

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

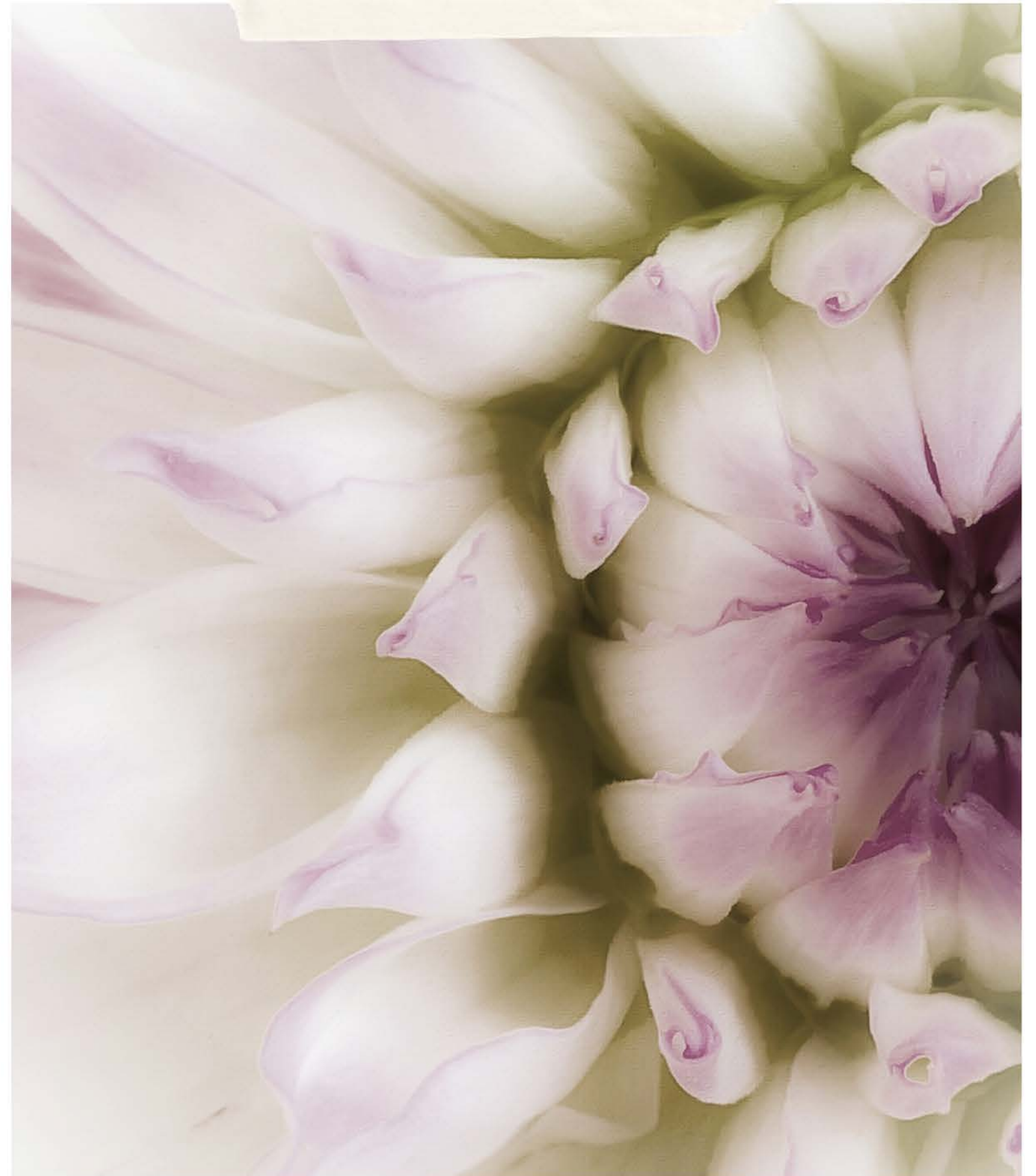
0 = completely checked out, not present

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

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.



