

presence

week 2

# Rate Yourself

On a scale of 0-10, how present  
are you right now?

0-1-2-3-4-5-6-7-8-9-10

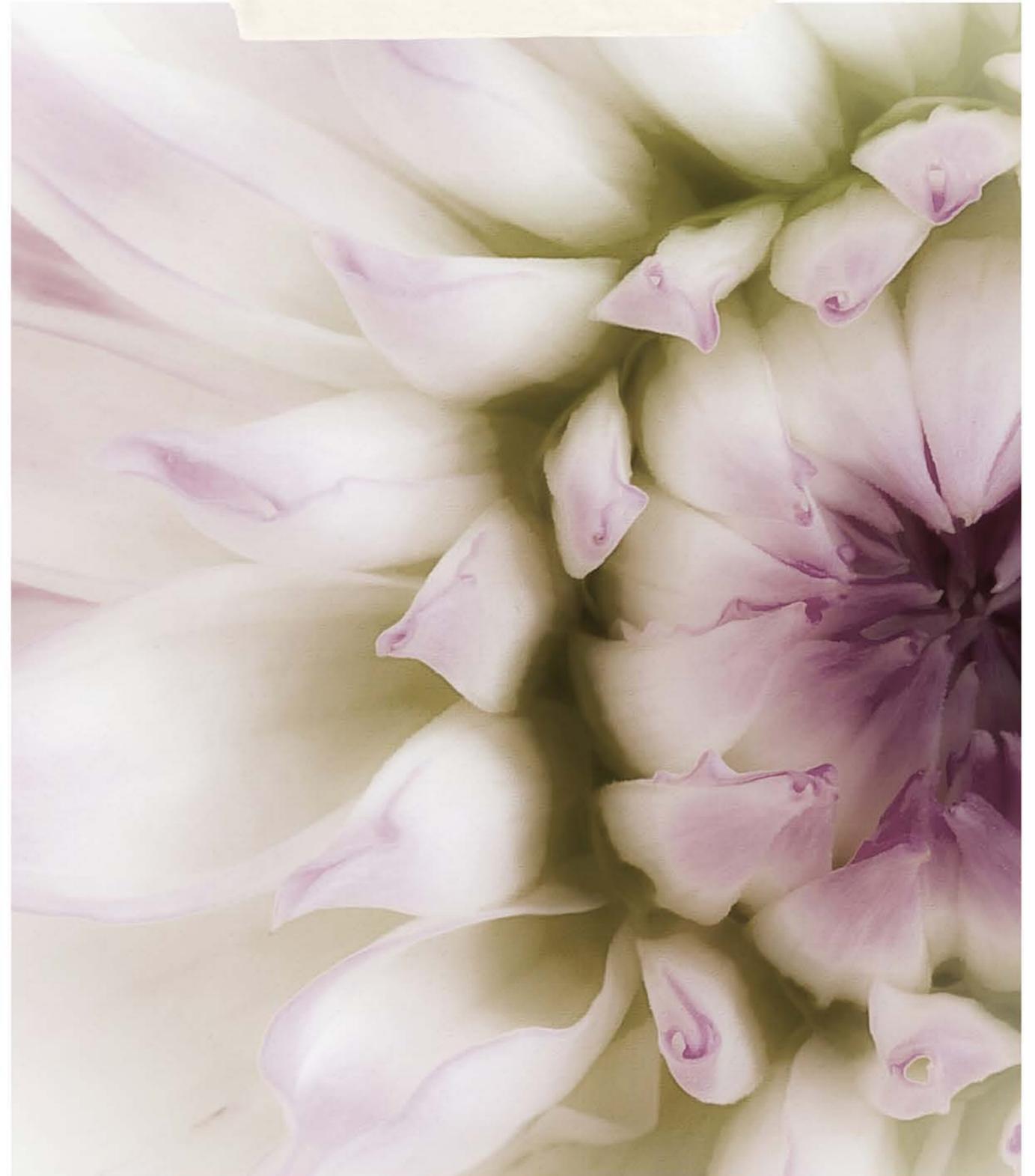
0 = completely checked out, not present

3 = mostly not present, many thoughts  
about the past or the future

5 = neutral, half here, half distracted

7 = mostly present, some thoughts about  
the past, future or distracted by thoughts

10 = completely present



women are not the content of their  
thoughts or feelings or actions.  
rather we are the consciousness  
experiencing or observing our  
thoughts & feelings & actions.

