



Techniques to Cultivate Presence Using the Tools of Gratitude and Love

by

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This guide is for everyone who wishes to experience inner peace in the midst of any type of external circumstances.

This guide is for everyone who wishes to honor their talents and skills in their connections and creations.

This guide is for everyone who has a “heart whisper” (a dream) and wishes to live it.

This guide is for you...as a reflection of me... all that you share allows me to learn, explore, create, and live my dream.

My life truly is as magical as I allow it to be, and this guide shares with you **the foundation of my personal practice of presence**. It is *an invitation to invite you* to experience the full depth and magnitude of the gift of presence in your life.

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An Introduction to the Gift of Presence

The number one question that each client has is:

“How do I cultivate full presence while in the midst of(insert *life* here).

The purpose of this guide is to offer you a reflection of a way that allows me to **experience inner peace and abundance regardless of external circumstances.**

It is my wish that the resources presented to you **inspire you to explore and experiment** with creative expression in your life.

Because I practice unfolding, I cannot share with you to take Step A to Step B and you will accomplish C. I can share with you, **when you take step A in awareness**, Source will meet you and step B will be revealed. It might not look like what you had “planned” but it *will* draw C to you in abundance.

That is “how”. It will differ for each person; if we may learn **to bond through these differences**, instead of hide or shun them, our trust in the creative process would be unwavering and our connections would be enriching, enlivening, and fulfilling.

This guide shares with you the foundation of the principles of presence that I teach clients and guide them through, *to ensure that step A is in awareness and presence.*

It is with great joy and excitement that I share this guide with you. **Thank you** for your presence to this process!

Please feel free to share this resource with anyone you know might enjoy the exploration of presence and the experience of inner peace.

If you have any questions, please email me at joy@facetsofjoy.com. I appreciate any feedback, comments, and reflections that you have about this document, or the gift of presence. As you share, I learn.

If you wish to explore further, please browse my site for current services available (www.facetsofjoy.com) [Facets of Joy](#).

Helpful Tips As You Prepare to Begin the Practice of Presence

As we explore the gift of presence together, some of the concepts might be familiar to you, yet the *practice of the techniques* might feel a bit foreign to you.

Whole Body Integration: Much of this work is done through heart space, which invites one to experience **the opportunity of vulnerability**. When fear rises, as it might, it helps to merely acknowledge its presence and allow it to pass. As it passes, you might feel refreshed—exhilarated even—and “ready” to continue with the practice of presence.

This study works very well if you *allow your self* to approach the material with fresh eyes, an open heart, and the willingness to experiment as you process the message of the techniques.

The idea of heart space versus mind space is not to suggest separation, but to allow you the opportunity to **work with “space” as a whole being concept**. We do not “circumvent” one to use the other optimally; we use our entire being as a whole and we connect and create. To occupy both heart and mind space with essential is to honor ‘self’ and to amplify inner peace. From this centered space of integration, **everything** may be created (meaning that any limits are self-imposed and may be removed with inner work).

Infinite Possibility: To work through heart space then, is to occupy mind with logic as *one then feels beyond the logic*, heart is engaged as well. As we journey these steps together, I will often explain to you the concept behind the practice, so that **mind might engage in contemplation and consideration (and feel “safe”) while heart explores the fullness of the practice beyond the logic**. In such a way, you are gently nudging self into this space beyond that which one can fathom (infinite possibility).

Organic Growth: When we feel “safe” we are more likely to step beyond that which we know, into that which we do not know. This is not an extreme “push” --smashing through the limits of self--*rather a gentle stretch that engages whole body* as we move into this new space, fully present and aware, with intent. Thus, we honor the process of organic growth as we nurture and nourish our essence while exploring and experimenting with new concepts.

A Gentle Reflection: The way presented here, in a manner of gentle reflection, is but one way of considering how to step along your path. There are myriad ways, none “right” or “wrong” yet some resonating more than others. As you consider the material, **may you integrate that which feels in alignment, and allow the rest to naturally slough away**.

As you continue this study, please be gentle with your self. This is a practice of a way of life, one day it will feel “easy”, the next it might feel “not as easy”. May I suggest that as you practice, be aware of these feelings and honor them. In a gentle way, **presence is a heart opening, a new way of being and seeing and experiencing**. If you might allow this to be *a celebration*, and allow that joy and gratitude to guide you through the practice, you will find that learning may be fun and fascinating (instead of difficult and challenging as “mainstream” tends to condition us to believe).

