



LIVING THE SKILL 'ABSORVATION'

1. Come present to your breath, to this moment, to this now.
2. Attune to a Presence within beyond your body, emotions and thoughts.
3. Breath into the loving neutrality of this inner Presence.
4. Open yourself to receive of the blessings that this inner Presence can offer you at this time.
5. Set a clear intention to observe and absorb what is.
6. Observe and absorb any situation in your life.
7. Notice what your recognize physically, emotionally, mentally, and spiritually.
8. Notice any patterns, correlations or connections.
9. Journal any new awareness.
10. Thank your inner Presence.

“When people talk, listen completely.” Ernest Hemingway

“To pay attention, this is our endless and proper work.” Mary Oliver

“Strategy requires thought. Tactics require observation.” Max Euwe (Chess World Champion)

“A man is not idle because he is absorbed in thought. There is visible labor and invisible labor.” Victor Hugo