MINDAMITY

Awaken · Align · Evolve

Coming Home to Yourself

Presence isn't somewhere you have to reach.
Sometimes home is simply this moment.

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1 Arrive here

Pause for a moment. Notice that you are here, wherever here happens to be. You don't need to close your eyes or make the moment special. Simply allow yourself to arrive in it.



2 Come into your senses

Notice something you can see. Something you can hear. Perhaps the temperature of the air on your skin, the feeling of your clothes against your body, or the support beneath you. Let your senses bring you gently into what is happening now.



3 Notice what is here

Become aware of your inner world too. There may be thoughts passing through, sensations in your body or emotions quietly present. You don't need to follow them or push them away. Just notice. This is here too.



4 Allow this moment to be as it is

For just a few breaths, see what happens when you stop asking this moment to be different. Nothing needs to be solved. You don't have to feel peaceful. You don't even have to like what is here. Can you simply let this moment be what it is?



5 Be here

Take one gentle breath and notice the simple fact that you are alive and here. Before the next thought takes you somewhere else, stay for just a moment. Here. And when you move on, perhaps remember that you can return. Not to a place. To yourself.

A little space for you

Right now, I notice ...

When I stopped for a moment, I became aware of ...

Presence isn't somewhere you have to reach. It is what remains when, for a moment, you stop leaving where you are.

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