



Sharing the Gift of Presence Within Your Connections

By

Joy Holland

When we choose to live a life of presence, centering into awareness and intent, we are affirming life flow with our decision to invest in all that is enriching and enlivening.

We recognize that what we vest in grows, so *we choose to vest in that which nourishes.*

Yet, as we relate in World, we often find connecting with Others challenging as *we balance honoring congruence and alignment with moving harmoniously through World.*

This guide is for everyone who wishes to experience the joy of authentic connections through transparency.

In a world where online (virtual) connections are as significant as offline (physical) connections, these principles of creation can be used as we engage with others, regardless of realm.

This guide is for everyone who wishes to experience inner peace as they connect in myriad ways with others.

We have a variety of labels that we use to describe connections, *yet the base of each relationship is the same.* When we apply the tools of love and gratitude, we allow the opportunity for healing, growth, learning, and creating *together.*

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 connecting with others.** It is *an invitation* to experience the full depth and magnitude of the gift of presence in each connection in your life.



*I wish for you
the experience of freedom in your heart
and the wonder and joy that accompanies it.
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Table of Contents

Introduction	pg 5
A Discussion of the Facets of Presence	pg 7
Congruence and Alignment	pg 9
Transparency and Authenticity	pg 10
Using the Tools of Love and Gratitude to Enliven Your Connection	pg 11
About the Author	pg 13

An Introduction to Sharing the Gift of Presence Within Your Connections

Many clients come to me with issues in their relations—whether that be with a spouse, parent, employer, friend; feelings of tension and discontent *dissolve personal empowerment and drain Spirit.*

The solution is not to remove oneself from the equation, causing more distance and friction; a temporary band-aid that many have come to rely upon. **The solution is to apply full presence to the connection, as it is.** (An exception to this is in cases of abuse, then, please remove yourself and from a place of safety you may later apply energetic presence to the connection).

The challenge that many find when asked to apply full presence to a connection, is that the connection feels stale, ill-fitting, not compatible. When working with clients, I will not ask them to release a connection; rather we will work together to identify **the possibility of transforming the connection, while simultaneously creating new connections that are enriching.** As one engages in this practice, all that feels “less than” naturally sloughs away while all that feels “wonderful” amplifies.

Logically then, this practice will bring about change in your life. We are conditioned to believe that change is disruptive, chaotic, hurts; yet, **change may be as effortless and enriching as we allow it to be.** Frankly, *when we vest in enriching/enlivening we feel most comfortable vesting full presence;* from this space abundance and infinite possibility are not concepts to read about, but experiences to enjoy.

The purpose of this guide is to offer you a reflection of a way that allows me to **experience joy and fulfillment in connecting with others.**

It is my wish that the resources presented to you **inspire you to explore and experiment** with the practice of enlivening the connections in your life.

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](#).

A Discussion of the Facets of Presence

When we speak of presence, we tend to think of 'physical presence', yet **presence in general is whole body (mind, spirit, physical, emotional, intellectual, energetic).**

Many people tend to *use the concept of presence as a reward or discipline.* As in, if you please me I will be present, if you displease me I will not be present. This concept brings conditions to the equation. One might feel then the challenge of the implication of unconditional love and acceptance *when the foundation of presence is made conditional by action.*

You might now be wondering how **boundaries and values fit if presence is unconditional.** The answer to that is in looking into your own life and deciding *what you are committed to and offering full presence to that.* **This commitment is unwavering and completely independent of external circumstances.**

In my life, within connections I remove labels. (Yes, as a writer and speaker I use labels when communicating with mainstream, but I do not "live labels"). This means that **I look at my connections as energy and I apply presence according to the energy I declare commitment to.**

As an example, when I chose to connect with a traveling man, *my commitment was to the process of relating together.* This meant that as I felt uncomfortable with variables that allowed me great vulnerability, I chose to apply full presence rather than avoid or remove my presence. I did not feel committed to "the person" and the external around him, **I felt committed to the process of relating,** which allowed me full presence *even when* I was afraid of something new or the potential to be hurt. **My presence was (is) not conditional to his, because my commitment is to the process.**

If you turn this inward, and *apply it to your connections,* you can get a feeling of how this process would work. **Your commitment of presence is not to a person or thing but to the process of being present to that which you value.** *Can you feel the utter freedom in that?*

Thus, presence is not dependent upon ideal external conditions, but upon *your commitment* to the process of presence.

