



PRESENCE-BASED®
COACHING

Excerpted from *Presence-Based Coaching*

By Doug Silsbee, San Francisco: Jossey-Bass, 2008

Core Mind Practice 6.1: Sitting

Sit up straight in a chair that supports your back. Keeping your back straight, allow your feet to rest comfortably on the floor. Keep your head erect and over your shoulders, but don't strain. You may close your eyes or let your gaze rest softly on a blank wall several feet in front of you.

Bring your awareness to your breath. Depending on what's more noticeable for you, you might choose to attend to your abdomen rising and falling as you breathe. Or you might focus your attention in your nostrils, where the air moving in produces a certain coolness. Either location is fine. Simply bring your attention to the place you select.

Don't try to do anything in particular with your breathing. Begin to observe the sensation as the air moves in and out.

To yourself, speak the words "breathing in" during your inhale and "breathing out" during your exhale. If you find your attention wandering (and you will – that's part of the game!), observe that your attention is elsewhere and bring your attention back to your breath. If you notice any self-criticism about not being good at this, notice that and bring your attention back to the breath.

Do this ten minutes a day. Twenty is better than ten, and five is better than none. If you can, sit twice a day: in the morning and again in the evening. Consistency is important. Just the act of sitting for some time each day has significant benefits: relaxing your body, slowing your pulse, letting go of stress, and training your attention.