A woman with dark hair, wearing a black t-shirt and grey leggings, is performing a yoga pose (Urdhva Dhanurasana) in a room with large windows. She is on her hands and knees, with her arms extended upwards and her head tilted back, looking towards the ceiling. The background shows a bright, out-of-focus view of a city through the windows.

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.”



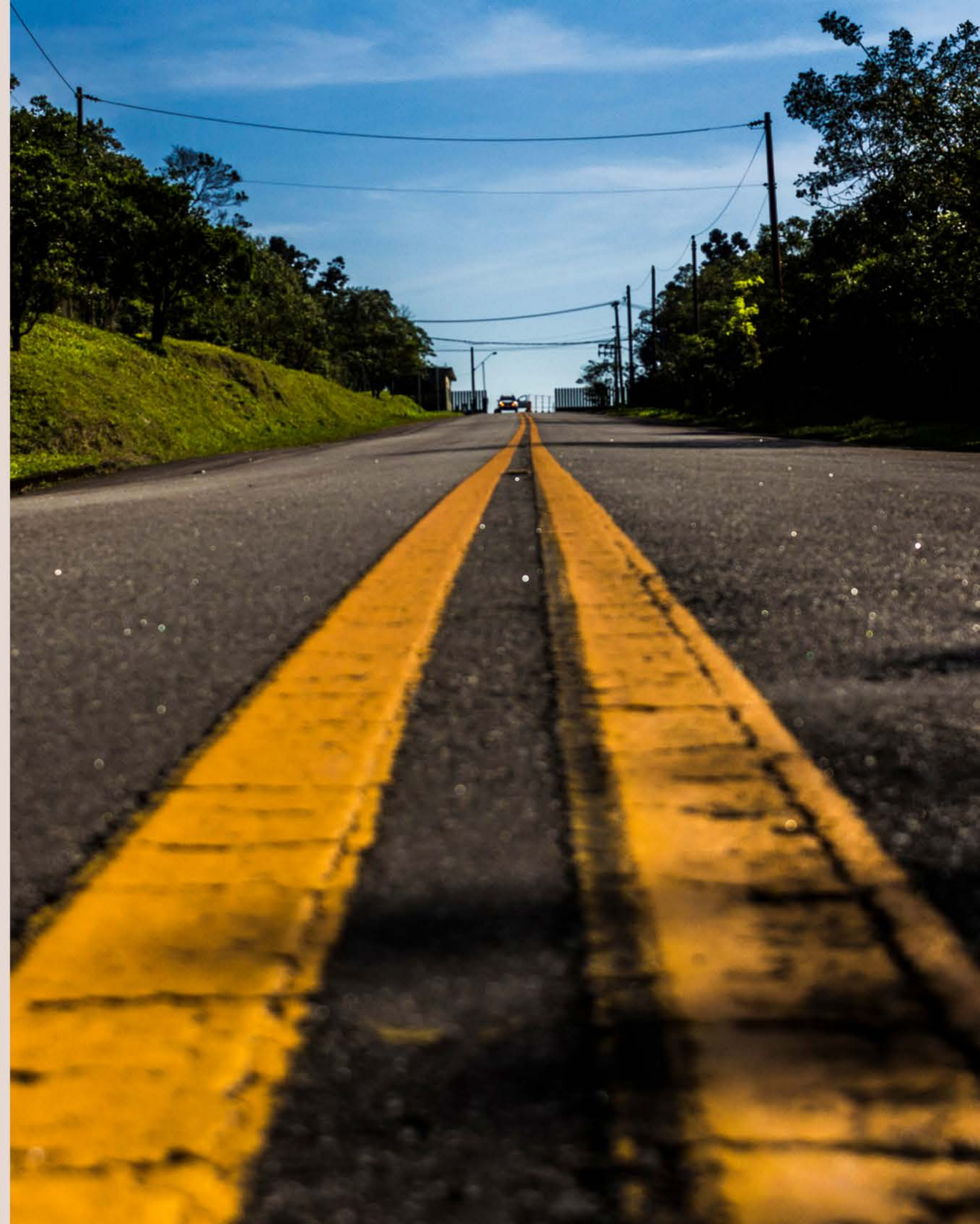
Limit your attention wandering

- 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.