-amy backos



What is one time this week you  
make contact with the present  
moment?

Raise your Zoom hand or put your answer in the chat.

# Modern Creative Woman Timeline

**MINDSET**  
RELATIONSHIP  
TO YOUR  
THOUGHTS

WEEK  
**01**

**PRESENCE**  
PRESENT  
MOMENT  
AWARENESS

WEEK  
**02**

WEEK  
**03**

**PURPOSE**  
YOUR  
UNIQUE  
VALUES

do not dwell in the past; do  
not dream of the future;  
concentrate the mind on  
the present moment.

— buddha

# Presence



# Presence in the MCW

1. Making contact with the present moment
2. Self as Context



# What is Present?

- Present = fully conscious of and engaged with our current experience.
- Presence happens when we are able to relate to and accept our emotions, even difficult ones.
- Making contact with the present moment.





# Self as Context



# I. What is the Self as Context?

- The “observing self”.
- That aspect of a human being that does all the noticing/observing of one’s inner and outer world.



# What is the Self as Context?

(continued)

- “Meta- awareness” or “pure awareness”
- Awareness of one’s awareness.
- Noticing of one’s noticing.
- The consciousness of one’s consciousness.



Self  
Awareness

## II. Self as Context is a behavior

- To call it a 'self' or a 'part' is a metaphor.
- Technically, it's a repertoire of behavior.
- We don't have to "find" it, we just take action on the idea.



### **III. Self as Context**

## **Perspective Taking**

- “Flexible perspective-taking”.
- Any and all type(s) of flexible perspective-taking.



# III. Self as Context

## Perspective Taking

- Flexible perspective-taking is key to psychological flexibility and life satisfaction.
- Underlies mindset, defusion, acceptance, contacting the present moment, self-awareness, empathy, compassion, theory of mind, mental projection into the future or past, etc.





- If you're eating chocolate, you're using a part of you we call the mouth.
- If you're smelling roses, you're using a part of you that we call the nose.
- But when you're doing all this noticing stuff – well we don't have a word in everyday language for the part of you that does that.

[ActMindfully.com.au](http://ActMindfully.com.au)

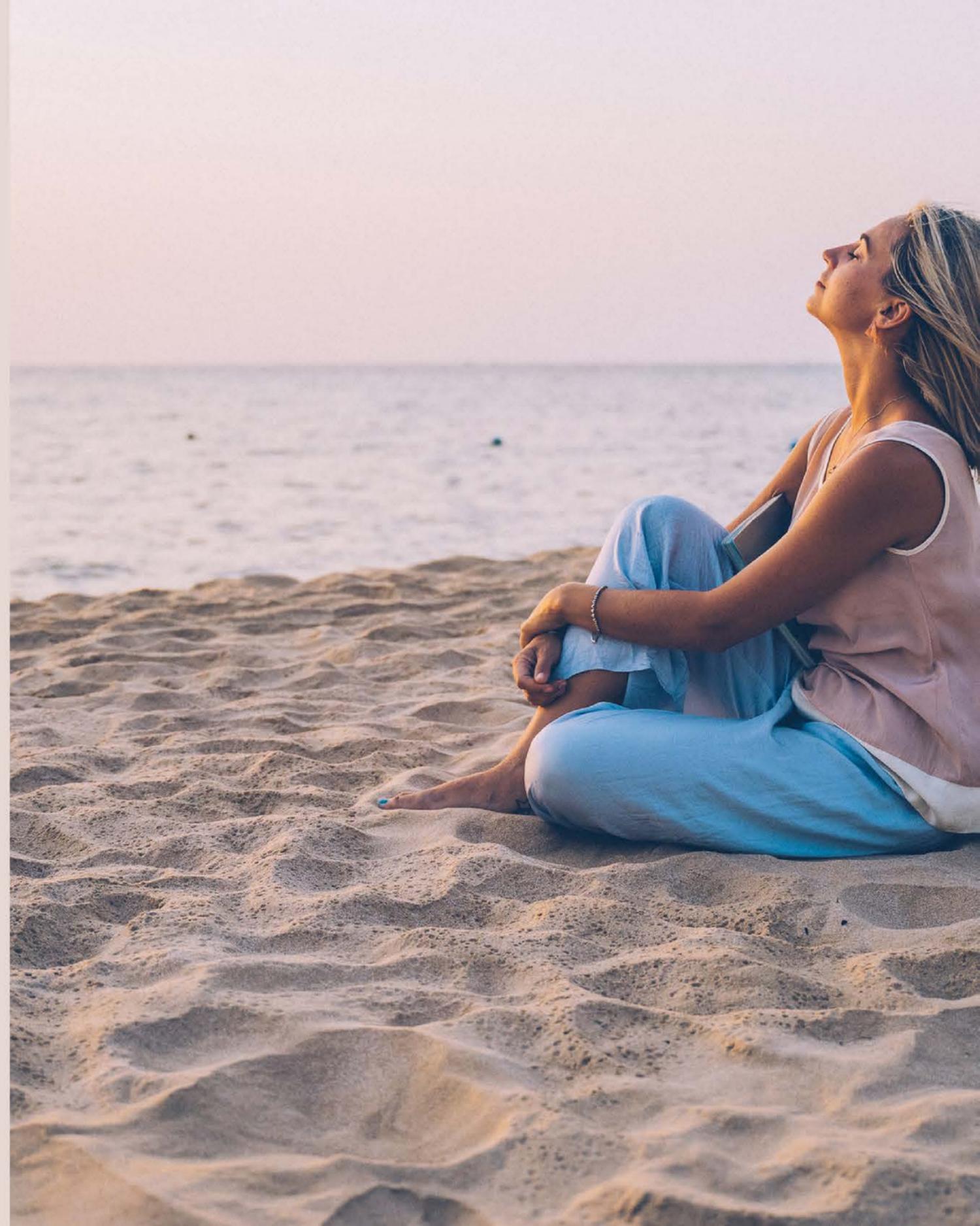
# Why name and be aware of Yourself as Context?

