



**GUIDING PERCEPTIONS**

PO BOX 355 | LEMOYNE | PA 17043

[GUIDINGPERCEPTIONS.COM](http://GUIDINGPERCEPTIONS.COM)

[LAUREN@GUIDINGPERCEPTIONS.COM](mailto:LAUREN@GUIDINGPERCEPTIONS.COM)

## How To Be Present

**Step One:** Remove any distracting objects or devices from your space.

**Step Two:** Clear your mind and set your intention to be present. You can use a guided meditation prior to your daily presence work, remember to give the Earth back all that is removed and show that energy gratitude.

**Step Three:** During a dedicated period of time, take note of all your senses. Intently feel, smell, taste, hear, and see all that you can.

**Step Four:** Completely immerse yourself in the experience. Nothing else in the universe exists except what you are focusing on during this period of time.

**Step Five:** Debrief your experience and compare them to other sessions. Take note of what is helpful, and what is distracting. Understanding your distractors or triggers that prevents you from being present, is a crucial step in refocusing and retraining your mind.



**Occasion (example: gatherings, work day, meditation session and/or activity...)**

**What emotions were felt?**

**What emotions did you think you would feel or should feel?**

**What did you smell?**

**What did you taste?**

**What did you hear?**

**What did you see?**

**What was the least enjoyable aspect of the experience, and what did you learn from it?**

**What was the MOST enjoyable aspect of the experience, and what did you learn from it?**

