

## Five Minute Practice of Presence

Go to a place where you can be quiet for five or more minutes. It could be outdoors, in your residence, office, or in a bathroom. Maybe you are traveling on a train, a bus, or plane. Wherever you are—wherever you are—is a place of presence.

- ❖ Make it simple. Today you do not need candles, incense, music, or a prayer shawl. No fountain, icon, chair, or prayer beads. Just you and however you can show up, right now. The cosmos is big enough for all your joy, and all your pain. Just show up.
- ❖ Breathe. Simply breathe. Notice the texture and temperature of the air you inhale. Breathe enough oxygen to feel movement in your body. Expand your chest and belly.
- ❖ Exhale. Let go. Let go of everything that does not serve you or the integrity of the other. The universe knows what to do with let-go's. We don't have to do anything except let go.
- ❖ Breathe in. Breathe out. Breathe out. Breathe in. Allow each inhale to be deeper, every exhale deliberate. Feel energy move and shift in your body as your cells oxygenate.
- ❖ Awaken your senses. Be present to yourself and your surroundings. Notice what attracts your attention, and stay with that. Simultaneously turn your attention to your breathing. Continue for as long as you desire. What do you notice?
- ❖ Draw in the deepest breath of your day. Perhaps the deepest breath of your life. Breathe gratitude. As you exhale, let go into the present moment.

Allow your breath to companion you through your day. Whenever you experience stress, worry, or a desire to be present more completely to a person, place, idea, or the Holy One, take a five minute break. You know what to do.

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Excerpt from *Listen: A Seeker's Resource for Spiritual Direction*, Vol. 2.Issue 1: "Five Minute Practice of Presence" by Pegge Erkenneff Spiritual Directors International © 2015. Reprinted with permission of Spiritual Directors International. To order copies or a FREE subscription of *Listen* call 1-425-455-1565 or go to [www.sdiworld.org](http://www.sdiworld.org).