- To defuse your thoughts – especially from beliefs about yourself.
- Increase acceptance.
- To make flexible contact with the present moment.
- Access your stable sense of self.
- Access a transcendent sense of self.



# Changes and Self Concept

- Self concept changes: changes in employment, living situation, roles, health, financial status, relationships.
- Yet...Self as Context is a constant.





# Calm Center

- A “calm center” from which you can notice changing thoughts, feelings, roles and circumstances.
- Self as Context helps you adopt a healthy way of observing changing self-judgments and self-narratives, changing body and health etc.

# Transcendent sense of self

- There is more to you than your body, thoughts, feelings and memories.
- More to you than the roles you play and the actions you take.
- All these things are continually changing throughout your life, but the aspect of you that notices them is unchanging and always available.



# Self as Context Practical Examples



# For Example: Contact with Yourself as Context

- “As you notice X, be aware you’re noticing.”
- “There’s X and there’s a part of you noticing X”
- Play a game of “I spy.”



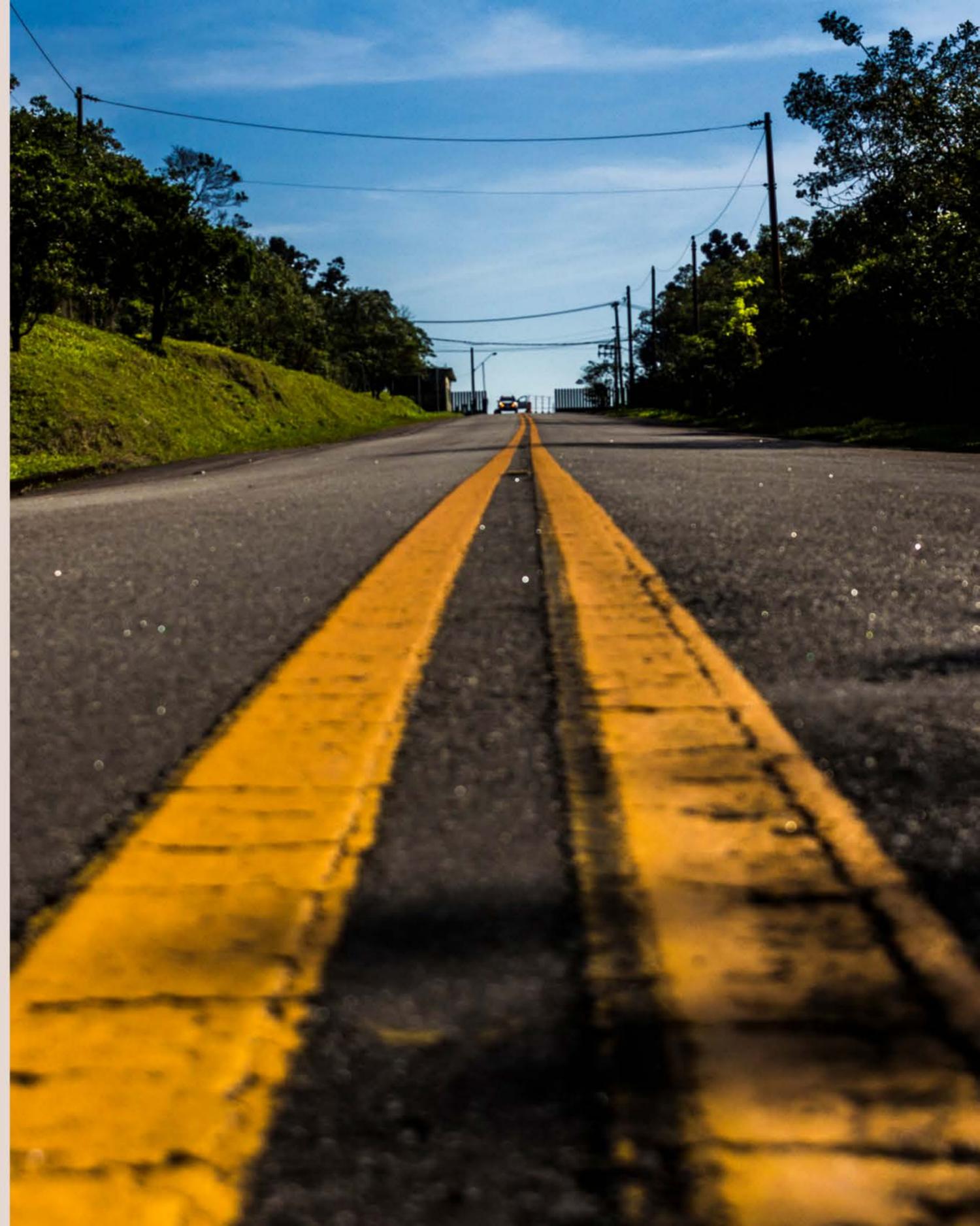
# Limit your attention wandering

- Ever been watching TV/ reading a book/chatting...and suddenly you realized you were so caught up in your thoughts that you have no idea what just happened?
- That is part of you that's able to notice when you're caught up in your thoughts, bring you back, help you to refocus on what's going on.

