

# HOW TO BE PRESENT

## A Cheat Sheet for Being in the Moment

Have you ever said a word over and over, and it began to sound really weird? By saying it again and again, it loses what we know about it and becomes just a sound to us. We are hearing it without the accumulated meanings and conditioned ideas associated with it.

We can use this phenomenon to root ourselves in the moment by trying to step away from all the things we are supposed to know about everything around us. Being alive is really bizarre if we think about it. We can use this to ground ourselves in difficult situations or to just maintain awareness when we are bored in line at the grocery store.



### **Pretend you just blinked into existence.**

You have no knowledge of this world.  
You don't know the customs, the language, the technology. Nothing at all.

### **Look around.**

Take in the details around you. Try to notice everything you can.  
You are trying to figure out how things work here. What does everything look like without your previous experience of it?

### **Listen.**

What do you hear? What does it all sound like without judgments and comparisons and previous knowledge?

### **Feel.**

What is it like to suddenly have a body? How would you experience the sensations of a body, if you weren't comparing them or weren't wishing they were different? Notice your breath; watch it come and go.  
Allow it to absorb your attention.