

## Conversations with Spirit Sample Mentorship Exercise

### EXERCISING THE OBSERVER *THE PRACTICE OF PRESENCE* *ENTERING THE NOW*

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#### **Who is this exercise for?**

Those preparing to hold steady in the present moment.

#### **Purpose of this exercise**

Exercising the Observer is an essential practice to incorporate into your Sacred Discipline. It stimulates the Spiritual Muscles that maintain steadiness in the eternal Now of the present moment. Maintaining this steadiness is essential in preparation to exit time and thus, the illusion of a physical reality.

#### **Frequency**

Do this exercise one day a week for a month, one week (seven consecutive days) a month, or daily over the course of a month. Use your activity log to monitor your practice.

#### **How it works**

**Step 1:** Set seven alarms on your phone.

**Step 2:** Each time an alarm rings, consciously take a deep breath. Do not rush through the inhale. Hold the air in your lungs for the count of five. Release the exhale slowly.

**Step 3:** Observe the physical state of your body at the moment the alarm rings. Record your Observations in your notebook or in an audio recording to yourself.

**Step 4:** Observe the state of your emotions at the moment the alarm rings. Record your Observations in your notebook or in an audio recording to yourself.

**Step 5:** Observe the State of your Beingness at the moment the alarm rings. To what extent are you allowing You, as Spirit, to be a conscious part of the physical reality in this moment? Are you Looking through the Eyes of Spirit in this moment? Has the alarm affected your State of Presence in the moment?

**Step 6:** Once you record your Observations at each of the seven linear time markers, review your recorded Observations and make one final recorded Observation of the day as a whole. Can you identify any patterns in your Observations today? Have you been equally present throughout the day? Are there certain scenarios, or certain people, that seem to kick you out of the present moment? What patterns can you Observe?

Upon completing this exercise a minimum of four times (four consecutive or non-consecutive days of seven alarms each), begin to identify ways to increase the degree to which you are present each day. Then, make new choices to be present longer each day.

*For the complete details of the Conversations with Spirit Mentorship program, visit <https://www.conversationswithspirit.com/mentorship/>*

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### Tips

- Ensure your phone is with you throughout the day and that your alarms are audible or easily felt when they go off.
- Ensure that your seven alarms are set within your waking hours (i.e., do not set any of these alarms to go off while you are asleep).
- You can set your alarms close together, equally distributed throughout your waking day, or randomly by choosing seemingly arbitrary times for each one.
- When completing this exercise over the course of consecutive days, consider setting different times for the alarms to go off each day to diversify your experience.
- Do not snooze any of the alarms when they go off. Honour the time you set and complete the recording of your Observations each time an alarm alerts you before continuing on with your day.
- If you choose to record your Observations in written form, make sure your notebook is with you at all times on the days during which you are completing this exercise.
- The conscious breathing in Step 2 is purposeful. Please do not skip this step.



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