

GROUNDING IN PRESENCE WHEN WITH ANOTHER PERSON EXERCISE

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The purpose of this meditation and practice is to learn what being present feels like and to be able to ground yourself in being present with whatever you are doing including when around someone who's energy is uncomfortable to help you not get pulled in to other's energies and keep yourself aligned with your true energy. You can also do this with whatever you are doing.

I have adapted this from the Trust Technique.

1. Stand or sit in a relaxed position, and if with another person find a distance that you are able feel completely relaxed, comfortable, calm, and at ease with your body and breath.
2. Find a spot to gaze your eyes upon in a relaxed manner near or on the person you are with, such as one of their ears, cheeks, eyes, chin, forehead, shoulder, elbow, or just beyond them. While you are gazing upon this spot, remember to keep your body and breath relaxed including your eyes, face, breath, etc.
3. While gazing in a relaxed manner bring into awareness what is in your peripheral view and allow this diffused open vision to also be in your awareness in a relaxed manner. The idea here is to be able to be aware of the person you are with in a relaxed way as well as be aware of what is happening all around in your awareness in an open and relaxed manner.

This helps to not get narrowly focused on what the person is saying or doing and instead observe that there is more than the person, more than the content so you don't get pulled into the other person's energy. By observing more than the person this helps to let go of taking ownership of what the other person is saying and doing and let go of needing to be responsible for them. This helps you flow in life with what is happening rather force, push, control or rush in life. The present moment is always and only where your agency is, where your power is. Not power to control but power of choice. This does not mean you don't have empathy or care for the other person, it just means you are grounding yourself in presence. By keeping yourself present, calm, at ease, flowing, diffusely observing, the other person may sense your energy and relax a bit themselves. They may drop their defense a little, and they may mirror your energy.

4. Now keep your body as still as possible while your body and breath are relaxed, you are gazing towards the other person with an open sense of view all in a calm, comfortable, and relaxed manner. A still body leads to a still mind. When you have a still mind you are able to see the present experience as it is rather than through judgments, interpretations, past stories, etc. You can discern and accept what is happening now from expectations, labels and reactions.

5. To be present with another is to not have an agenda of giving advice, fixing them, telling them what they should or should not do, and instead listen to them to understand. Find what you have in common at the emotional and feeling level and beyond into the true nature of peace, joy and love. This helps to have empathy and compassion for yourself and the other without the need to fix them or change them and instead to just be with them in a space that is safe to just be. This way of being present with no agenda will ultimately allow wisdom to manifest of what to “do” (being silent and not doing is also a form of doing) that will bring value to the person and situation rather than coming from fear and giving unsolicited advice, trying to get power over or control of, or projecting fear and pain that can feed and add to the person’s energy.

6. When grounded in presence you bring value to not only yourself but to others too.