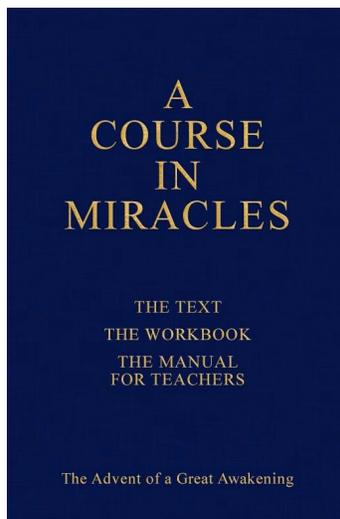




**Remembering Now – Embodying Presence
Presencing Issue #43**

“You are so long accustomed to believe that memory holds only what is past, that it is hard for you to realize it is a skill that can remember now. The limitations on remembering the world imposes on it are as vast as those you let the world impose on you. There is no link of memory to the past. If you would have it there, then there it is. But only your desire made the link, and only you have held it to a part of time where guilt appears to linger still.” ~ ACIM Undoing of Fear



Dear Ones: Last weekend I taught Meditation for Bodyworkers. What I want to do is explain why it can be so significant that we are working with touch and why meditation is a perfect accompaniment to our work. The above quote from A Course in Miracles is a statement that helps us understand why we do not perceive life truly. Our minds are continually recollecting the past and projecting it on the present moment. This is what is meant by: "We see as through a glass darkly;" and

the phrase "the cloud of unknowing." Our minds are foreshadowing all of reality through our memories of the past. "Be still an instant" and learn what creation really is. Bodyworkers have a perfect opportunity to explore creation as it really is because we touch bodies. I will try to explain what I mean by this statement and why I want to help you have moments that are not dominated by your thinking mind.



A Different Reality: Many authors are now inviting us to come into presence. Why is this happening all of a sudden? In the past only a few mystics wrote about coming into presence; a state of consciousness in which everything that is occurring outside of us is matched by everything that is happening inside. We start to perceive our own creative involvement in every moment. A friend recently asked me what can we call those persons who have experienced presence and are committed to passing that experience on to others. I immediately thought of the phrase: "When two or more are gathered in my name, there I am." I said: "let's call them gatherers" and try out all the meanings of that word. Gathering the fruits; gathering together, gathering from what has happened; gathering all the parts; gathering our thoughts and feelings; creating a gathering, gathering in presence. What strikes me is that in body centered therapy we have many opportunities to invite others into gatherings or sharings of presence, in our daily lives and our sessions with clients. What used to be confined to the ecstatic experiences of mystics can now be explored more openly together.

Laying the Foundation: Here are some assertions that underlay these sharing episodes. The body only exists in the present moment; despite all of our memories and photographs of this body; this community of cells is always a reflection of now. The body accompanies our every experience with sensation and with it's aliveness and sentience. That accompaniment occurs freshly in each moment. We know that

the body exists for a limited time, and so we spend much of our lives trying to create a personal existence based solely on retention of the body. This is one reason our minds spend so much time holding onto the past and struggling to prevent the body from ageing. Yet we all know that this will inevitably fail. Our body accompanies every moment of our life, and it exists only in the moment. We can shift our attention from thoughts in our minds into tracking the body sensations in every moment. When this occurs we start to realize that every moment is filled with fresh aliveness. And the reality is that livingness is always moving forward; there is no going back. We are cast in the eternal moment, and our bodies can become instruments for interpreting that moment.

The Crux of the Matter: If it is true that the living body only exists in the present moment, then that means that practitioner and client can be sharing that moment together. Each is touching and being touched. The nexus of that touch for the practitioner is palpation, which is enhanced by her feeling awareness of her own body. The nexus of that touch for the client is her proprioceptive awareness of the body part being touched, which is enhanced by her overall feeling awareness. Presence is another term for feeling awareness in the body; feeling the body as it is right now. So now we can talk about "gathering together" in a new way. Both client and practitioner have an experience of presence while informed by their mutual awareness; both can feel the changes in tissue from inside and outside and from minds which are not projecting from the past. The remarkable occurrence is that the tissue in the body is reassembling according to what is possible now, and both persons can feel it. The body is being freed from the part of the mind that has been carrying the baggage of the past. The mind has adjusted itself to the feeling of release from the past that is taking place in the body. And the eternal now is being shared by both persons. Christ, which represents our collective wholeness, has joined our gathering, or shared presence. In ACIM the moment of presence is called the holy instant, and the sharing of that moment is called the shared holy instant.

A Footnote about Words: The title of this Presencing Issue is called "Remembering Now. Note that the word re-member-ing is an activity that involves the members of the body; the living body that only exists in this moment. The subtitle Embodying Presence is also a play on words, which really means that we match our conscious awareness with an environment of presence, namely letting the body-instrument carry us into an experience of eternal now. This is the real meaning of sentience.