In unsettling times, the simple practice of becoming present can interrupt our fears and worries and ground us in the knowledge that we are always immersed in Presence of God.

The Practice of Presence or Three Breaths

Stop whatever you are doing, relax your body and become still. Then mindfully take three deep intentional breaths, each with long slow inhale and long slow exhale.

Take a first deep breath, and as you exhale:

   Let go of everything that came before this moment and everything that will follow it, any tension, thoughts, plans or worries you are carrying. Let them simply fall away for now; you can pick them up later.

Take a second deep breath, and as you exhale:

   Arrive fully in this present moment. Bring your awareness to your body. Feel your feet on the floor or in your shoes; feel your back and legs on the chair. Relax your face, your jaw, your neck and shoulders. Simply land where you are.

Take a third deep breath and as you exhale:

   Open your heart and mind and body to what is around you, to what God has in store for you in this moment. Pay attention to what you are seeing and hearing. For a few moments, be still, silent, listen.

When you are ready, resume your normal activities, remaining open to the peace and stillness of the Divine Presence in whom we are always living, moving and having our being.