

Inquiry on “Being Present” and “Being Presence”



What does *Being Present* really mean? How do you do that – Be Present? What is your understanding of what you’re supposed to do To Be Present? What is the experience of Being Present like for you? Can you recognize that you are being present when you are doing things or being in various environments or being with other people? Or have you notice that it’s hard for you to be present unless you are being very still or alone?

Being Present is not going to happen via the Ego. Interestingly, we are mostly in the world as the Ego, Personality, Familiar Self because that’s who we’ve learned to take ourselves to be. It’s not a criticism to say this. It doesn’t make us bad. It’s simply the truth. Our development as a human being has been about developing a strong Ego. All that said, you, as the Ego self, cannot Be Present. It’s impossible. The Egoic System is all about being either in the past or in the future. The Present is not part of its program. Generally, thoughts are part of the Ego Program. These thoughts are typically about the past, all that we already know. The Ego uses a huge archive of information we’ve gained from books, teachers, and our own experiences. These archives also contain a whole section of fears about the future complete with the stories that have been created to make the stories, the fears believable.

Being Present happens when the Ego is absent. Really? Well, how do we make the Ego go away? That’s a great question from the Ego Self. The problem for the Ego Self is that it, that part of ourselves, cannot be intentionally absent because from an Ego perspective, absence equates to non-existence or death. So, now the question arises: Who or what is Being Present if the Ego is absent? Awareness, or some use the word Consciousness. We are not used to being the Awareness that we are. That said, we’ve all had experiences where it’s quite clear that Being Present is happening which means we are experiencing directly, even intimately, whatever is happening moment-to-moment. This clarity of the happening of Being Present does not come from a thought to do this thing. Doing anything from the source of a thought is from the Doer that is the Ego Self. This clarity of the happening of Being Present is clearly out-of-the-blue, fresh and new.

Being Present experiences appear to come and go. Why? Because the Ego Program is designed to protect anything that threatens its existence. So, if Being Present means that the Ego Self is absent, non-existent for any period of time, then that experience needs to be interrupted so that it’s safe for the Ego Self to exist.

What does it mean to Practice Being Present? Focusing exercises really help. Why? In my experience, my Ego Self gets bored and leaves temporarily. The best Focusing Exercise I’ve used is the Kath Meditation which is basically focusing on the breath while also focusing on the Kath, or Dan Tien, three inches below and three inches within the belly button. Practice means every day for some set, scheduled period of time. Personally, I do not like the old adage “practice makes perfect” because it makes it sound like there’s a perfect way to do whatever it is. I’ve found that it’s about repetition. Repetition forms habits, behaviors. Here we’re using repetition to form a desirable behavior, a daily focusing practice. The focusing practice is called the Kath Meditation but it’s a practice that can be done anywhere, not simply when you’re sitting in meditation. I’ve used the focused breathing and focusing on the Belly Center while at the dentist office!

Being Presence

What does *Being Presence* even mean? How does that even happen? How do “I” do that? How do I “be” anything at all, much less Presence? Do I “become” something? In my experience, Presence is whatever “is,” whatever is unfolding. I’ve even experienced the Presence of Absence. There’s a recognition that can happen when there’s no separation because with no separation, “I Am That.” Being Is, and I am That.

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