



Mini Guide Draft:

Returning to Presence: 3 Simple Invitations



RETURNING TO WHAT'S ALREADY HERE

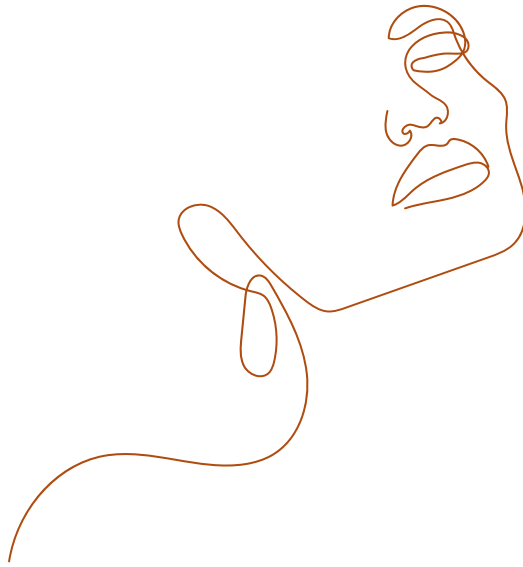
THE TRUTH IS, PRESENCE HAS NEVER LEFT YOU.

IT ISN'T SOMETHING YOU “DO” OR “ACHIEVE.” IT'S WHAT HOLDS YOU, BREATHES YOU, AND QUIETLY WAITS BENEATH THE NOISE.

THIS GUIDE ISN'T ABOUT LEARNING NEW TECHNIQUES. IT'S ABOUT REMEMBERING.

EACH PRACTICE HERE IS A MIRROR — POINTING YOU BACK TO WHAT'S ALREADY ALIVE WITHIN.

A FREE RESOURCE FROM Roj



Welcome / Intro

The truth is simple: you already carry presence, wisdom, and peace inside you. Nothing here is about fixing or adding to who you are. These invitations are simply mirrors — ways to notice what's been here all along.

Presence is the field. Your system knows how to settle when it's seen. These practices are here to remind you.



INVITATION I: — THE PAUSE & NOTICE

How to Notice

- Stop for 30 seconds.
- Place your hand on your chest or belly.
- Ask: *“What do I notice right now?”*
- Allow whatever arises. No fixing. No effort.

What You Might Recognize

When you simply notice, the system begins to unwind.

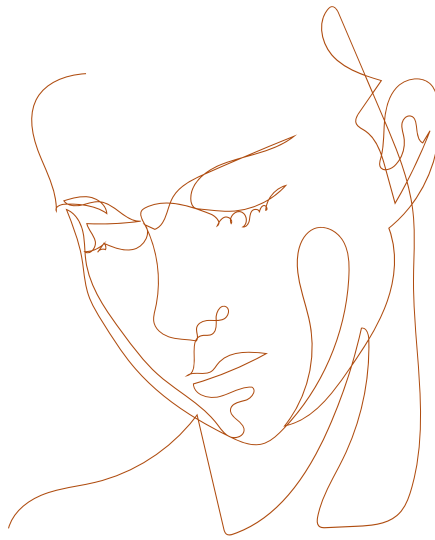
What was tight starts breathing.

What was braced loosens.

Presence reveals itself as the one holding it all.

Reflection Prompt

What shifted when you allowed yourself to simply notice?



INVITATION 2: THE GROUND BENEATH YOU

How to Notice

- Bring awareness to your feet.
- Feel the floor or earth supporting you.
- Imagine your weight sinking gently into that support.
- Let your breath follow — slow, steady.

What You Might Recognize

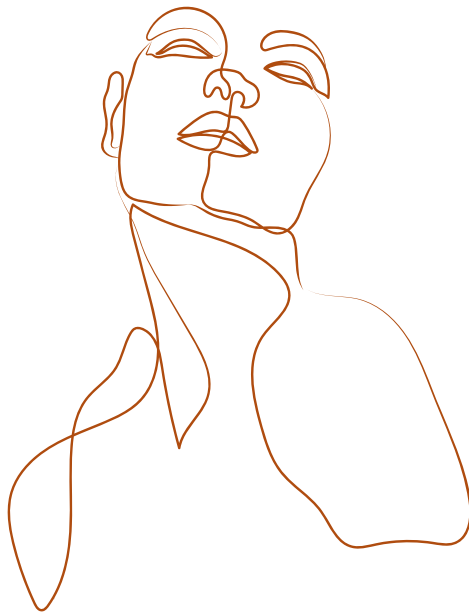
Grounding isn't a practice you achieve — it's a truth you allow.

The earth has always been holding you.

Your system remembers: *"I don't have to hold everything up by myself."*

Reflection Prompt

When you felt the ground, what did your body remember?



INVITATION 3: THE BREATH THAT FINDS YOU

How to Notice

- Notice your natural breath.
- Observe the rise and fall.
- Whisper: *"This breath is enough."*

What You Might Recognize

Breath isn't forced. It arrives on its own.

Each inhale and exhale is proof: Presence is alive here.

Reflection Prompt

How does your body respond when you let your breath be enough?



CLOSING REFLECTION

These invitations aren't about acquiring power from outside. They're about recognizing the innate intelligence, regulation, and presence already within you — the truth that *Tat Tvam Asi* points to:

You are That.

The presence you seek is the presence you already are.

Presence doesn't need effort to find you. It only needs space.

This guide is yours to return to anytime you want to reconnect with what's already within.

Presence isn't something you learn — it's something you remember....Roj