



## BALANCE AND PRESENCE

### Overview

- What are Balance and Presence?
- Why develop them?
- Exercises for Balance and Presence
- Losing our Balance – What causes it? How to recognize it?
- Simple steps to regain Balance and Presence

### WHAT ARE BALANCE AND PRESENCE?

**Balance** is *physical, mental and emotional equilibrium*. This equilibrium is key to developing the presence and emotional maturity necessary to acting with integrity in even the most challenging situations. The simple physical exercises that follow here will help you see the power of aligning your focus at the center point in your body rather than in your head.

**Presence** is *being here now, in the moment, with full attention on and fully engaging in the present environment regardless of what that environment is*. Presence develops from choosing to be in a primary relationship with the Potential within us, and then interacting in the world around us from that life force. Presence increases our awareness, stability, mental and emotional functions, choice, positive self-image, authenticity, inclusiveness, and true leadership. It is the cornerstone of self empowerment.

### In Presence, we are

- In a state of deep listening, with awareness beyond our preconceptions and habitual ways of thinking and acting
- Breathing, focusing on the center point in our body (about 2” below the navel, known in Chinese philosophy as the *tan tien*) with heart and mind open, quiet, and alert.
- Here now, in the present moment, aware of and not engaged in the past or future
- In relationship with the stillness, the Infinite Knowing within and around us, and demonstrating that Love in *how* we do whatever we do.
- Open to the deeper, larger patterns and intentions of Life
- Available to all of our senses, and to the natural course of action that arises from the larger field of Knowing

Presence helps us discover the natural resources within and around us.  
As Michelangelo said when reflecting upon sculpting the *David*:



*“I saw the angel in the marble and carved until I set him free.”*  
– Michelangelo

## WHY DEVELOP BALANCE AND PRESENCE?

The exercises on ‘Balance and Presence’ will help you:

- | <b>What</b>  | <b>Why</b>   |
|--|--|
| • Strengthen your physical balance   | Improves mental and emotional equilibrium, and in turn your ability to be present.   |
| • Access body-based wisdom which includes both your mind and heart               | Increase your access to information <i>and</i> wisdom.<br>Reduce stress by using your whole body.<br>Recognize challenges are often our greatest teachers. |
| • Expand your attention to <i>both</i> experience <i>and</i> witness a situation | Broaden your perspective. Increase access to information <i>and</i> wisdom about a situation, resources, and how best to proceed.                          |

After doing the Balance and Presence exercises, try applying what you’ve learned using the exercise for “Presence in a Business Challenge”. See how it supports your ability to make wiser, more informed decisions.

## STORY OF THE TWO WOLVES

– Author Unknown

*One evening an old Cherokee told his grandson about a battle that goes on inside people. He said, 'My son, the battle is between two 'wolves' inside us all.*

*One is Evil. It is anger, envy, jealousy, sorrow, regret, greed, arrogance, self-pity, guilt, resentment, inferiority, lies, false pride, superiority, and ego.*

*The other is Good. It is joy, peace, love, hope, serenity, humility, kindness, benevolence, empathy, generosity, truth, compassion and faith.'*

*The grandson thought about it for a minute and then asked his grandfather: 'Which wolf wins?'*

*The old Cherokee simply replied, 'The one you feed.'*

## EXERCISES FOR BALANCE AND PRESENCE

### Exercises: Balance and Presence

#### Purpose

- Connect, think and act with more resources and wisdom
- Respond rather than react to situations
- Reduce stress

### Exercise: Balance

**Practice with a Friend** Practice this standing with a partner. Decide who is Partner One and Partner Two.

#### Step 1

**TIP:** The more central your focus in your body, and within a situation, the more balance you have, and in turn, the greater your mental and emotional equilibrium.

1. Both Partners, please place your feet shoulder width apart
2. Partner One, place your focus about 2” below your navel. This is generally the center balance point in the body.
3. Partner Two, place your focus in your head. This is where we typically spend most of our time, in our heads.
4. Partner One, ask your partner’s permission to place your hand respectfully on them to try to push them off balance.
5. Partner Two, try to hold your balance. Partner One, try to push your partner off balance.
6. Reverse roles. Repeat steps 1 – 5.
7. What did you notice?

#### Step 2

**TIP:** Focus in your body (about 2” below your navel), open your heart, and bring your mind to quiet alertness. It increases access to more than you now know.