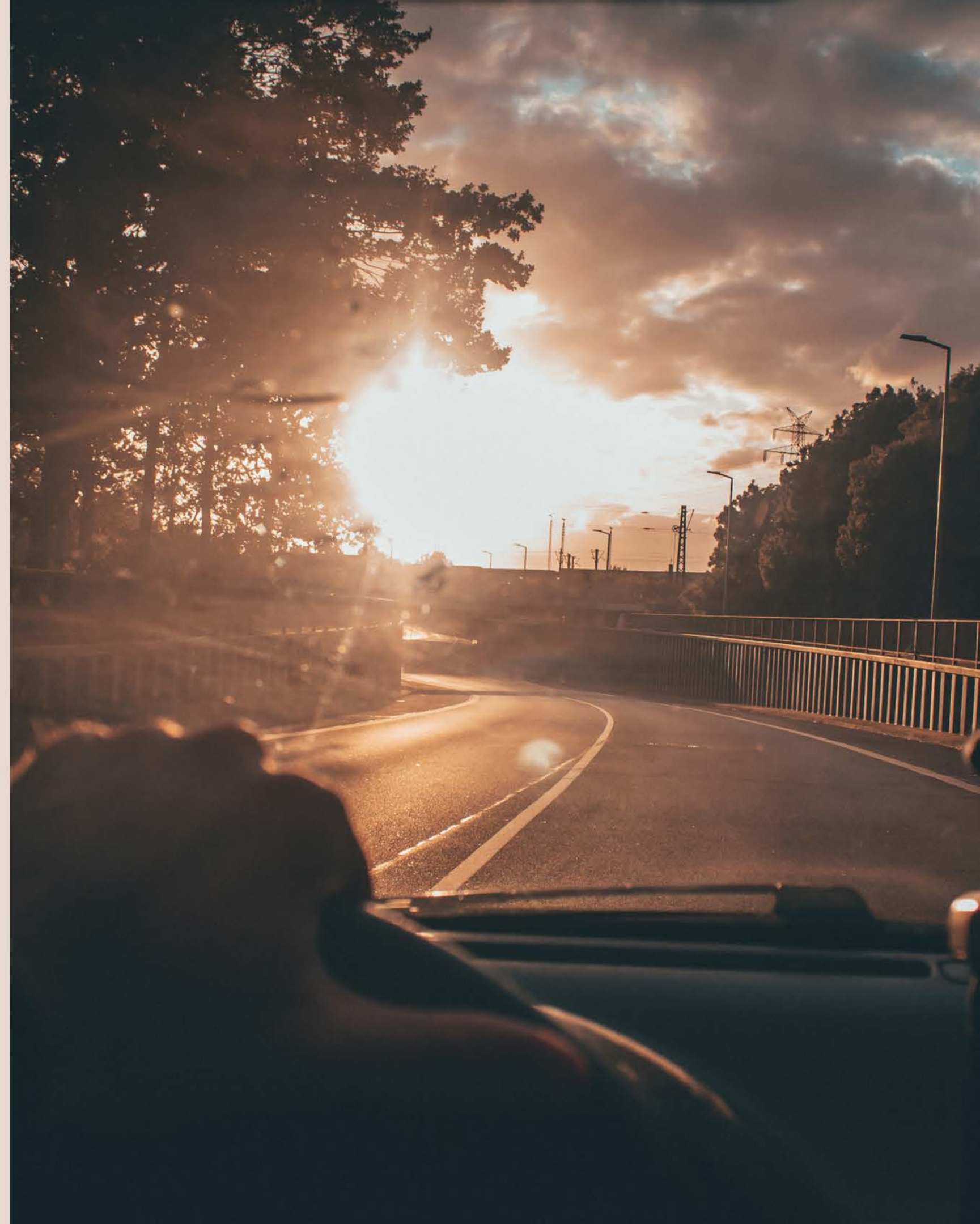


Driving

- 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?