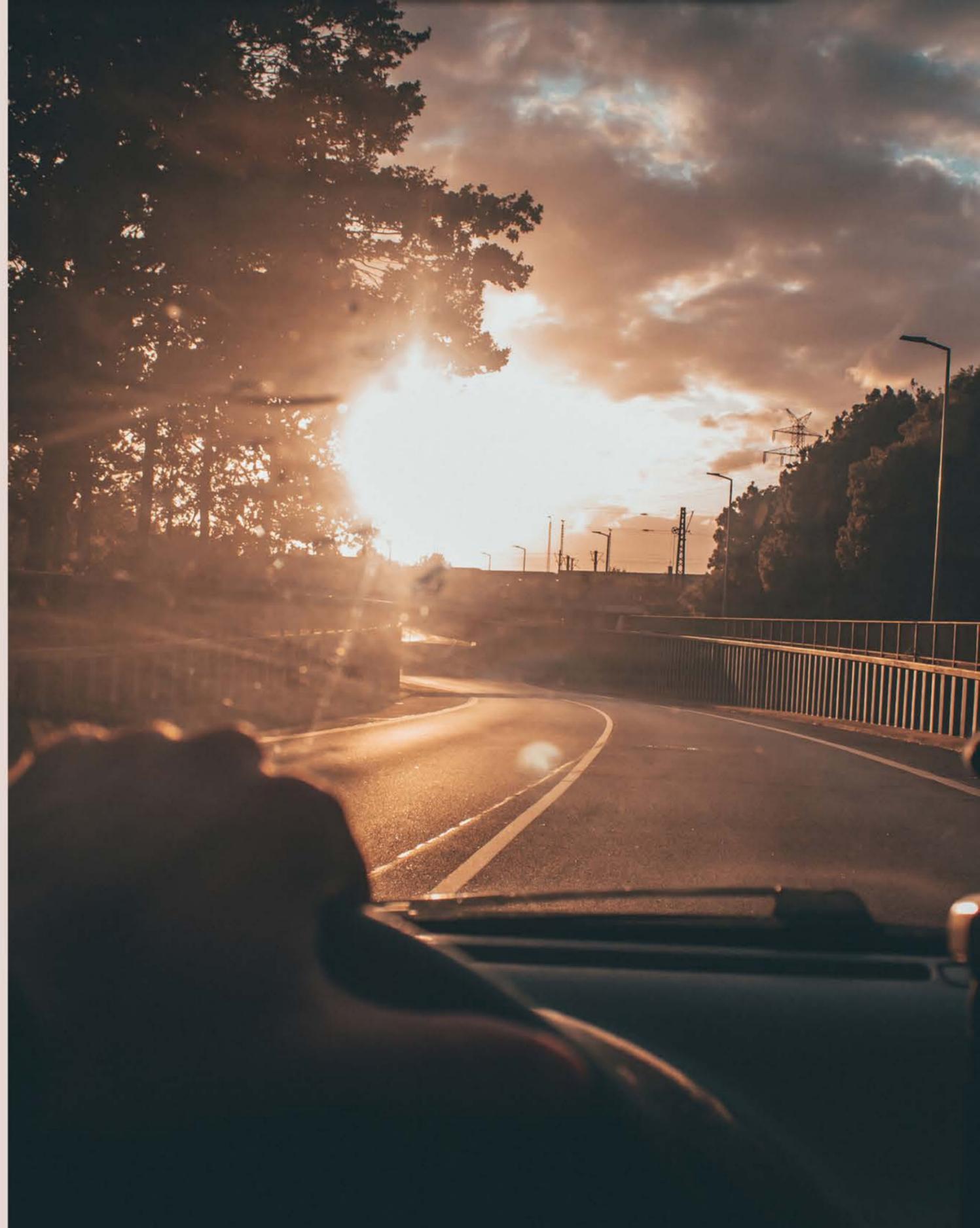


# Driving

- You are driving and a car is coming towards you and about to turn in front of you.
- Where does your attention need to be?

