

THE CATALYSING EFFECT OF DEEP PRESENCE



HOW WE CAN LISTEN TO AND SUPPORT ANOTHER PERSON

YOUR NATURAL STATE IS
TO BE PRESENT

It is in this state of being that all healing happens.

WHAT DOES IT MEAN TO BE PRESENT?

To sense, listen, feel, receive and enjoy the Here and Now through your body, through your senses, through your heart, through your being.

To settle in, soften and expand into the living Now.

HOW DO WE HELP ANOTHER
PERSON TO HEAL?

YOU HAVE A SUPER POWER

You simply being with another person from a place of

quiet loving presence

will automatically *evoke and activate healing* in them.

Syd Banks called this *Seeing* and *Hearing* another person

When someone is deeply Seen and Heard, they begin to settle. Their mind can quieten, their thinking can slow down and start to clarify, their heart can rest and their body can relax.

In this more peaceful state, the next obvious step will start to appear to them.

THIS IS DIFFERENT FROM THINKING

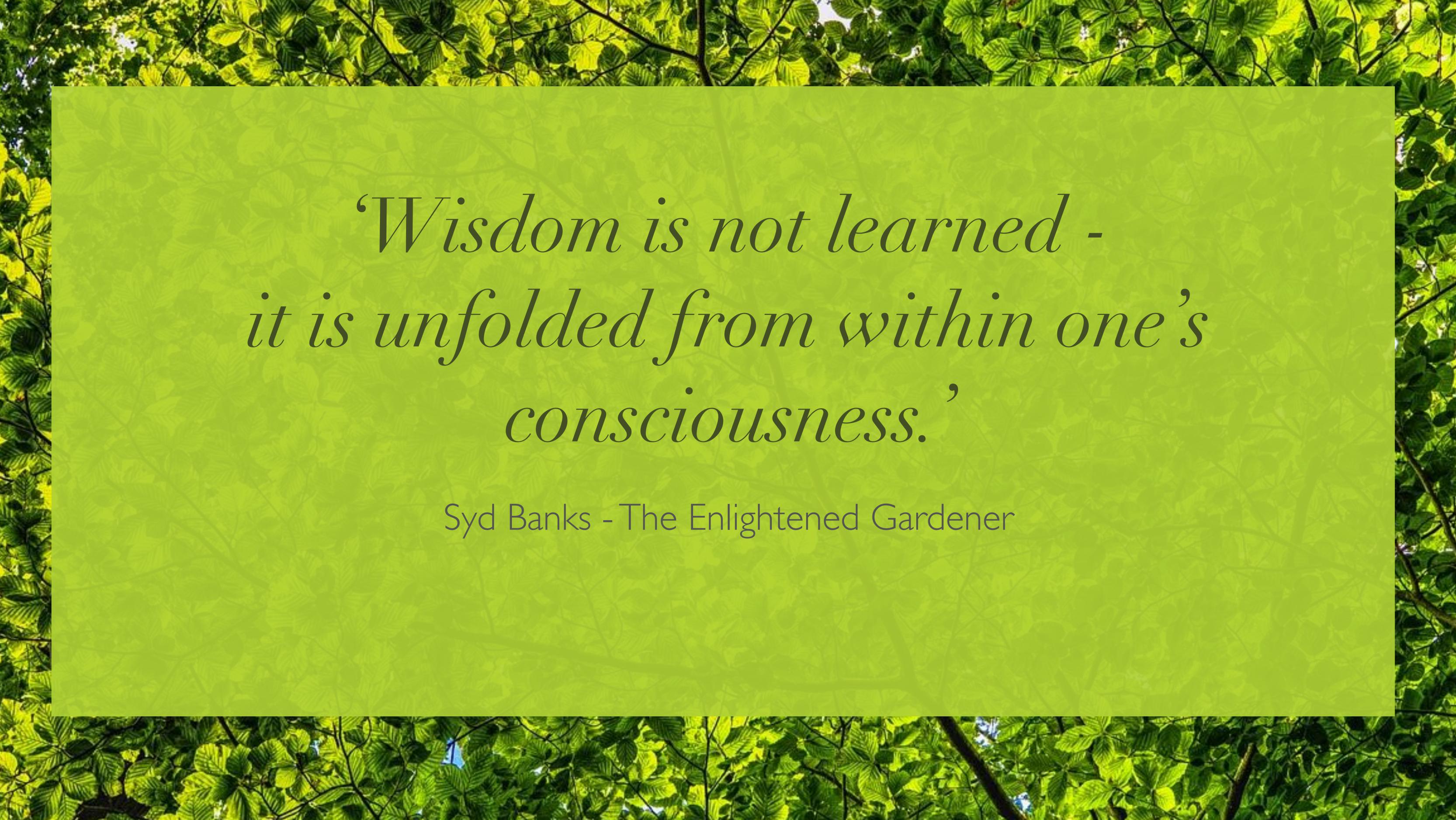
We don't have to 'work things out.'

When we help a person to relax, and feel and sense their way, they begin to tap into their knowing.

Their *wisdom*.

And this *always* leads to exponential growth and healing.

We can wisdom our way through life!



*‘Wisdom is not learned -
it is unfolded from within one’s
consciousness.’*

Syd Banks - The Enlightened Gardener

WHAT IS RELEVANT?

WHAT WILL HELP US TO HELP A PERSON?



EVERYTHING IS USEFUL; EVERYTHING TELLS US SOMETHING

Their reason for coming

The emotional state they arrive with and those they go through

How they are speaking: tone of voice, speed, quality

The kind of words they use and emphasise

How they gesture, how they look and act in their body

Their particular energetic impact and feel on us

How all of these can change and modulate throughout the session

STRANGELY ...

THE CONTENT/THE STORY THEY SHARE
IS ONE OF THE LEAST
IMPORTANT THINGS
THEY WILL SHARE WITH US

We are in a space of QUANTUM CONNECTION with another.

This is an energy connection. We are in vibrational resonance.
Everything that needs to be conveyed will be conveyed, because we are Seeing and Hearing at a level that is beyond words and gestures.

We are sitting in the information of Life itself.

We are communing with each other, Universal Mind to Universal
Mind.

In this space of communion, healing happens without effort.

WHAT DO WE DO WHEN WE THINK WE CAN'T HELP?

When we feel overwhelmed by a person's story or needs or expectations, or feel that we are not capable of helping them?

QUIETEN, SOFTEN, ASK FOR GUIDANCE

WE CAN SEND UP A QUIET PRAYER

A close-up photograph of a hand with fingers clasped in a prayer gesture. The hand is the central focus, showing detailed skin texture and nail details. The background is a soft-focus image of a person's face, likely a woman, with her eyes closed and a serene expression, surrounded by green foliage. The overall color palette is dominated by teal and green tones, creating a peaceful and contemplative atmosphere.

I AM HERE.
I AM WILLING.
HOW CAN I HELP?
GUIDE ME.



We can support a person in their blossoming

through our quiet loving presence . . .