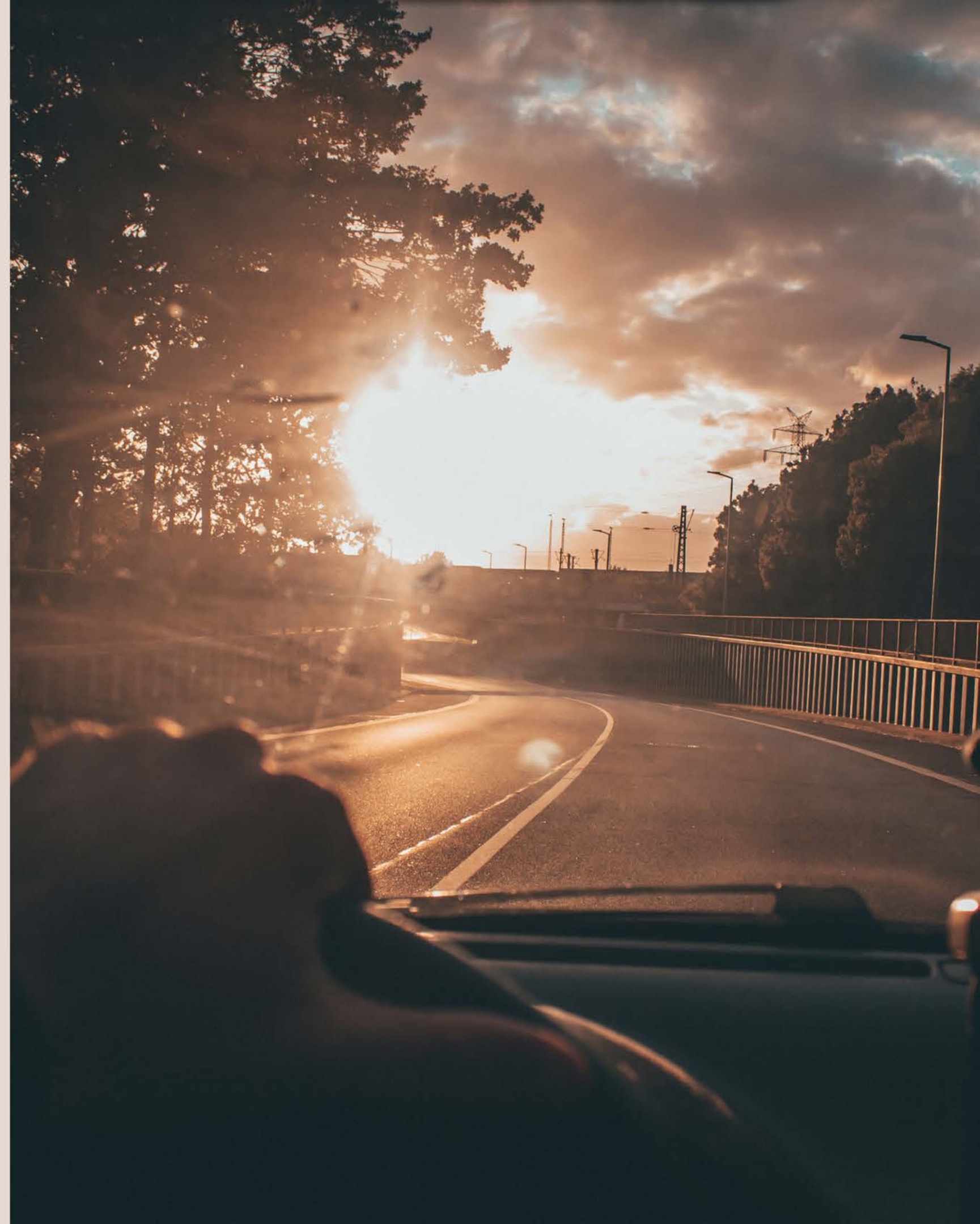


Answer



Answer

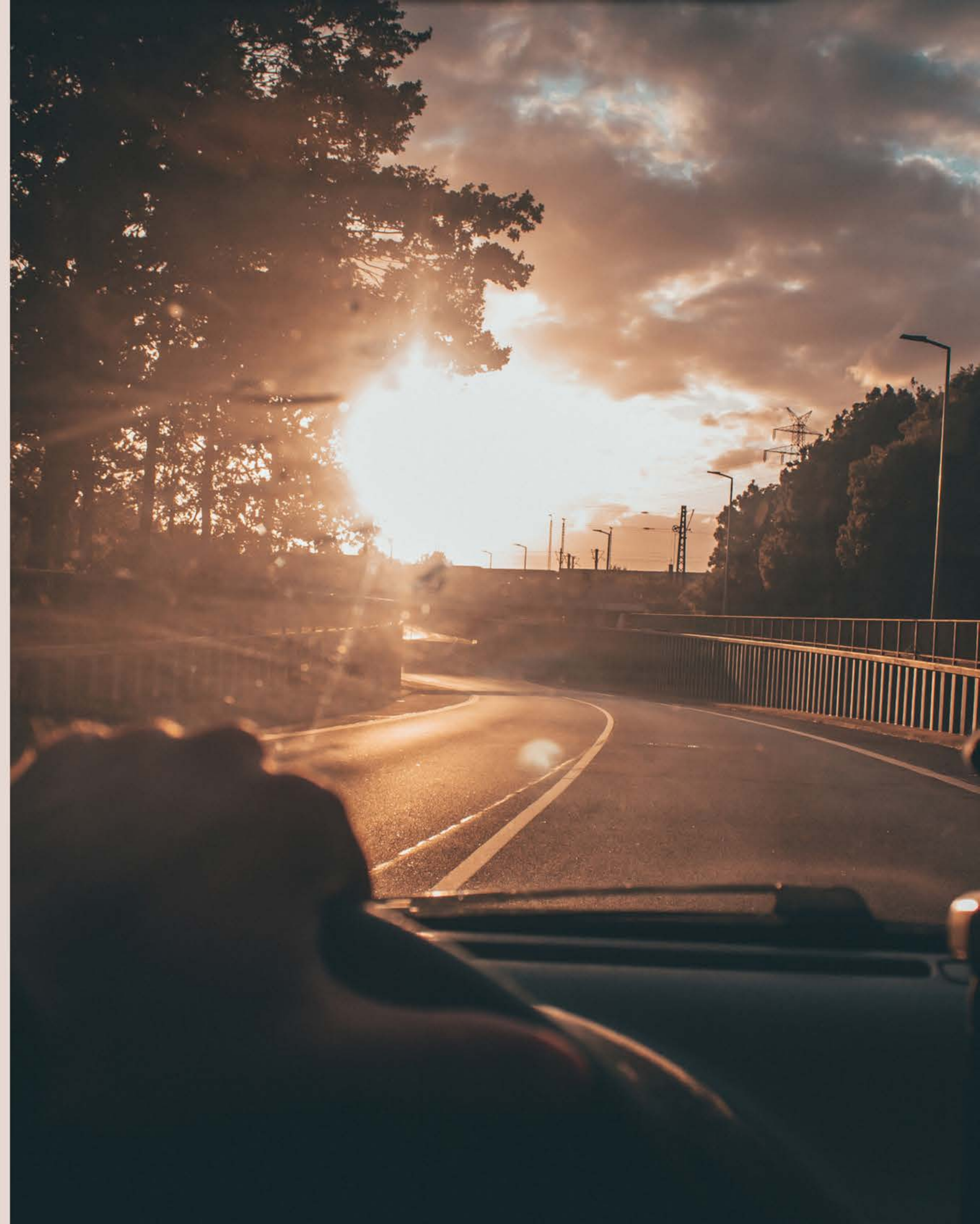
Your attention needs to be on where
you are going!



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 full-page background image featuring a sunset over a calm body of water. The sun is low on the horizon, creating a bright orange glow in the sky and a shimmering reflection 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 large, white, rectangular box is centered on the page, containing the text "MINDFUL ART" in a black, serif font.