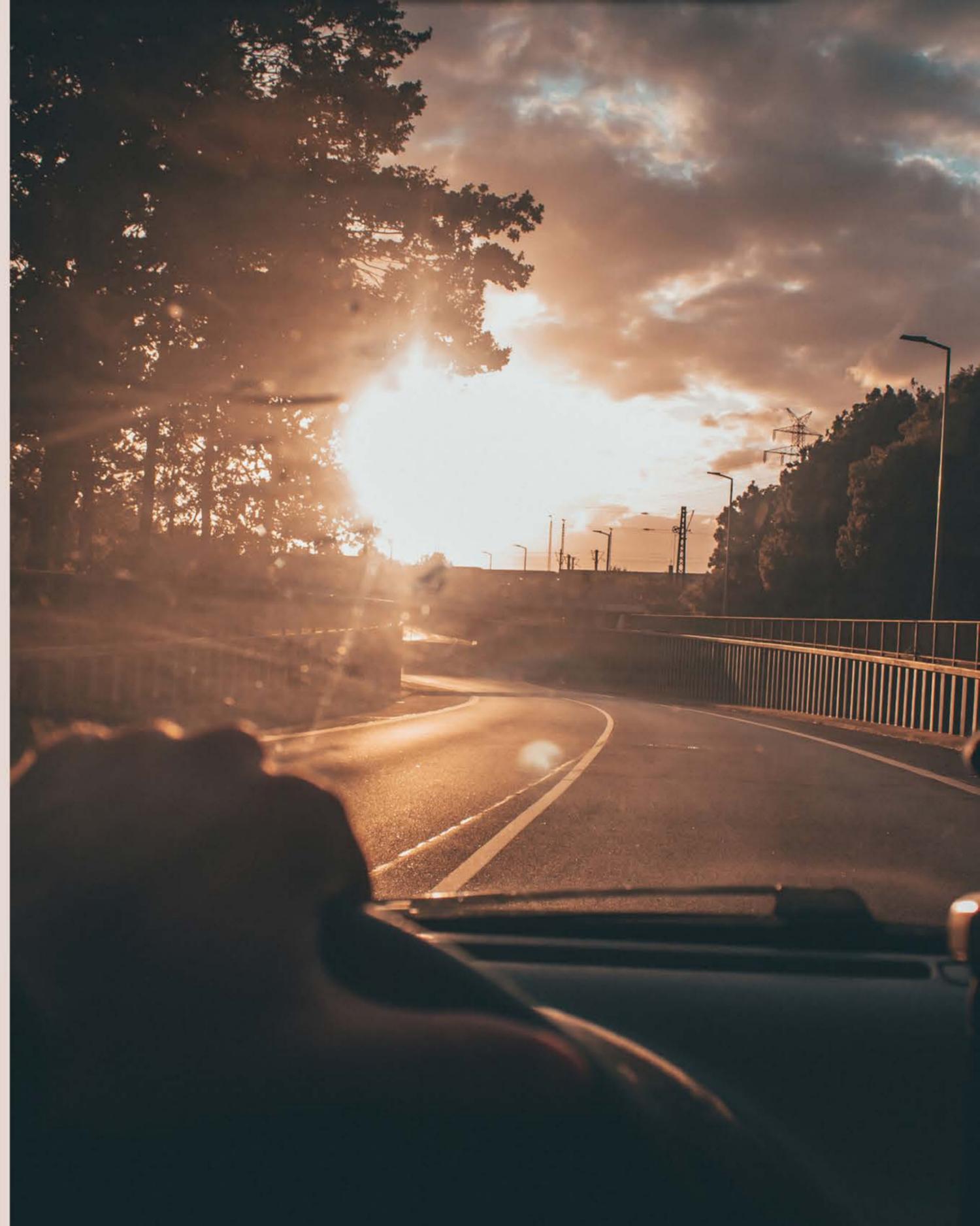


**Answer**



# Answer

