



...hoffman...

# Cultivating Presence

with Supervising Hoffman Facilitator Jeremy Kynaston

**zoom**

Zoom ID : 823-1680-0039

Wednesday 27 May

7.30-9.00pm UK

**Hoffman Institute UK**

Quay House

River Road

Arundel

West Sussex

BN18 9DF

+44(0) 1903 88 99 90

[www.hoffmaninstitute.co.uk](http://www.hoffmaninstitute.co.uk)

This workbook or parts thereof may not be reproduced in any form without written permission from Hoffman Institute UK.

© 2020 Hoffman Institute UK All rights reserved.

# Welcome

## What's on offer

Thank you for signing up to our Hoffman webinar. This session is going to be led by Supervising Hoffman facilitator Jeremy Kynaston, and will focus on Cultivating Presence.

Jeremy will look at ways that we can encourage ourselves to be more present and authentic in our day-to-day lives. We'll explore how persistent patterns can pull us off-centre, and learn how to spot the triggers that lure us towards 'the numbing out zone'. There'll be some practical exercises, and time for questions.



## What we ask of you

Our Zoom calls start at 7.30pm UK (you're welcome to log on from 7.15pm) and last until 9.00pm. Instructions will be given, but if you can, it's helpful to familiarise yourself in advance with how to mute/unmute your microphone, as there will be moments that require silence. For those taking part with video, it's also useful to know to switch from Speaker to Gallery view.

**As with all Hoffman events, we ask that you respect the confidentiality of other participants at all times and treat other one another with courtesy and respect.**

We will be recording an audio-only version of the webinar to share with other Hoffman grads who are unable to attend the live session. If you wish to remain anonymous, you are welcome to use the 'chat' function on Zoom to ask questions, rather than speak out loud. Your details won't be shared with others who are not taking part.

And one very important, non-technical bit - please make sure you have a notebook and pen!

## What next?

We hope that you will be inspired by this webinar to take part in similar events in future, as well as our daily Zoom Quad Check, which takes place every weekday at 8.00am. For details - as well as access to free visualisations, the Hoffman toolkit and more - visit: [hoffmaninstitute.co.uk/post-process-website](https://hoffmaninstitute.co.uk/post-process-website)

## Quadrinity Check-In

### Body

Need/want: \_\_\_\_\_

How can I be more present? \_\_\_\_\_

### Intellect

Need/want \_\_\_\_\_

How can I be more present? \_\_\_\_\_

### Emotional Self

Need/want \_\_\_\_\_

How can I be more present? \_\_\_\_\_

### Spiritual Self

Need/want \_\_\_\_\_

How can I be more present? \_\_\_\_\_

*'Be here now.'*  
*~Ram Dass*

## Reflection Questions

What distractions pull me away from being present with myself?

---

---

---

---

What distractions pull me away from being present with others?

---

---

---

---

What are my body sensations when I am not present?

---

---

---

---

What are my triggers that stress me out and then cause me to want to numb out?

---

---

---

---

What do I use to numb out?

---

---

---

---

---

## Presence

What I can do to bring more presence into my life:

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

*'It occurred to me to look up and around at the stars in the clear sky, at the trees in the dark, at the half moon. I was missing them because I was caught in my head. I wasn't living right now. I was thinking to the future, to the past. I wasn't present. This is one of my greatest weaknesses, and one I have a greater realization of, only because I allowed some of my past to die so that my present could rush in to fill it.'*

*~Jennifer DeLucy*

Notes:

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

*‘We get so wrapped up in numbers in our society. The most important thing is that we are able to be one-to-one, you and I with each other at the moment. If we can be present to the moment with the person that we happen to be with, that’s what’s important.’*

*~Fred Rogers*

## Patterns

- Adopted directly from parent: Mother/Father/Surrogate
- Learned in Reaction or Rebellion to parent: M-R / F-R / S-R

Pattern		Positive Quality & New Way of Being
<i>Self-doubt (at work)</i>	M	<i>Confidence. White, luminous, sparkly energy. I approached my project with more energy, confidence, and excitement. I felt playful when sharing my ideas with my colleagues – we were laughing and having fun while brainstorming. Everyone was engaged and felt included in the process.</i>



## Recycling and Pre-cycling Instructions

### Step 1: Identify the Pattern and Scene

- Close your eyes. Take a breath and become present to your Spiritual Self.
- Bring to mind the pattern you are Recycling. Recall a recent situation where that pattern was active in you.
- Experience yourself in that scene in this moment. Let the scene play out and really get a sense of how this pattern is hurting you and how much you want to be free of it.
- Now tune in to what it's doing to your Body. Take on the posture of that pattern in this moment. Let yourself fully embody what it's like to have this pattern in you.
- As you are taking on the somatic shape of this pattern, now exaggerate it. Turn up the dial by 10%. Feel what this is like.
- Now place your hand on your Body where you feel the energy of this pattern most intensely. Keep your hand there. Take a deep breath.

### Step 2: De-Energise and Transform

- With the hand that's on your body, reach in and take out the pattern. Hold it in both hands. Notice the colour, shape and size.
- Start rubbing your hands together. Feel the energy and heat; the pattern is being transformed into something luminous. Pull your hands apart and look. What do you see, sense, feel, hear and smell? It may be simply luminous energy. This is a message or quality from your Spiritual Self.
- Gently place this luminosity into your Body, right where the energy of your pattern resided. Gently hold your hands there on that place. Allow the healing energy and luminosity to fill that space and begin to expand into you.
- As you take this luminous energy into your Body, notice how you feel. What are your sensations? Allow this energy to expand within you, filling you from head to toe and out to your fingertips. With each breath you are filled more and more until you are filled with the essence of your Spiritual Self.
- As you breathe, take on the posture of this way of being. Fully embody the presence and aliveness of your Spiritual Self.
- Turn up the volume 10%. Really take it on.
- What quality or qualities of being are you experiencing? This is you, your Spirit, your authenticity.

### Step 3: Experience

- Return to the original situation, with this new way of being. You are an embodiment of your Spiritual Self – authentic, alive and present. Experience yourself moving through the scene from this new way of being. Move through the scene and notice what it's like. What do you feel? How does it change the scene? Let it play out from this new way of being.



# Thank you!

Thank you for taking part in the webinar, and we look forward to welcoming you at future online workshops and events. Visit: [hoffmaninstitute.co.uk/post-process-website](https://hoffmaninstitute.co.uk/post-process-website) or remember to keep checking our newsletter for details.

We'd also like to thank Jeremy for hosting this webinar.

You can now book one-to-one Hoffman coaching with Jeremy (and with other members of the Hoffman UK facilitator team) via our website: [hoffmaninstitute.co.uk/book-hoffman-coaching](https://hoffmaninstitute.co.uk/book-hoffman-coaching)

if you have found value in this or any of our free Zoom sessions and feel moved to make a contribution to Hoffman's running costs, you can do this via PayPal directly into the account: [www.paypal.me/hoffmanuk](https://www.paypal.me/hoffmanuk)

---

## We're working remotely, but you can still get in touch:

**By phone:** +44(0)1903 88 99 90

**By email:** [graduates@hoffmaninstitute.co.uk](mailto:graduates@hoffmaninstitute.co.uk)

**On Facebook:** Hoffman Process Graduates UK