

Presence in Healing

Origins and Philosophy

Presence in Healing is an integrated healing art form, a perspective, and a path of guidance for living a life that is self-developed and co-created. It is offered as individual teaching through table sessions, and as group teaching through classes and workshops. Sessions and classes specifically address multiple levels of consciousness while being occupied, self aware, and in present time.

Presence in Healing as a perspective is also present in other life circumstances such as dialogue, guided meditation and process, and other professional capacities.

As a perspective and a path of guidance, Presence in Healing fundamentally focuses on the question "what is it to be human this time?" It offers guided self-exploration and discovery for living life as desired and chosen individually, in family and in community through daily practice and play. Philosophically, Presence in Healing encourages movement towards greater acceptance of "what is" while recognizing the grace of this existence. Presence in Healing draws on the traditions of mindfulness and thoughtfulness to provide guidance for daily living. Creating opportunities for congruence in all aspects of life is central to Presence in Healing.

Presence or mindfulness may be described as a state of "moment to moment" awareness of one's experience without judgment. Many practices and experiences cultivate this state. Research has identified many benefits brought about by this state of presence including stress reduction; decreased ruminating thoughts; decreased depression and anxiety; improved working memory; improved focus; less emotional reactivity; increased cognitive flexibility; improved relationship satisfaction and increased self-awareness.

The foundations of Presence in Healing are the cultivation of presence, increased perceptual awareness, greater self/other awareness and discerned choice. The result of this is greater understanding and expression of one's authentic self in the world today.

Presence In Healing developed in part from Integrated Awareness®. Integrated Awareness® provides a foundational set of skills for healing through the body with "movement, touch, enhanced awareness, and changes in consciousness". Lansing Barrett Gresham, founder of Integrated Awareness®, uses exquisite languaging to explain many concepts embedded within specific words. Among these is the

understanding that the "body" is physical, energetic, temporal, emotional, mindful, and of intelligence that is conscious. This consciousness is omnipresent (everywhere), omniscient (with a knowledge of everything) and omnipotent (all powerful). To quote Derek Rydall, "you are this omnipresent something that is forever unfolding. Not the human you – who was born, has a history, and will eventually dissolve back into dust--- but the real you, the true Self that is emerging."

"Presence" in Presence in Healing is central to the concept of living a life. Life is one perpetual present and includes not only congruence in present time and space but all that presence implies in the self, others, other times, and our willingness to be the expression of presence in the divine and energetic sense of the word. It also gratefully acknowledges the gift of presence as grace. The literal meaning of the word "truth" is "that which is." That which is exists in the present. Therefore, truth exists in presence.

Presence in Healing as well as many other traditions and modalities, explores and holds as true the inherent intelligence, wisdom and sacred nature of life as a whole entity. This natural intelligence emphasizes the return or remembering of one's true unique self as well as holding the same for nature's elements – none greater or less than one or another, with the sum being far greater than the part. Duality and the human condition of finding integrated, whole choices are recognized, including balance, stability, instability, chaos and clarity.

Those studying Presence in Healing are encouraged to do so through the venue of teaching in classes and in hands on sessions. This is encouraged as an appropriately challenging environment to work on the teachings of Presence in Healing. Some may choose to become bodyworkers or teachers for which the individual is responsible for appropriate licensure or certifications as applicable. We believe that the perspective and skills inherent in expressing our higher aspects is a human act of grace and useful in all venues of living.

References

Rydall, Derek. *Emergence: Seven Steps for Radical Life Change*. New York: Atria Books, 2015

Davis, Daphne and Hayes, Jeffrey. July/August 2012 Vol 43, No 7, American Psychological Association, *What are the benefits of mindfulness*

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