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Promoting Mindfulness & Wellbeing through Presence

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Practical Tip #1

**Be in Second
Circle**

Patsy's Rodenburg's Three Circles of Energy™

- A. 1st Circle (inwardly focused)**
- B. 3rd Circle (outwardly focused)**
- C. 2nd Circle (balanced give-and-take)**

(Rodenburg, P. [2010]. The Second Circle. W. W. Norton & Company. New York)



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Practical Tip #2

**Physical
Presence**

A. Posture

- **Connect with the Ground**
- **Remember Your Spine**
- **Energy a little forward toward balls of feet**
- **Notice Collapsing**

B. Release Unhelpful Tensions

C. Breathe

- **Low breath inhale**
- **Speak on the exhale**
- **Notice when you tend to hold**

D. Connect

- A. Notice (“breathe in”) your surroundings**
- B. Easy eye contact**
- C. Speak only so fast as you can mean what you say**





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