

WEEK 1

P R E S E N C E





Foraging through the wild of your
soul. Collecting beauty, like
treasure,
buried long ago.

The quiet led me
here.

Right here,
where I'm standing
now.

An echo of a song I once knew
found me. Senses finally tuning to
the Kind Voice within the breeze,
I settle.

And rest in a still clearing, in the
woodland of my soul,
cleared by

the Kind One for me.



Practise

P R E S E N C E

I invite you to find somewhere quiet and comfortable. Maybe bring a journal to write your thoughts on and tune into this carefully crafted Playlist - click on QR code below.

Take an inhale for 4 and take an exhale for 4.

Take in the graphic on page 2, let your eyes explore the colours, shapes and textures.

Q1 What stands out to you?

Q2 Can you be curious as to why?

Now take in the poem on page 3, let your mouth speak the words out loud as you take in each sentence.

Q3 What stands out to you?

Q4 Can you be curious as to why?

Pause, inhale for 4 and take an exhale for 4

Q5 How has practicing presence through poetry and art impacted your mind, body, and spirit?

Continue to be blessed to be a blessing, Becky X

Discover more



DWELLING PLACE THERAPY

Tune in, Enjoy!