Practicing these techniques has been life-changing for me, allowing me to gently stretch into the expanse of infinite possibility as my reality; **to experience inner peace regardless of external circumstances.** It is a joy to share these techniques and this material with you. If you feel that someone you know might benefit from these techniques, please feel free to share with them.

I use these techniques daily as I create in life; my work with clients **uses the gift of presence as the foundation for transformation**...of connections, tangible creations, lifetime goals, relationships, finances, weight loss.

Thank you for choosing to walk a few steps together. Your presence is appreciated.

The Foundation of the Gift of Presence

As I share the gift of presence, it is my approach to **apply presence with self first**. When I have “mastered” the techniques with self, I *then* apply the practice to others, then World. The general idea behind this flow is that when I am centered into full presence with self, my “needs” are met so that when I share with others, it is from this overflowing well of abundance. I am sharing with pleasure because I do not feel ‘something is being taken away’; I am sharing with joy because the interaction is spirit enlivening to me.

One might already feel how transformative this practice is; **to be fully present for the sheer joy of the interaction is to naturally release the idea of obligation and responsibility**. From such a space, we serve because we are able and willing, not because we “feel we have to”.

Thus, we are *cultivating a life of ease*; the “effort” is the inner work that we do in order to be fully present, the joy is in the connections and creating. Full presence allows us to experience the wonder of creating from this centered space, instead of the exhaustion of consistently reacting to something external. This *minute switch in perception* already allows us to feel empowered. **Without changing external, we have accessed inner peace.**

The tools I use to open to full presence to self (then others, then World) are in the form of these questions:

“How may I best serve you?”

“What magic shall we create today?”

The statements I use for affirmation of full presence are:

“I love your essence.”

“Thank you for your presence.”

When first learning this practice of presence, **I begin with the questions in the morning and end with the affirmations in the evening**. Once it becomes familiar, this self-talk happens each moment, in essence allowing faith, love, and gratitude to guide me to the next moment. As I practice unfolding, this full presence allows me to tap into flow and not ‘worry’ about what will come next, but rather be accepting of it as it is presented, and *to celebrate it* as I live the experience. When I connect and create with others, then World, this practice is natural for me to share externally because it has become my essence internally. For example, I do not have to think “How may I best share my presence today?” it naturally rises when I connect with another. This will make sense to you as you begin to practice.

Welcome to the study of the gift of presence. These are the guidelines. May you allow ample time, space, and energy to process them.



“How May I Best Serve You?” is the opening to this question. So often, we are on auto-pilot with our connections; this question invites us to go beyond auto-pilot to the reality of **now**.

A significant way to honor the essence of a person is to honor their individual creative expressions, in this moment. When we are fully present in such a way, we are not thinking of yesterday, or tomorrow, we are immersed in **now**.

With self, I ask “how may I best serve you?”, with others I ask “how may I best share my presence today?”. (Most people feel uncomfortable with the idea of being “served” so it is semantics, yet significant).

When we use these questions, we are honoring essence and asking for insight into that essence. We are saying I am here, in what way might my presence enrich or enliven yours in this moment. We are saying I am willing to vest in this connection, with pleasure...not with mere words, but with **actions of support and encouragement.**

When we open this beyond self, beyond others, to World, we are inviting transparency into our connections. Beyond what we can ‘see’ with our eyes, we are saying my presence is here to uplift yours. In such a way, **we are living our purpose** (one doesn’t have to know the ‘specific purpose’, *the action of serving fulfills the sense of purpose*).

When we are given an answer, it is for us to accept it as is, without judgment, and to look beyond that answer for *the feeling* of it, to **affirm the request in some way**. This allows us to experience unconditional love. For example, if I wake and my body says I would like a hot fudge sundae, yet my mind says “no way!”, that is quite conditional. If I gently stretch beyond the “no” into the feeling of the request, I could then begin to *understand essence by acknowledging self in an affirmative way*. Perhaps: “It sounds like you might want something cold and refreshing, might I offer you a smoothie, a swim, something comfortable to you”.

This practice offers the opportunity to ask and to receive; part of the components of unconditional love that many are not practiced with. Unconditional love is related to presence in that when we feel comfortable (unconditionally) we are more likely to invest more of our self...**thus full presence is correlated to the strength and health of our heart space.** While 'love' might be a concept many wish to avoid, *as we learn presence we learn love in an organic way.* More on that in the "love" section.



“What magic shall we create today?”

