



Presence and the Unstoried Self: Practice and Purpose

AAP Webinar Series 2017



Please note this session will be recorded and made available on the AAP website for future access. We will stop the recording function before the Q&A segment at the end of the presentation.



Presence and the Unstoried Self: Practice and Purpose

AAP Webinar Series 2017

Presented by: Richard Lamb

Hosted by: Julie Rivers

Saturday February 3rd, 2018



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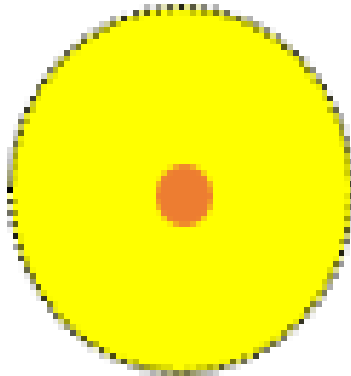
Our mission is to advance the theory and practice of psychosynthesis to benefit individuals and society.



Introduction

Description: this webinar includes discussion and exercises to explore Presence and build the muscle to practice the living of Presence in our daily lives and by extension with our clients.

Target Audience: coaches and counsellors who wish to explore, discuss and practice principles and methods for evoking Presence in service of others.



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Introduction cont.

Learning Objectives: by the end of the session, you will

- ✓ Connect with your “Unstoried Self” and develop the capacity to experience an unfiltered reality by exploring how you experience Presence in your body, thoughts, emotions and other psychological functions;
- ✓ Engage in discussion on being in “right relationship with reality” to understand the impact of filtered lenses on our experiences and choices;
- ✓ Encounter numerous perspectives on the experience of Presence through discussions and drawing on this to understand how to better work with your clients; and,
- ✓ Practice eliciting Presence within ourselves using an identification-disidentification method (i.e., the Witness Meditation) to expand your personal experience of Presence and thereby have that to offer your clients.

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Richard Lamb

From England, UK, working as a Psychosynthesis Coach and Hypnotherapist, with clients in a 'Life Transitions Coaching' frame for the past c.4 years.

Came into contact with the AAP through completing the Synthesis Center's Psychosynthesis Life Coach online training with Didi Firman and Jon Schottland.

Since then has gravitated towards studying the concept of Presence as a set of principles and tools through which psychosynthesis practitioners can authentically connect with their own well-spring, and so facilitate that process with clients.

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Zoom, Zoom, Zoom... Practice Time

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Getting to know you....

I am working on Presence
with myself.

I'd like some new
techniques to explore
Presence.

I am working on Presence
with my clients.

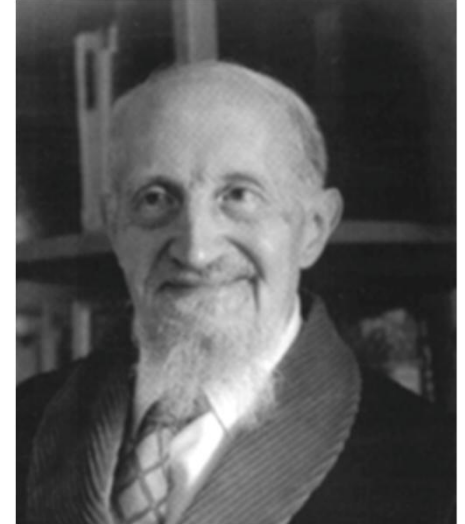
Other

I am new to this topic.

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What is Psychosynthesis?



- Psychosynthesis is simply a name for the process of personal growth: the natural tendency in each of us to harmonize or synthesize our various aspects at ever more inclusive levels of organization. In its more specific sense, Psychosynthesis is a name for the conscious attempt to cooperate with the natural process of personal development. All living things contain within them a drive to evolve, to become the fullest realization of themselves. This process can be supported consciously, and Psychosynthesis is one means to do this.
- Psychosynthesis dates from 1911 and the early work of [Roberto Assagioli](#), an Italian Psychiatrist.

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Outline for Webinar

- Introductions to one another and the topic of Presence
 - Tuning In Activity
- Qualities of Presence
- Exploring Methods for Evoking Presence
- Patterns to guard against
- Closing

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The Unstoried Self...?

- We already know human beings, including ourselves, live inside the stories they tell about themselves.
- They use those stories to interpret everything they encounter, be that novel or routine.
- Considering Psychological Functions for a moment, the way we access and value those ways of experiencing 'reality', together with dominant Subpersonalities and related complexes, form the collection of perceptual filters that prescribe the what, how and why as human beings.
- So from that contentless inner space I am referring as *Presence*, we have an opportunity as Guides to show the way for witnessing and seeing through those filters.

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Time to share – what does Presence look/feel like?

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What, in essence, might be qualities of Presence, as an experience?

- Detachment from our own stories
- An ease with what is occurring in the moment
- Accessing inner resources from a clear, contentless “I”
- Embodying transpersonal qualities in our dealings with others
- Clear perception: of self (ie. a thorough knowledge of one’s personality) and *others...when two or more are gathered...*

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Methods for Evoking Presence: Time for an exercise...



...the Witness Meditation...

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What did we experience?

Please draw/write what comes into your conscious awareness, intuitively...and what other practices may assist in that inner clearing?



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What other methods might assist in experiencing Presence with clients?

Please draw/write what comes into your conscious awareness, intuitively...and



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Patterns to be aware of: When we're not present...

- Distracted by what is happening in the environment, inner and outer
- A tightening...restriction/narrowing of awareness that is not Willed
 - What qualities do we ask for that we need?
- Identifications (Subs, trauma)
- Triggers...Projections: reacting rather than responding from awareness/clear perception

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When we're not present...

The Law of Diminishing Returns

Assagioli was referring to the way we get hooked by the content of whatever passes in the field of conscious awareness, and the way that content exerts power over us, diminishing our full experience of being human. Addiction, as extreme examples of being captured by experience, results in our lives growing smaller and smaller as we orient ourselves around the prospect of the next fix. But in less noticeable ways, don't we all get hooked by our anger, our impatience, our perfectionism, our victimhood?

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What might we experience when Presence is not available to us?

Please draw/write what comes into your conscious awareness,
intuitively...and



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Wisdom from Augustine's Paradox (note the "should"...where might that be coming from, though...)

"One should live as if whatever he did at any given moment was of extreme importance, but if he died at that time it would make no difference."

The Buddhist practice of loving-kindness toward ourselves— greeting whatever we're experiencing in the moment with a gentle, no preferences attitude – might come close to Augustine's observation.

Detachment as important as attention.

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Present and “all here”

- ✓ Responsibility for our experience...what we experience through our filters...what/how we respond...response-able...
- ✓ Expressing transpersonal qualities/values in the moment from “I”
- ✓ Requires a strong sense of self
 - Who is aware...?
 - Who is choosing...?
 - Who is willing...?
- ✓ Presence-Choice-Will: do we engage the Will or does the Will engage us? The transpersonal...

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A closing meditation for connection...

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Question for the audience

(Using the text tool below, please click and type your answers for all to share.
You may also add a checkmark next to someone else's answer if you agree with them.)



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Interested in knowing more about Psychosynthesis???



- Please explore the AAP website! Association for the Advancement of Psychosynthesis: <http://aap-psychosynthesis.org/>
- Also, please look forward to an invitation for our next webinar coming in the Spring.
- Details will also be posted on the AAP Education page.

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Start Q&A

Stop Recording!



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Feedback Polling Question Here

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Please share your thoughts with us on potential future topics of applied psychosynthesis

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