

Some Methods for Living “Presence”

1. Seek “presence” with a change in attitude and change in habits.
2. Practice being really “present” with others (e.g.; eye contact, really listening, sensing inter-connectedness, radiating love and understanding).
3. Practice being really “present” and sensitive to your surroundings, fully aware of needs of others and spontaneously responding.
4. Regularly practice some type(s) of meditation to focus on living with “presence”.
5. Learn from an end of the day “daily review” of your words, thoughts, and actions.
6. Other methodstbd

GROUP ONE PRESENCE and LOVE

- Oxford definition of “Love”:
 - **An intense feeling of deep affection.**
- UU thoughts regarding “Love”:
 - **Love is the power that holds us together. We live our shared values through the spiritual discipline of love.**

GROUP TWO PRESENCE and GENEROSITY

- Oxford definition of “generosity”:
 - **The quality of being willing to give time, money, gifts, or kindness to others freely.**
- UU thoughts regarding value of “Generosity”:
 - **“We cultivate a spirit of gratitude and hope.”**

GROUP THREE PRESENCE and TRANSFORMATION

- Oxford definition of “transformation”:
 - **A complete change in someone or something.**
- UU thoughts regarding value of “Transformation”:
 - **“We adapt to the changing world.” “We can and will change by the discovery or unveiling of new truths and new ways of understanding all existence and the sacred.”**

Practicing "Presence" to Live our UU values of Love, Generosity, and Transformation

Questions for group discussion and sharing:

1. What does the word "Presence" mean to *your* group?
2. How does "Presence" relate to *your* group's selected UU value?
3. What methods, approaches, or actions (big or small) are we *currently* taking to practice, experience, live, and/or express "presence" and our specific value?
 - a. How have we already experienced or lived it?
 - b. How can others be helped to "live" it?
4. What additional methods *could* we use to live it?
 - a. What methods at Fellowship gatherings?
 - b. What methods in our daily lives?