EVOLUTION OF THE PARADIGM SHIFT (PRESENCE)

1. Initial shift from litigation to collaboration.
2. Noticing what works (and what doesn’t)
3. Noticing the shift between “aware” to “non-aware”
4. Practicing presence:
5. Centering just prior to meeting
6. Being aware of role of thoughts (& voice in your head)
7. Mindfulness
8. Serenity Space induction & practice
9. Waking Up process approaches
10. who am I?
11. pointers
12. Lost your glasses
13. Video camera
14. What doesn’t change when everything else does?
15. Being Aware of Being Aware
16. books and teachers
17. Wake Up Now

4) Exercising “come home” presence “muscle”

f. Witness position (presence sees everything)

g. Conscious awareness (presence is everything)