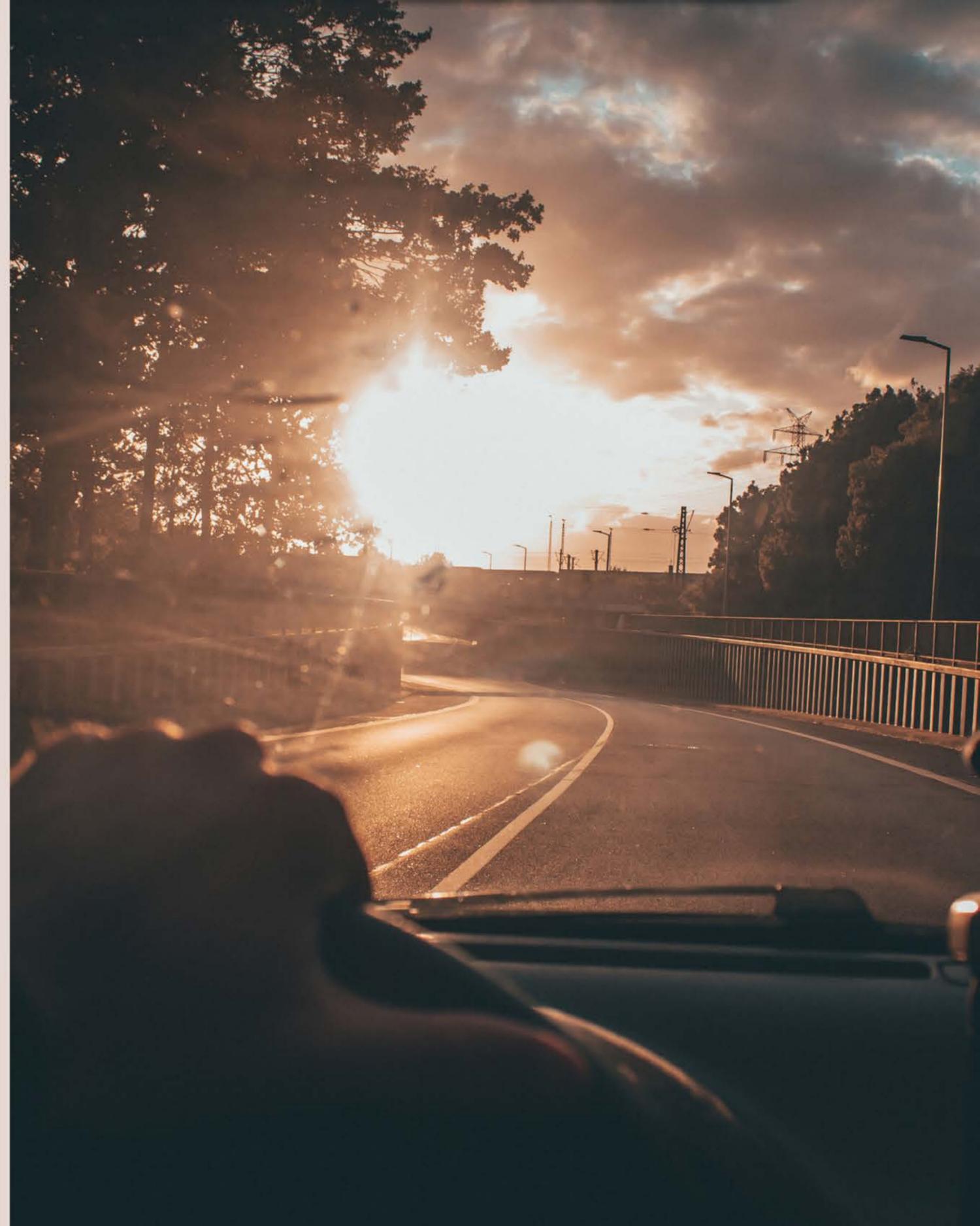
Your attention needs to be on where  
you are going!