1. Both Partners, place your feet shoulder width apart. Breathe deeply. Bring your attention to the central point in your body (about 2” below your navel.) Feel your steadiness. Now still aware of that central point, place your focus in your heart, and choose to open and expand your heart. You might imagine it like the sun, or like a light shining in every direction through and around you. Breathe deeply, and with each breath continue expanding your heart, until it fills the room. (Notice how different you feel and how the feeling in this space has changed.)
2. Continue breathing deeply, slowly.  
Bring your mind to quiet alertness. Simply be here now, with your mind quiet, alert, and available. If your mind wants to chatter, just notice that and be with it without judgment. If other physical sensations arise, just notice and be with them without judgment. Continue breathing, slow easy breaths. Notice what you are experiencing now. It is the beginning of Presence. We are going to call this *Present Awareness*. Memorize your experience here so you can instantly return to it any time you choose.

- Partner One, continue as you are with your focus in your body, your heart and mind expanded, quiet, alert.
  - Partner Two, this next part will temporarily feel uncomfortable, but please do it anyway. It will help you remember you always have control of the quality of your experience. You can return to *Present Awareness* in a moment. // Very slowly, bring all of your energy and focus back up into your head. Please nod so your partner knows when you have all your focus in your head. It might feel like you are at the top of the mountain, rather than being the whole mountain.
5. Partner One, with your partner's permission, now try to push him or her off balance.
  6. Reverse roles now, repeating steps 1 – 5, with Partner Two expanding again, as Partner One slowly brings all energy and focus to the head. Partner Two, then with their partner's permission, tries to push him or her off balance.
  7. What did you notice?

### Step 3

**Tip:** Expanding awareness increases perspective, options and resources for more effective decisions and actions.

1. Everyone, please be in *Present Awareness*:  
Breathing, attention 2" below navel, heart and mind open and expanded, quiet, alert.
2. Focusing in your body, continue to notice and be with whatever arises – physical sensations, emotions, thoughts, images, sounds, senses.
3. As you continue to be with whatever arises, now *also* expand your awareness to include the whole room. Notice you are both having your experience, and witnessing yourself and the whole room at the same time. Notice what you are now aware of. (Pause) And if your eyes are closed, when you are ready, please open them.

### For Your Reflection

- What did you notice?
- How might what you've experienced so far assist you in your work? And in your relationships?

## Exercise: Presence

This follows from the Balance exercise, adding a deepening awareness of the stillness within and around you.  
The more present we are, the more available we are to wisdom and knowledge, and to how Life wants to evolve through us.

### Individually

1. Sit with your feet flat on the floor, knees at slightly more than a 90° angle to your torso, and your spine long, tall, straight and relaxed. If you wish to, close your eyes. Enter into *Present Awareness* – breathing, attention 2” below navel, heart and mind open and expanded, quiet, alert.
2. Focusing in your body, continue to notice and be with whatever arises – physical sensations, emotions, thoughts, images, sounds, senses.
3. Become aware of your deepening sense of stillness. Notice you are rooted in the earth, and connected with the Universe above, below, and on every side of you. (If you lose your focus, just notice it and bring your attention back to your physical sensations.)
3. For a few minutes, be in the stillness, breathing. Notice whatever you experience. Just allow it.
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4. Continue to deepen your awareness of the stillness within you. Notice what you are experiencing.
5. Continue to deepen into the stillness within you. And when you’re ready, expand your awareness of the stillness around you, in everyone, everything. Experience the stillness. Notice whatever arises.
6. As you experience the stillness, imagine you are also nearby observing yourself, and all around you. Notice what’s present. Use all of your senses. Remember what you’ve noticed.
7. Bring your awareness back to your inner stillness.  
Remaining in this stillness, notice a situation in your life that is calling your attention; something that wants to change or grow. Notice the situation. Feel it in your body. Remain in the stillness, and simply be with the situation, without judgment. As you do so, simply notice what occurs.
8. Now remembering all you have learned, and knowing you can be present in every moment, every situation, gently take a few deep breaths, wiggle your body, open your eyes, and bring awareness back to the room.

### For Your Reflection

- What did you notice in the Presence exercises?
- How would you describe Balance versus Presence?
- How might living with Presence affect your personal life? Professional growth? Home life?