When we look at connections through such a lens, we may find ourselves reviewing our choices; it is imperative that we realize that *we drew to us each connection as a point of learning and/or celebrating* and **we may continue to draw to us based upon our alignment.**

Congruence and Alignment (or Acceptance and Rejection)

This is the point that so many in mainstream get caught up in.

I would like to simply say: **one cannot force congruence and alignment.** With this simple sentence, *we have released the idea of acceptance and rejection.*

Can you feel the peace in that?

May we look at the energy within connections, please. If I believe that I **draw to me that which resonates**, then there is no need for masks or barriers, *and there is ample space for truth in expression and creation.* Because **there is no fear.**

I cannot “make you like me” nor keep you close to me and I don’t have the need or desire, because the truth is, our energy is in alignment and fits well, or it is not. **I am present to that which is in congruence with my essence and in alignment with my core.**

This means that if we wish to experience enriching and enlivening connection, then when we create from our heart truth (or quite simply, choose to be who we are), we draw to us like-energy.

Which also means if I wish to feel joy and fulfillment within my connections, I vest in creating and living my purpose and draw to me people who do the same.

This also means that connecting is “effortless”. *We simply draw to us that which resonates.* How? By resonating (in other words, **being**).

Can you feel the tension fall away? No more games, denial, avoidance, just plain transparency.

Transparency and Authenticity

As we explore the wonders of connecting transparently, in truth, let us remember that *our commitment is to full presence*.

Transparency means exactly that...truth.

I often hear people criticize another using the guise of transparency.

Transparency is the ability to say this is who I am and how I feel in this moment. (It is not the reaction to feeling vulnerable, which is often fear or anger).

Authenticity is the ability to be transparent *regardless* of external circumstances.

When we choose to relate transparently, we also choose the depth from which we wish to relate; *discernment* is quite significant as we find our selves in different situations as we move through World.

When we feel vulnerable, yet apply full presence through transparency as we connect, this connection is wrapped in authenticity. Again, from such a space, *the concepts of abundance and infinite possibility are no longer mere words, but an experience that we live.*

As you read these words and choose to apply this practice, you will find that discernment is essential. Remember, *you are committed to the practice of presence*, not necessarily to a label or specific person. **As you live your truth, you will experience a *depth of truth* in your world that invites you to be more present.**

Using the Tools of Gratitude and Love to Enliven Your Connection

I have created a complimentary PDF that thoroughly covers these principles "[Sharing the Gift of Presence to Magnify Your Inner Brilliance](#)". (Please click the title to download your copy).