MINDFUL ART







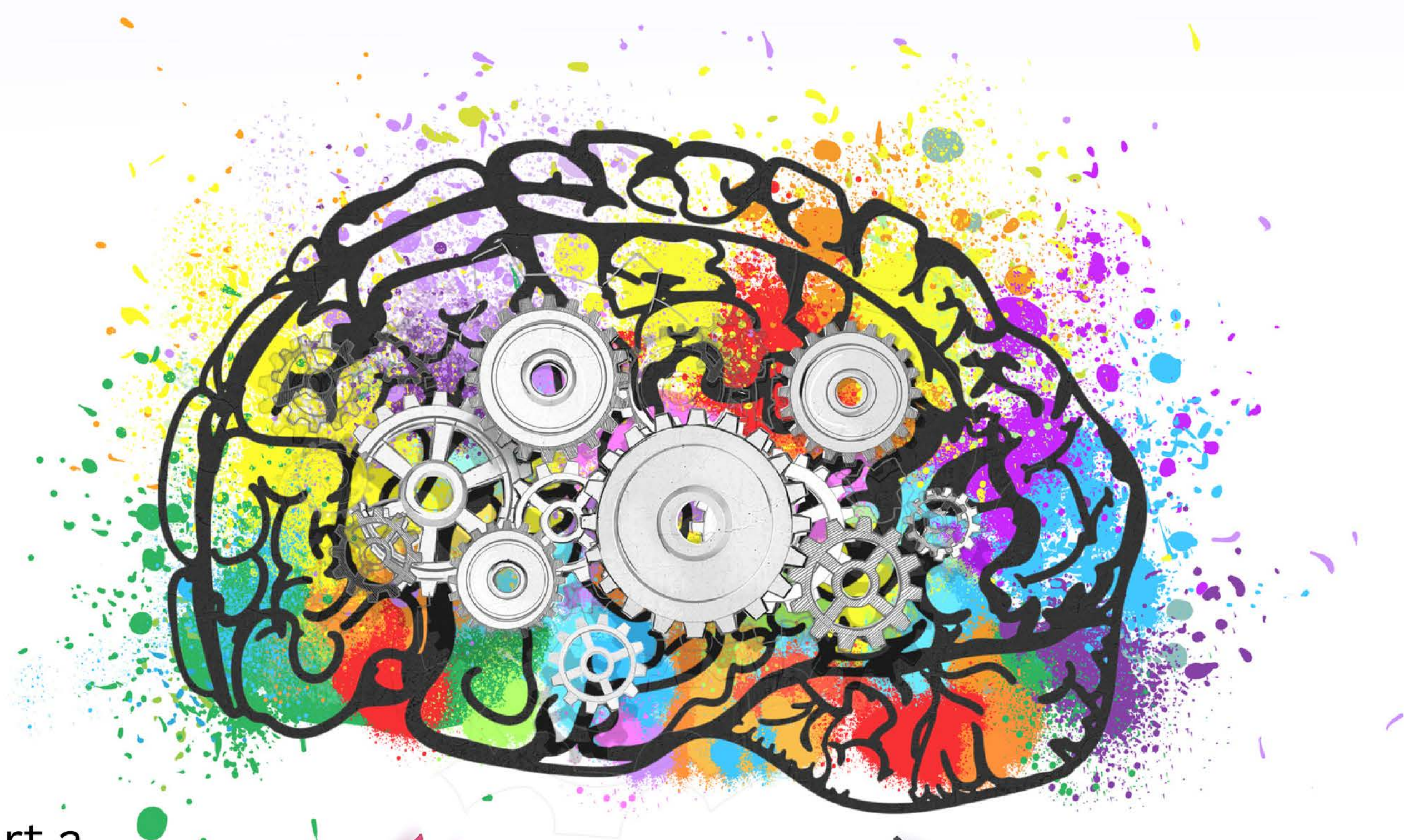




Art to Express your Self as Context

- 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?

