap Home Online Programs:
<https://foundationforconsciousliving.org/big-leap-home-online-programs/>

Restoring Resourcefulness Program:
https://foundationforconsciousliving.org/big_leap_home/restoring-resourcefulness/