

MODULE 1

PRESENCE

A white stylized letter 'S' is centered within a white circle, set against a dark background with a repeating circular pattern.

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YOU MUST BE ABLE TO BE A ROCK. UNFLAPPABLE.

**> DON'T REACT NERVOUSLY TO EXTERNAL DISTURBANCES,
REMAIN CONSCIOUS.**

**> DON'T LET YOUR UNCONSCIOUS AND YOUR EMOTIONS TAKE
OVER, DON'T TAKE EVERYTHING PERSONALLY.**

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TECHNIQUES TO GET BACK INTO THE MOMENT:

- > FOCUS ON YOUR BREATHING – ADOPT A DEEP AND SLOW BREATHING**
- > FOCUS ON YOUR PHYSICAL SENSATIONS**
- > LISTEN TO THE SILENCE**
- > FOCUS ON THE SPACE / THE VOID**
- > WATCH OUT FOR YOUR NEXT THOUGHT**



DISSIPATE NEGATIVE EMOTIONS

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THE EMOTIONAL DISARMING PROTOCOL™:

0) TELL YOURSELF THAT FEELING THIS KIND OF EMOTIONS IS NORMAL, THAT IT HAPPENS TO EVERYBODY ALL THE TIME.

1) OBSERVE THE EMOTION: NAME IT, DESCRIBE IT.

2) OBSERVE THE OBSERVER (YOU), THEN ZOOM OUT.

3) ADOPT A DEEP AND SLOW BREATHING, BY FOCUSING ON YOUR PHYSICAL SENSATIONS.

4) LISTEN TO THE SILENCE (OR FOCUS ON THE SPACE).

5) [OPTIONAL] VISUALIZE SOMETHING POSITIVE.

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**QUESTION TO ASK YOURSELF IN ORDER TO EASILY TAKE SOME
DISTANCE:**

“WILL THIS MATTER NEXT WEEK?”



DELVE INTO THE SENSATIONS

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**YOU CAN USE VISUALISATION TO COLOR YOUR PRESENCE
WITH POSITIVITY:
> USE ANCHORS (MOMENTS IN YOUR LIFE WHEN YOU FELT
FULL OF POSITIVITY)**

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SELF-COMPASSION:

- 1) REALIZE THAT YOU ARE EXPERIENCING DIFFICULTIES**
- 2) RESPOND WITH AFFECTION, KINDNESS, UNDERSTANDING TOWARD YOURSELF (INSTEAD OF HARSHLY CRITISIZING YOURSELF)**
- 3) REALIZE THAT NO MATTER WHAT YOU ARE FACING, IT IS SOMETHING EVERY HUMAN BEING IS FACING, REALIZE THAT EVERYONE ENCOUNTERS SOME DIFFICULTIES AT SOME POINT OR ANOTHER**

PRACTICE PRESENCE, STARTING TODAY.

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[BONUS] PRACTICING :

> WHEN YOU WALK ALONE IN THE STREET (OR ELSEWHERE), PRACTICE BEING PRESENCE, BY IMPLEMENTING EACH OF THE TECHNIQUES YOU LEARNT IN THIS MODULE.

> WHEN SPEAKING WITH SOMEONE, PRACTICE BEING PRESENCE, BY FOCUSING ON WHAT THEY TELL YOU (OR BY FOCUSING ON THE SILENCE), OR BY FOCUSING ON YOUR PHYSICAL SENSATIONS.

> PRACTICE PRESENCE DURING HOUSEHOLD CHORES.

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