This foundation of this question establishes that **we are capable of creating**, and that what we create *will be beyond* “ordinary”. While I use the word *magic* to denote extraordinary, you might substitute any word *that feels expansive to you* (perhaps abundance, joy, love, peace, fun, delight, passion). One might also consider the depth to be: what miracle shall we prep for, plant the seeds for, open to.

Investing full presence is “effortless” when it is easy and fun; we *wish* to be fully present to those feelings because we are comfortable and ‘safe’ in this context. One might see that it doesn’t feel like “suffering” to get out of bed and invest in the day, now it is a joy to create and draw to us extraordinary...a game, if you will.

When we bring this question to another, “what magic shall we create today?” we are in essence showing that **we honor this connection and the talents and skills** we each bring to the moment and wish to combine them to create something beyond ordinary. We are saying, “play with me”. We are saying you matter to me, again, not with mere words but with the action of creating together.

This establishes trust in connection, with self, others, and World.

When we feel trust, we are more likely to add presence to the process, to experiment and explore as we engage. Life is not “boring” or “stale” but exciting and fun, something to look forward to and celebrate.

We can apply this within any situation, so as we learn this technique and find ourselves in ‘less than lovely’ external circumstances, we are unlikely to feel stuck. Because we trust in flow, and we have the ability to ‘spin magic’, we can **often quite easily see viable options to move through the circumstance**. We are now able *to access inner peace* in the midst of any external, and able **to cultivate inner peace** in the midst of any external.



Quite simply, this is an affirmation of a person's talents, abilities, and skills. This is a practice in unconditional love.

When we apply this to self first, we might feel very uncomfortable. The application of applying love is not "selfish", it is *nourishing* to soul/spirit/body. When we love something, we tend to care for it, respect it, honor it. I recommend looking into the mirror and saying to self "I love your essence". If feelings rise, allow them to, they will pass.

As you apply love, you will notice that being fully present to self no longer feels like a burden or a chore, something to rush through, but a ritual of joy. Something as potentially mundane as brushing your teeth becomes a wonderful way to remove extraneous so that teeth might shine to their full potential. Imagine how expansive this practice can be.

When I love self, I want all around me to be enriching and enlivening. I invest fully in all that nourishes and nurtures. I do not allow anything harmful in my space, not because it is a "rule" but because it is a practice of love.

When we apply this to others, than to World, **we connect fully in a *divine* way beyond surface, through love.** Love is now "real", not movie quality "wait for perfection to share", but it feels perfect because our needs are met (through how may I serve you), our talents are being used (what magic shall we create), and *our presence matters to this process.*

Can you feel how light this could be? An invitation to live and connect and create, fully, with presence, as you are. Gone are the masks and "stories", replaced with genuine and spirit enlivening.



“Thank you for your presence”. Gratitude grows everything. Gratitude invites full presence. The combination is potent in all realms. With a moment full of gratitude, nothing else has room to exist. Gone is tension, dissension, complication, *effortlessly dissolved* with the application of gratitude.

When you apply gratitude to self, may you consider looking into the bathroom mirror and simply saying “thank you for being you”. As this becomes more comfortable to you, might you use it throughout the day...thank you for the delicious lunch, thank you for the evening run, thank you for taking the time to view the sunset.

As you apply gratitude, you might find **a new yearning to linger, to savor the moment; as you indulge that, you are courting expansion, with ease.**

When we apply this to others, then to World, we are sharing *genuine appreciation* for all that is being shared. If we believe (as I do) that what we see in others is a reflection of self, then we are pouring on appreciation for self as we share with others.

From such a space, **everything truly is possible, infinite possibility becomes our reality.**

About the Author

My Official Bio: Joy Holland is an Intuitive Empath, [Energy](#) and [Clarity Facilitator](#) who shares her gifts to assist others in experiencing inner peace regardless of external circumstances. She helps clients come to know their personal truth and live it, while finding and releasing the fears that block them from their highest self. Joy is the founder of [FacetsofJoy.com](#) and the author of the collaborative ebook "[Cultivating your Voice](#)" (click the title to download your complimentary copy).



My Un-Official Bio: I love life and live each moment to the fullest. I lived on a boat with my two young children for five years, having just moved to land I am re-discovering my local hills and farmland—thus, the daily reflections of organic growth, abundance, and flow. The ocean is my backyard, the sky my ceiling, the hills my “walls”; my heart knows love to the nth degree, my being celebrates all that is in my life. I can share these concepts with you, not only because I have studied extensively, but because I live them fully.



Thank *you* for your presence to this process. I am excited to hear about how these practices fit into your life, and the “results” of incorporating them into your life. **Much peace, Joy Holland**