# LOSING OUR BALANCE

When we lose Balance, we lose Presence (being here now, in the moment, with full attention on and fully engaging in the present environment regardless of what that environment is.)

## We Lose Our Balance When We

- Avoid what is
- Assess situations without Presence (An open heart and mind, curiosity, inclusiveness, generosity, flexibility, honesty, discernment, wisdom, compassion.)
- Refuse to spontaneously take positive, responsible action

## What Causes Us to Lose Our Balance?

### Fear of

- Facing ourselves
- Confronting our own weakness
- Maximizing our strengths

### What is Fear?

- Resistance to discover and be with what is
- Manifests as any compulsive, reactive, limiting experience of life
- Blocks the energetic flow of thought and intuition
- When transformed becomes our greatest teacher

## Signs of Being Out of Balance

Fragmented	Prideful	Judging	Flushed	Body pain
Distractible	Envious	Manipulating	Sweating	Headache
Anxious	Advising	Deceitful	Tics	Sleepy
Frustrated	Rescuing	Withholding	Shallow breathing	
Overwhelmed	Fixing	Over-communicate	Break eye contact	
Angry	Avoiding	Rushing	Forgetful	

# SIMPLE STEPS TO REGAIN BALANCE AND PRESENCE

## To Restore Balance

### Notice you are off balance.

The moment you notice it, you have more control about what to do about it.

### Choose your preferred way of restoring balance.

Anything in your repertoire, or from the following 3 Steps or 10 Ways to Restore Balance.

### Cultivate Balance in NON-STRESS times

So it becomes your continuous way of being even under stress.

## 3 Steps to Restore Balance

1. Notice your physical sensations associated with the situation.
2. With *Present Awareness*, simply be with the sensations without judgment, opinion, or story.
3. Notice the sensations shift. Now with more access to your natural wisdom, decide how to proceed.

## 10 Ways to Restore Balance

1. **Breathe and drink water.**  
Take 3 deep breaths and drink a glass of water slowly.
2. **Breathe, feel your feet and count to 10 slowly.**  
Breathe deeply with your attention on the soles of your feet. Count slowly to 10.
3. **Take a break. Walk. Quiet your mind.**  
Take a break from the situation. Go for a walk for 3 – 5 minutes with a quiet mind.
4. **Flex and relax your muscles.**  
Tense your body (or just hands and feet); hold for five seconds; release. Repeat 3 times.
5. **Notice a larger perspective. Take things less personally.**  
Observe yourself in the situation, *and* see the situation in a larger perspective.  
This reduces the tendency to take a situation personally, which in turn reduces anxiety.
6. **Focus more on the other person, and less on yourself.**  
Notice their needs, interests, and meaning making. Include yourself *after* you've fully understood them.  
Join together to satisfy the interests of both parties.

7. **What's the lesson here?**

Be curious, receptive to what you are to learn from the situation to produce an inclusive, positive, satisfying outcome. Act upon it.

8. **Change your thinking. Change your behavior.**

Notice what you are thinking about the current situation. Retrace your steps until right before you got off balance. What happened that got you off balance? How might you think about that in a more balanced way? What new action could you take to meet the existing situation more effectively? How will you recognize a future similar situation and change your behavior *before* you make the same mistake?

9. **Incorporate mind *and* heart for a fuller perspective.**

Focus on the current situation you associate with the imbalance. Notice what your mind is telling you about the situation. Then shift your focus to your heart and notice what it is telling you. Bring your mind and heart together for a third, and often more inclusive perspective.

10. **Smile. Laugh. Regain your sense of humor.**

Remember the joy of learning, and how much fun the 'out-takes' are at the movies.

### To Restore Presence

- Notice what's not working
- Restore Balance
- Observe the situation – get some perspective
- Learn from the situation
- Notice and act upon a more effective response

If the problem persists or repeats, resolve it at its cause with professional assistance. [Contact us](#). We can help.

### Recommended Reading

*A New Earth* by Eckhart Tolle

*The Leadership Integrity Challenge* by Edward Morler

*Power vs. Force: The Hidden Determinants to Human Behavior* by David Hawkins

*Living from the Heart* by Puran Bair



*“... your hearts know in silence the secrets of the days and the nights.”*

Kahlil Gibran said that, and he was right. Listen, therefore, to your heart.  
Cultivate the ability to do this. Practice it. Produce it. Perfect it.

– Neale Donald Walsch, Author of *Conversations with God*