

## The 5-Minute Presence Practice

### Anchoring Your Soul & Closing the Authenticity Gap

*A quick guide to finding stillness and cultivating self-trust.*

**By Katrina Mintz**

*(December/2025)*



Katrina Mintz

---

### Why 5 Minutes of Presence Changes Everything

You are a seeker. You have big intentions and deep spiritual desires. Yet, if you're like most high-achieving people, you feel a constant Authenticity Gap: the space between who you want to be and who you are when pressure hits.

The Horse Knows:

The horse is the ultimate mirror. They don't judge your intentions; they only respond to your immediate, authentic energy. If your mind is scattered, the horse is unsettled. If your body is tense, the horse is wary.

**The Truth:** You cannot pursue your highest purpose if you are not fully present. Your work on Authenticity begins not with grand gestures, but with the small, sacred act of bringing your attention back to your own body.

This 5-minute practice is your anchor. It is the ritual that establishes the Holy Ground within you.

---

### Pillar Focus: Presence

***Presence is the non-negotiable state of being fully anchored in the moment.***

---

### The 5-Minute Anchor Practice

Follow this practice in the mornings, before a difficult meeting, or whenever you feel your energy scattering.

#### **Step 1: Declare the Holy Ground (1 Minute)**

- Find a comfortable seated position (or stand still in the barn door).

- Gently close your eyes or soften your gaze.
- Place one hand on your heart and the other on your lower belly.
- Silently repeat the phrase: *“I am safe. I am here. This moment is Holy Ground.”*

### **Step 2: The Body Scan (2 Minutes)**

- Feel the weight of your body, your feet on the ground, your seat on the chair. This is your anchor to Presence.
- Slowly scan your body, feel each part, from your shoulders to your fingertips and down to your toes.
- **Release:** Where are you holding tension? In your jaw? Your shoulders? On your exhale, intentionally soften those areas, releasing the energy of yesterday and tomorrow.

### **Step 3: Breathe Your Intentions (2 Minutes)**

- Bring your focus only to the breath. Notice the cool air in, the warm air out.
- Now, recall the deepest Authenticity you wish to embody today (e.g., patience, clarity, honesty, integrity).
- **Inhale:** Breathe in that quality, visualizing it filling your body.
- **Exhale:** Breathe out the distraction, the doubt, or the fear that compromises that quality.
- When the 5 minutes are complete, open your eyes slowly, carrying this grounded presence with you.

---

### **The Integrity Check**

This is the practice: linking your internal state (Presence) to your external truth (Authenticity).

### **The Horse’s Final Feedback**

When you feel the urge to break a boundary, snap at a loved one, or retreat into performance: **STOP.** Go back to the 5-Minute Anchor Practice.

Ask yourself these two questions:

1. **The Presence Check:** *"If I were standing next to my horse right now, would my current energy feel honest, safe, and still?"*
  - *If the answer is No:* You are acting from a place of distraction or fear, not truth. Return to your breath.
2. **The Integrity Check (Inner Compass):** *"Is the action I am about to take in direct alignment with the person I committed to being this morning?"*
  - *If the answer is No:* You are about to widen the Authenticity Gap. Recalibrate your inner compass before moving forward.

**Reminder:** Authenticity is not about succeeding perfectly every time; it's about *returning* to your truth every time you become aware you've left it.

---

### **Pillar Focus: Integrity**

***Integrity is closing the gap between your stated intentions and your subtle behaviors.***

---

### **Your Next Steps**

You've taken the first step toward self-trust.

This 5-Minute Presence Practice is the foundation of the P.A.I.S. framework, the four pillars that guide all of my work with horses and humans.

### **Ready to Go Deeper?**

- **Visit the Holy Ground:** Dive into the full P.A.I.S. framework on my website: [www.katrina-mintz.com](http://www.katrina-mintz.com)
- **Join the Conversation:** Engage with our community and take the weekly challenge: **Coming Soon**

Thank you for choosing to honor your deepest truth.

*Katrina*