

# Wisdom is Working

## **Presence**

Being present is the foundation of freedom. It is available no matter what we are doing, no matter what is happening. The training we need to undertake is remembering to remember, and so we will work in a way that supports that.

In the morning we will work quietly. In this way, we are utilising how being in silence helps us be in the moment.

We want to be aware of what we're doing, and also how we are with what we're doing. When we spend time silently externally we are better able to notice if we are not silent internally.

## **Being with Everything**

We may find that some activities are more conducive to presence than others. It is good to work out on the lighter weights sometimes. But when we feel steady and present enough we can approach the more strenuous moments.

When we approach a difficult task our instinct can be to keep our distance. We're just trying to get through it, and onto something else. We've automatically triggered ourselves into a mode that cannot get intimate. The silent mornings can be a great time to explore our edges. We can see if we can expand beyond our ideas of what I can and can't do, and what I can and can't be present with. The silence is very conducive to this, and that is one of the reasons why we drop out of conversation for this time.

Conversation is a beautiful way of making connections, and that is why we make sure to have the afternoons to support (and enjoy) that.

## **Finding our Balance**

We refer to the mornings as working quietly. We make this distinction from being in silence as there will be times where we need to communicate about the work. To best support this quiet working we need to be clear when our speech moves from essential to conversational. It's an individual exploration, but one that impacts those around us. We hope this guideline supports insight, interest and enjoyment. Through which we can support ourselves and each other to live a free and liberated life.

## **Bringing Us All Back**

There is still the possibility of missing the moment by just being caught up in our own inner narrative. So we will be using a "mindfulness bell" through the day. You are invited to stop what you're doing, and just be. Discovering where we actually are; body and mind.

When we're ready we can rejoin the work, and see how that reminder makes a difference.