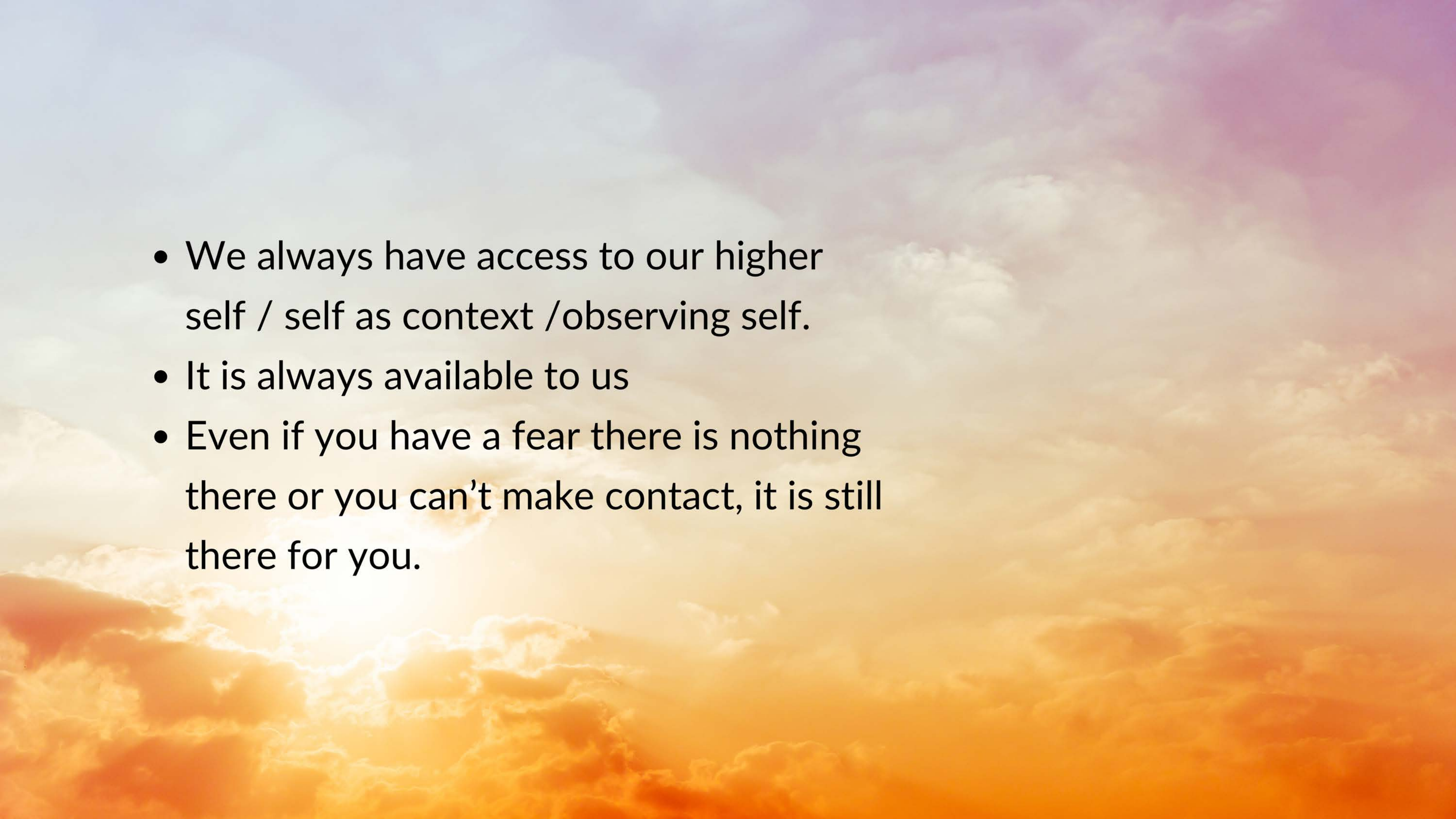
Raise your Zoom hand or put your answer in the chat.