# Answer

Your attention needs to be on where  
you are going!

Did anyone think your attention  
needs to be on the other car?



# Distractions

- But you also notice someone on the side of the road wearing distracting clothes.
- The radio is playing your favorite song.
- Your friend in the front seat is talking to you.



# What to do with Distractions

- And now your attention is no longer on where you are going.
- And what happens?
- If you are paying attention, you can notice all this with enough time to course correct.
- The part of you that notices your attention has wandered, and helps you to bring it back again is your Self as Context.



A serene sunset scene over a calm body of water. The sky is a gradient of warm orange and yellow, with the sun's glow reflecting on the water's surface. In the foreground, the dark, out-of-focus silhouettes of palm fronds are visible on the left and top edges. A white rectangular box is centered in the middle of the image, containing the text "MINDFUL ART" in a black, serif font.

# MINDFUL ART











# Art to Express your Self as Context

- Using lines, shapes and colors, create an image to show yourself anchored and connected to your self as context.





Give your art a title and write three words to describe it.





*What did you notice as you focused on  
your breath and your art?*

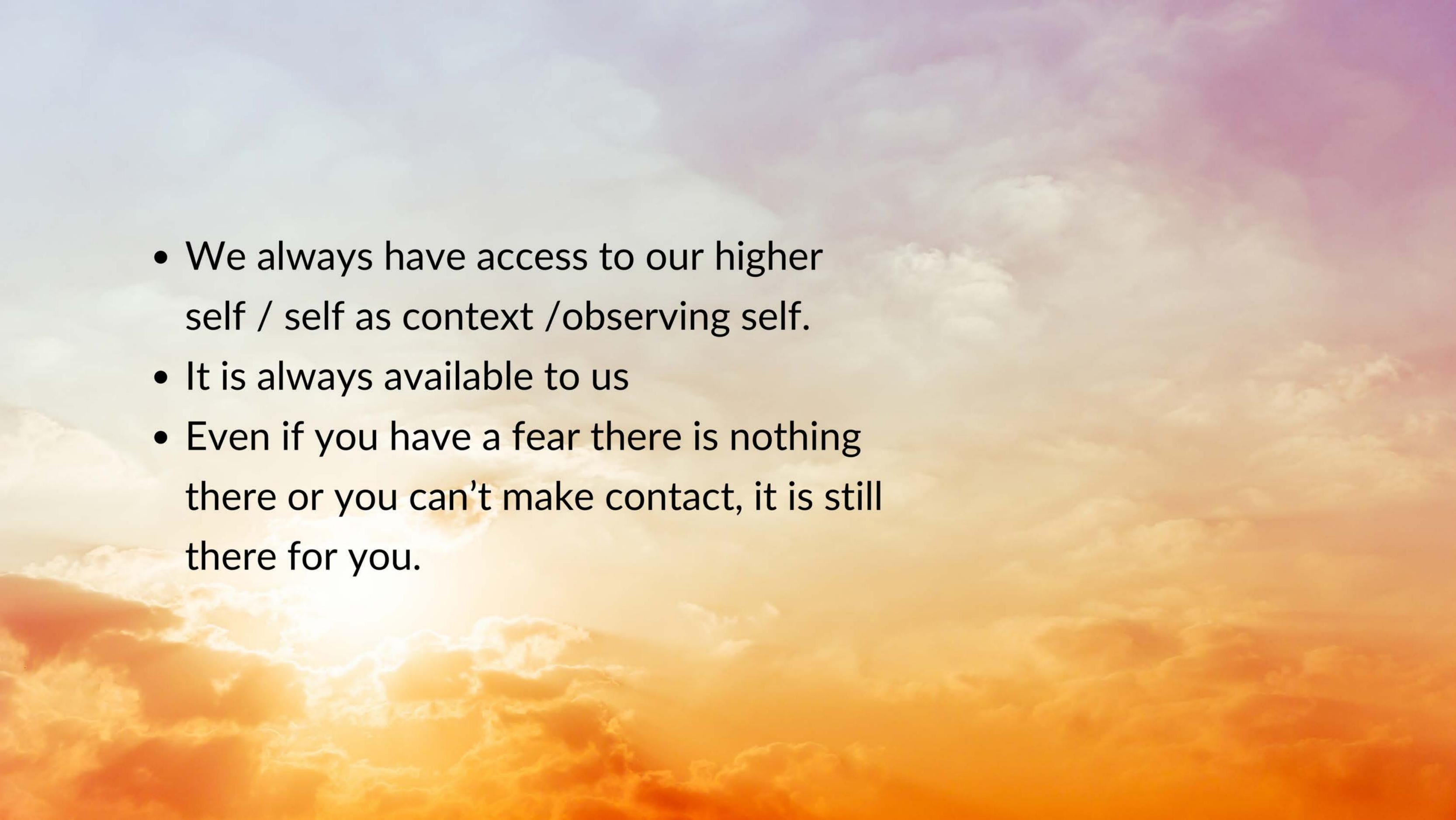
*Raise your Zoom hand or put your answer in the chat.*

