

ARE YOU PRESENT ACTIVITY

August 6, 2021 adapted from Rumi



Here is an activity that I learned from Rumi you can do anytime to help become aware of and strengthen being present. Set your alarm as many times during the day as you want check in and ask yourself this question:

"Am I present and content?" If you are not, ask yourself, "Why do you not want to be here, right now?"

Observe your body, breath, thoughts, and actions to help you determine if you are present or not. Are you tense, judging, complaining, angry, worrying, fearing? If so, why do you not want to be here right now?

What is happening in this present moment that you are not accepting to be happening that is actually happening right now?

This does not mean that you agree with what is happening, but observe what in this experience right here, right now you want to be different? This could be something about yourself, the situation, or what someone else is doing.

Then notice, is this something you can control or not?

Observe what is in your control and accept that, and then also observe what is not in your control and accept that. Now observe what arises from this acceptance.

When you can fully accept all that is happening in your awareness you will be able to flow with life because you will not be trying to resist and control that which you cannot control, and interestingly from this, a sense of control will arise.

This does not mean you have to agree with what is happening, it just means first that you are acknowledging and accepting what is actually happening in your awareness and then from there what to do arises from a neutral state of seeing more clearly what is happening without labels, judgments, expectations, or interpretations and you can see what your needs are.

From understanding your needs clearly, choices will arise to set the conditions to meet your needs that honors and brings value to yourself and others rather than from a reaction to try to control an external aspect, such as someone else's behavior, that you cannot control. For some it may be to make requests that make you feel safe, secure and heard.

So at anytime you can ask yourself, "Am I present and content?" And if you are not, you can then set the conditions to become content that bring value to you and others.