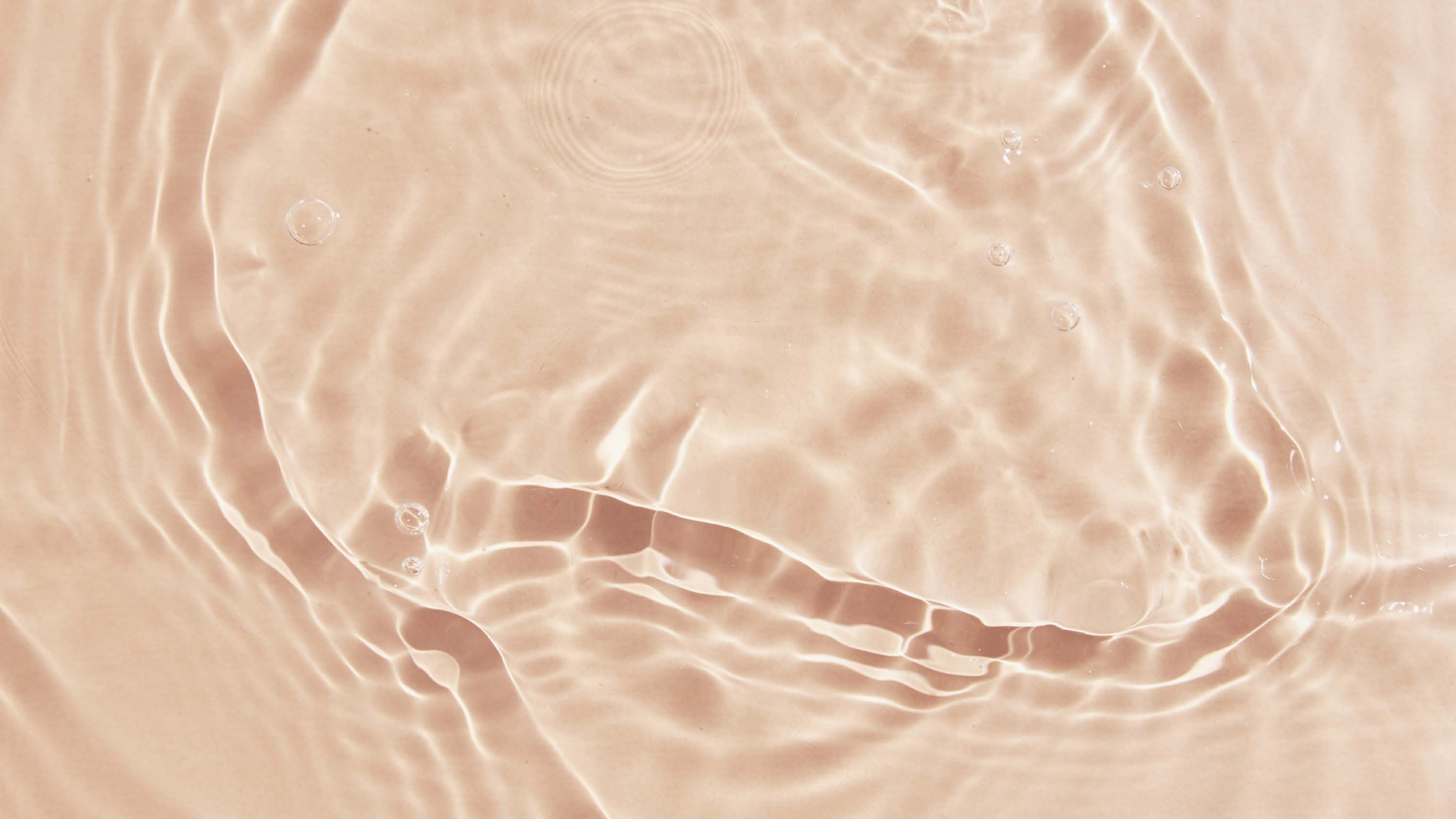
life gives you plenty of
time to do whatever you
want to do if you stay in
the present moment.

— 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.

The Modern Creative Woman



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!