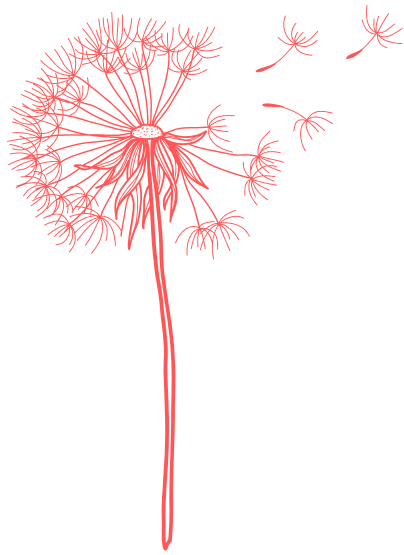




Presence Journal: 7 Days of Returning Home

A free resource from Roj



Introduction

Presence isn't something you have to earn or figure out.
It's not outside of you. It's the awareness that has been carrying you all along.

This 7-day journal is a mirror — a way to notice what is already present, to reconnect with your own clarity, wisdom, and stillness.

Each day offers a simple reflection and space to respond. There's no right or wrong way to journal.



NOTICING YOUR BREATH

“Where is Presence in my breathing right now?”

Prompt:

Sit quietly for 2–5 minutes. Notice your natural breath. Where do you feel it in your body? Write down anything you notice — warmth, tension, ease, or stillness.

Reflection space:



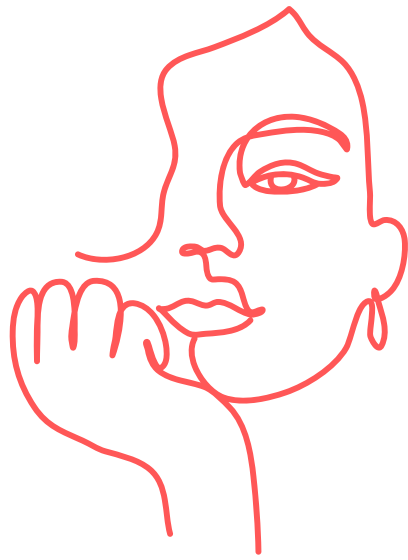
FEELING YOUR BODY

“What part of me is alive with Presence today?”

Prompt:

Scan your body from head to toe. What sensations arise? Notice without judgment. Let your awareness simply rest on whatever is present.

Reflection space:



OBSERVING THOUGHTS

“Who is noticing these thoughts?”

Prompt:

Sit quietly and observe your thoughts as they arise. Let them pass like clouds. Notice the awareness that witnesses them.

Reflection space:



RECOGNIZING EMOTION

“What is showing up, and what might Presence be holding?”

Prompt:

Bring awareness to any emotions present in your system. Notice them without trying to change or push them away. Allow Presence to witness.

Reflection space:

EVERYDAY ECHOES



RETURNING TO STILLNESS

“What does stillness feel like in me?”

Prompt:

Spend 3–5 minutes in quiet. Let yourself sink into whatever stillness you find, even if it's just for a few seconds. Observe what shifts in your system.

Reflection space:



INTEGRATION & REFLECTION

“What have I noticed about Presence this week?”

Prompt:

Review your journal entries from the past 6 days. What patterns, insights, or reminders stand out? How has Presence shown itself in your body, mind, and awareness?

Reflection space:



CLOSING NOTE

Presence is not something to acquire — it's something to notice, again and again.

This journal is a mirror, pointing you back to what has always been here: your clarity, your wisdom, your true self.