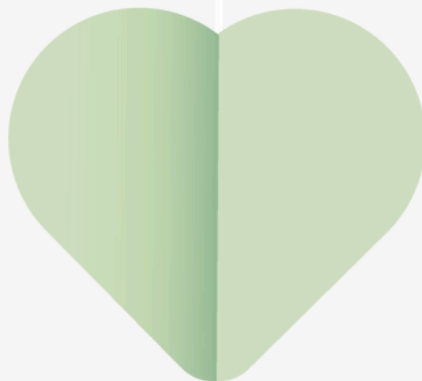




**The Healing Collective**

---

# Developing Presence Exercise



---

**collectivedc.org**





# The Healing Collective

---

## DEVELOPING PRESENCE EXERCISE

### GROUP OR COUPLES

(Adapted from Claudio Naranjo, Gestalt Therapy: The Attitude & Practice of A theoretical Experientialism, 1993.) For further information regarding Dr. Naranjo's work, please visit: [www.naranjoinstitute.org.uk](http://www.naranjoinstitute.org.uk)

### INSTRUCTIONS:

#### PART ONE: I-NESS

Begin in pairs with participants sitting face to face with one another. Instruct each dyad to begin by closing their eyes and bringing attention to their bodies-bodily sensations, postures, and facial expressions. Invite each to adjust his/her posture or attitude in any way that they like.

Instruct them as follows: "In this moment, be as you are; be as you like; be as you want to be ... in this moment... in this moment."

After a short while, instruct each to remain in body and thought as is, but to gently open his/ her eyes, begin to bring relaxation to his/her eyes.

Say: "Now, begin to relax your body, allowing yourself to remain at ease. Without trying to do anything or make anything special happen, allow your mind to grow quiet as you bring your full attention to the "felt sense" of existing... feeling and sensing these words 'I am here.'"

"After a short while, of sensing 'I am here,' bring your attention back to the breath while gently shifting your attention from 'I' to 'here' and mentally repeat 'I-am-here' in synchrony with in-breath, pause, and out-breath."

Continue with as much continuity of attention as possible.





# The Healing Collective

---

## PART TWO: YOU-NESS

While still in pairs, continue to have participants sitting face to face with one another.

Each dyad should begin the second part of this exercise by closing their eyes and once again bringing attention to their bodies-sensations, postures, and facial expressions. Invite each to adjust his/her posture or attitude in any way that they like.

Continue: "While you sit, physically relaxed and centered-engaging in neither verbal nor nonverbal dialogue-forget yourself as much as possible while you focus on the sense that the person in front of you truly exists. This is a person and not a thing, a conscious being seeing you."

## PART THREE: YOU

While still in pairs, continue with participants sitting face to face with one another.

Each dyad should begin the third and final part of this exercise by closing their eyes, once again bringing attention to their bodies-sensations, postures, and facial expressions. Instruct the dyad to continue to sustain mental silence with open eyes and with the support of physical relaxation, concentration on both "I" and "you," while at the same time evoking a sense of infinity around them. Have each attempt to intensify both the sense of presence of Self and Other and a sense of cosmic depth. Invite them to allow the sense of the infinite to support their relaxation and dissolve the mind. You may wish to invoke the thought: I-You-Infinity.

