

JANUARY 2015

*presence*

# Presence

Presence never appears to hurry or hustle yet is never late. Always arriving exactly when needed as if she was already there just waiting to be noticed. You could miss her easily but once you know what to look for you'll start to run into her everywhere. She is a careful observer of what is overlooked and a kind, patient listener. While she never talks much in the comfortable quiet spaces that are left when you stop filling up the silence you find words you've been needing to hear.

If you want to try and understand her watch Presence at work cutting wood or caring for the sick. She completes more than anyone yet never seems to be labouring. Her focus is on one log, one person, one moment at a time until the work itself becomes a demonstration of her huge love. She is gently amused by our rush and panic but doesn't judge, knowing how important we think our small worries. Invite her over for tea one day and she'll have you looking at everything with new eyes. Unexpectedly catching the smell of sweetgrass, sage, and salt water. Suddenly enchanted with the small treasures in your home you never fully saw before.

Leave everything at least once to visit her in the tiny cottage high up on a bluff near the sea where she watches over sunrise and storm with the same half smile. Presence needs few things but her doorstep is always filled with gifts of gratitude that she delights in giving away again and the everyday objects she keeps seem invested with meaning. Here cats curl up in golden shafts of sun, seashells whisper stories from the windowsills, books gently call you to sit and adventure inside. You'll find the longer you spend with Presence the more time you seem to have. When you leave her nothing will have changed in the busy turbulent world...except you.

# Making friends with *Presence*

Spend some time getting to know Presence and writing your description of the personality behind this characteristic. Write lovingly about Presence until they feel like an old friend you can call on anytime & know they will always answer.

Describe *Presence* for yourself who is she/he?

Invite *Presence* to visit, how do you feel afterwards?

Where do you want to cultivate more *presence* in your life & work?

What places in your life is *presence* already waiting to be noticed?

Make time for Presence - maybe it is during your morning walk, afternoon tea, 10 minutes before bed, or a deep breath in the midst of a busy day. Wherever you are take time to note your visit and capture it later in a journal, picture, or share with our group if you want company. Create a ritual of personal accountability for noticing Presence in your life every day-it is there!

# creating with presence

## **Cultivate Your Creativity Challenge:**

What can you create using only the materials/tools you have on hand?

## **Here are some ideas to help you get started:**

- ✦ Gather leaves, objects, trash, or debris from your home or neighbourhood & make an arrangement to sketch or photograph.
- ✦ Empty your drawers for bits and pieces of paper & ephemera, collage old memories and receipts into something new.
- ✦ Collect a bunch of colourful pencils, pens, crayons or whatever you can find (even makeup has pigment!) mix & play with colours.
- ✦ Find small objects of meaning: feathers, seashells, tiny bits to arrange into little altars, sketch/paint/stitch or photograph your treasures.
- ✦ Make a pile of threads, fibres, fabrics and buttons then stitch, glue, weave, knit & knot them into something different.
- ✦ Grab a notebook or camera and take yourself on a wonderwalk, be a collector of small moments - a couple holding hands, a snail's shiny trail, a perfectly round stone, a weed growing up through the concrete - all fuel for your creative spark.
- ✦ Write a letter to Presence about your most precious moments.
- ✦ Create a vision board or inspiration wall of what moments you want to invest in now or how you want your days to feel.
- ✦ Fill up a blank page of paper or write a blog post with your own ideas for creating with presence.

**Upload your project to our community space by January 31st or share your process publicly with everyone using the tag #365DaysOfPresence**