



# Practicing Presence

The most important Practice (together with Self-Enquiry)  
for reaching the Full Consciousness

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1. Begin by stepping into a light meditation.
2. Notice your breath and the space around it
3. Step back behind yourself and Observe what is happening in front of you.
4. IMPORTANT: Identify what are you feeling now!
5. STAY with that feeling
6. HOLD that feeling with gentleness and softness
7. BREATHE around that feeling
8. GIVE TIME to be with that feeling
9. BE PRESENT with what you feel (Emotion, Feeling, Energy)
10. HEAL, ALLOW it to shrink and to reveal it's lessons.

Every second you are fully Present with What IS within you (Emotion, Feeling, Energy), your Presence strengthens and grows. It is like a seed that grows into a mighty tree. At first it's small and lean, it needs support. Then it grows stronger, the trunk grows bigger, the roots go deeper. After some time your Presence grows into a mighty tree and no wind can affect it, no storm can damage it, no earthquake can move it.

With Blessings and Love on your Journey,  
Master Mindo



For further information and to watch Videos about Presence, please visit  
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