life gives you plenty of  
time to do whatever you  
want to do if you stay in  
the present moment.

— deepak chopra

# Mindful Moment



- 
- We always have access to our higher self / self as context /observing self.
  - It is always available to us
  - Even if you have a fear there is nothing there or you can't make contact, it is still there for you.



# Affirmations



**I am a woman  
who...**

- **checks in with  
herself  
throughout  
each day.**



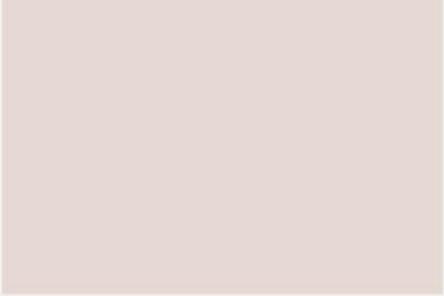


Finish the sentence in the chat:

"I am a woman who..."

# Your Reflections for the Week





# Your Inspired Action

20 minutes a day will give you more than enough time to complete tasks this week.

1

**Just Breathe**

2

**Breath  
Map**

3

**Live  
in the Moment,  
Multitasking**

4

**Written  
Reflection**



# Just Breathe

- Breathing consciously is the most powerful tool you have in self regulation.
- This is a powerful technique blending your breath, voice, sight, and movement.
- Trace your fingers on the map to keep you on track as you breathe in and out slowly saying the phrases in the boxes below.



# Breath Map

- Create your own unique breath map. Use markers, paints, or collage to create a map with 10 points for each breath.
- When you have finished, trace your finger over each spot on the map and follow the breathing pattern.



# 10 Reasons to Live in the Moment

- Review the reasons you are focusing on the present moment.



# Multitasking

- Read about this myth in how our brain works.
- Write down 5 ways you find yourself trying to multi-task where you would like to get more focused.
- For example: texting while eating, looking at your phone while watching a movie, alternating tasks at work, etc.



# Written Reflection

- Research shows we are more satisfied with our days when we are making contact with the present moment.
- Reflect on what you noticed this week about living in the present moment.
- What will you remember about this week?
- Avoid judging yourself for what you did or did not do.



**BREATH IT ALL IN.  
LOVE IT ALL OUT.**



On a scale of 0 -10, how present are you  
right now?

What are your "before" and "after" scores?

Put both numbers in the chat.

# What To Do Next



## **Review**

Review your orientation manual & workbook.



## **Make the commitment**

Schedule 20 minutes a day & put in your planner.



## **Exercises**

Read and complete the exercises for the week.



# Ready for More?

Friday at noon PST on IG live  
@dramybackos

Book your VIP Creativity day or weekend

Podcast

Paris Trip - June 3-7

The Modern Creative Woman



What will you remember about  
today's class?

Put your answer in the chat  
or raise your Zoom hand.



Thank  
you!