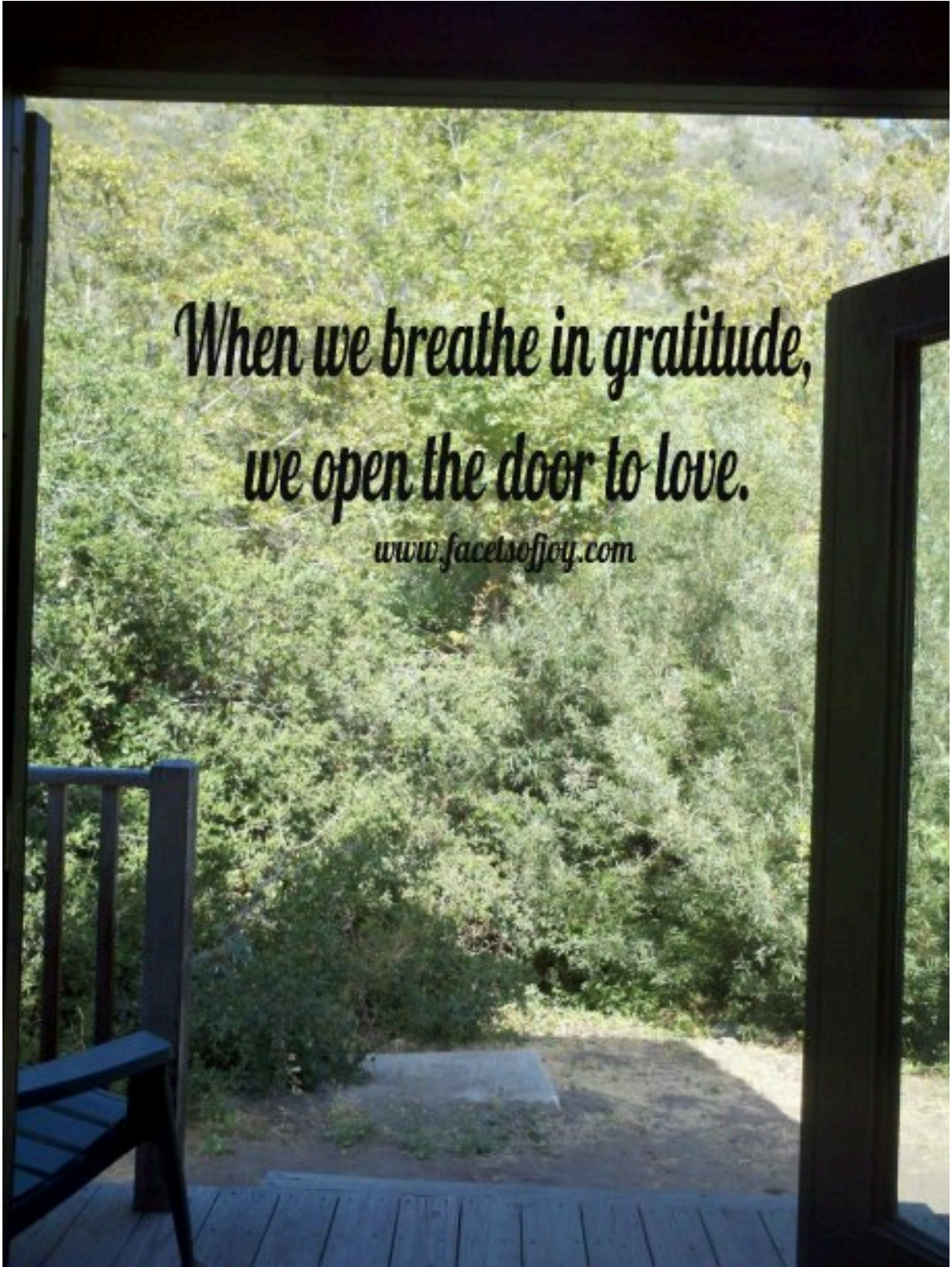
The basic principle is this: when we can look at external and find the beauty in it, we are being love. When we can share appreciation for that beauty, we are extending gratitude. Love and gratitude can transform anything.

Energetically, if we believe that what we vest in grows, then when we vest in love and gratitude we are growing enriching and enlivening. This does not mean that we are *ignoring other variables*, it does mean that we are **applying full presence to love and gratitude.**

From this place of comfort and safety, there is ample room to communicate and create *together*.

We are able to express clearly, listen actively, and bond through enriching, because we are committed to the presence of the process; ego is no longer front and center, and minds/hearts are open to connection.

Because we have been conditioned to believe that connection is work and communication is a struggle; the simplicity of this technique feels impossible. It is entirely possible, and do-able, this moment.



*When we breathe in gratitude,
we open the door to love.*

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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**