

P.R.E.S.E.N.T.:

A Focusing-Oriented Approach to Savoring Your Reading

PASSAGE

- As you read, allow your body to draw your attention to a **passage**, or a “taste” of the text. What word, phrase, sentence, or paragraph do you notice?

RESPONSE

- Welcome your body’s **response** to this passage. When you open receptive space in your inner center—your throat, your chest, your belly—what felt sense arises?

EXPLORATION

- **Explore** the sensory and/or emotional qualities of your felt sense.
FOR EXAMPLE:
 - Does the felt sense have a **weight**?
 - Does the felt sense have a **temperature**?
 - Can you feel the **edges** of the felt sense?
 - What do you notice, if anything, about the **size and shape** of the felt sense?
 - What do you notice, if anything, about the **texture** of the felt sense?
 - What do you notice, if anything, about the **energy** of the felt sense: for example, is the felt sense **moving or still**?
 - What do you notice, if anything, about the **emotional quality** of the felt sense?
 - What **words** might describe the felt sense? **Check** if those words resonate with the felt sense.

SAVORING

- **Savor** the felt sense, inviting it to emerge more clearly in your awareness. How might your own presence encourage the felt sense to become more present with you?

EXCHANGE

- Dialogue with the felt sense to **elicit its perspective** on the passage from your reading.
FOR EXAMPLE:
 - What do you want me to **know**?
 - What **support** would you like to offer me?
 - What do you **need**?
 - How can I develop our **relationship**?
 - What **other message** do you have for me?

NEW AWARENESS & NEXT STEP

- Centered in presence, notice **your own response** to the felt sense’s perspective. How do you feel?
- Welcome **new awareness** of the passage from your reading. How might your dialogue with the felt sense have changed your interpretation of the passage?
- Discern what you would like to explore now. What might be your **next step**?

THANKSGIVING

- **Thank the felt sense** for sharing its perspective with you, perhaps offering to develop your relationship through future interactions.
- Invite your body to continue **integrating** the wisdom of the felt sense, without any additional effort on your part.
- **Thank your body** for its constant support, even beyond your conscious awareness.