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The Power of Presence

By Claudette Rowley

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Thanks,
Claudette Rowley
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The Power of Presence

This month I would like to share with you a powerful way of being that I've practiced over the past few months: being present in each moment. Being present means being aware or conscious of what's going on inside of you, and allowing it without judgment. This level of consciousness gives us full freedom to be who we are. It also brings a tremendous sense of inner peace.

How do you know when you're present?

You know you are present when you feel at ease with yourself. There's no underlying tension, your mind isn't chattering on in judgment of you or someone else. You are also present when you ALLOW a moment to be as it is. For example, you notice that you have a story in your mind about a situation. And you observe it as a story not as

truth. Or you feel a negative emotion and you notice that without judging it. You stay in the moment of whatever you are feeling.

What stops us from being present?

Reviewing the past and projecting into the future. Many of us spend half of our time ruminating about the past and reliving our emotions about it. Then based on what we've experienced in the past, we project into the future about circumstances that may never occur. Our mind makes up fear-based stories that catapult out of the present and

into a made-up future. In other words, we end up resisting the present moment in fear of what the future might bring.

Let me clarify: By future projections, I mean imagined scenarios that cause emotional strain, such as "What if this happens or that happens?" versus planning for the practical matters of life, such as scheduling your October vacation. Another way of thinking about this is psychological time which always causes fear or strain versus the time we keep by clock which we use to organize the practical matters of life.

What are avenues for being present?

Observe. When you notice that your mind has made up a story about the past or the future, simply observe it.

Observation of the story will bring you right into the present. After a while, you'll start to notice that you are not your story, and that two separate entities exist: you in the present and your mind with its story.

Allow. Allow whatever is in the moment to be there. It is what it is. Once you begin observing and allowing, you'll notice how often you resist the moment you are in. That resistance keeps you in your head and out of the present.

Here's an example of the distinction between allowing and resisting. At times when my nine month old son is cranky and I'm frustrated, my natural reaction is resistance. In other words, I want the moment to be different than it is, which creates stress. Those times that I've allowed the situation to be what it is, I felt present and experienced

peace.

Once I've become aware of my resistance to what's occurring – I'll often experience it as physical tension – I'll say to myself, "I don't like this moment." or "I'm noticing that I feel frustrated and impatient." Simply observing and allowing what I experience brings a conscious level of awareness.

We each have an inner peace and freedom that already exists inside of us. Our job is to release the muck surrounding it, and reclaim as our own. Stay present by ALLOWING what's there to be there. Then you can accept it, change it or talk to someone about it. By spending so much time in the past and the future, we often resist the gem that's right in front of us.

Claudette Rowley, coach and author, helps professionals identify and pursue their true purpose and calling in life. Contact her today for a complimentary consultation at 781-676-5633 or claudette@metavoiced.org. Sign up for her free newsletter "Insights for the Savvy" at <http://www.metavoiced.org>.

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Sweet Surrender

By Diane Harmony

"Thy Will (not mine) be done," when truly embraced, will create the opening for Spirit to reveal a realm of choices and opportunities impossible for us to know from our small, defended ego-driven selves. Here are a few testimonials from 5 GIFTS students:

- "By releasing the illusory idea that I control Life, I free myself to select from a multiplied number of choices which the Universe offers."
- "While I used to view surrender as an act of giving up, I now perceive it as an act of giving over."
- "It is a conscious choice to allow the power and presence of God to live Its life as me."

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· "God would not want me to be something my heart did not want."

Imagine allowing the sweet Divine Presence within to live your life! Imagine the choices open to you then. Imagine the ease and grace of each moment of each day. Imagine the relief you would feel if you really knew that you aren't alone . . . that you don't have to do it all yourself . . . and that within you is a "Knower," guiding you, directing you, maintaining you and sustaining you. Imagine surrendering into that Wise, Holy Self. That is SWEET SURRENDER!

When we SURRENDER to the Power and Presence of God Within, the synonyms for SURRENDER take on a whole new meaning.

Yield: To SURRENDER is to yield to the flow of Life rather than oppose it.

Relinquish: To SURRENDER is to let go of resistance to accepting what is, to allow ourselves to choose differently.

Resign: To SURRENDER is to reassign our little selves to the service of our Holy Selves and to the guidance S/He offers. We are resigning ourselves to more of the Goodness of God.

Submit: To SURRENDER is to submit our will to the Divine Will of God within us. We are submitting our inner ear to listening to the Still Small Voice that is forever offering Its inspiration to us.

In the words of a 5 GIFTS graduate,

Be sure to render it all to God . . . Sure to Render . . . Surrender.

When we give the GIFT of SURRENDER, it expresses in our lives as the quality of Trust. Usually we are called on to SURRENDER our way of believing and/or doing things when we are out of options and have nowhere else to turn. When the pain is too great, when what we've thought would work fails time after time, and when the resistance to change is so strong that our bodies are stiff and tight and our emotions are beyond frazzled, we find ourselves with no other choice than to give up and turn it over. To make that choice is to be at the headwaters of the River of Trust. Surrendering to the Power and Presence of God Within allows us to float freely on the Wisdom of the Holy Self, guided by the internal

voice of Intuition and powered by the winds of the Love of God, to the shores of infinite possibility.

I SURRENDER TO THE POWER AND PRESENCE OF GOD WITHIN ME!

Diane Harmony is in the business of personal and spiritual empowerment. She is an author, platform speaker, workshop/class teacher and facilitator, ordained Minister of Religious Science and guide on spiritual retreats. Diane has been published in Science of Mind Magazine, Awareness Magazine, Inner Visions Magazine, and Daily Guides of Prayer. She is the author of the award winning book, 5 GIFTS for an Abundant Life: Create a Consciousness of Wealth. A gifted teacher, Diane has taught over 40 prosperity classes to hundreds of students. In 2002, she succeeded in successfully creating an 8 week Prosperity Course entitled 5 GIFTS for an Abundant Life! Today, Diane is the leader of her own

company, Universal Harmony Inc., whose vision is to empower the planet's population with the spiritual insight, knowledge and tools to live life in abundance, joy and peace. You can visit her web site at:



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