

## **Session III**

### **Being “Present” with Appreciation©**

Now, that you are spending time personally or professionally with someone. You can greatly assist the depth and quality of relationship if you remove potential hindrances by holding a “Presence” of appreciation. This means to decrease your level of importance and expand your level of presence by actively being in "appreciation" as the quiet listener, friend, associate or teaching guide.

**Being**  
***“Present” with Appreciation***©  
**Empowerment Workshop Session III**



**LISTEN TO THE WEBINAR REVIEW**  
**THEN, CONTACT YOUR COACH TO SCHEDULE A LIVE SESSION**

**Expected Results**

**Take YOU out of the equation without losing you**

**Increase others level of importance by appreciating them**

**Create space for deep relationship, connection, healing and learning**

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# Being “Present” with Appreciation©

## Introduction: Time 10 Minutes

**Presence** is a condition of being present or, a quality of poise and effectiveness that enables one to achieve close relationship with another. Also, it can be a state of being closely focused on the here and now, not distracted by thought. This state is being in the NOW.

**Pure being-ness** is void of *thoughts/descriptions* (ideas, preferences, judgments and perspectives about anyone or anything). It is the space from which connection, assisted spiritual and or physical healing may flow. **Being present is about where your “attention is.** It is hearing and “*appreciating*” the other person, client or student and their story. Your attention is in the NOW. All *thoughts/descriptions* are *near or fully silent*. Within this “**appreciative**” space (**presence**) the most appropriate connection, gifts and talents that you possess can “rise up” from Intuition.

*“We are each born with a spark of divinity. When this spark glows brightly, we experience our best and noblest aspects. We cooperate and are real for each other. This condition occurs instinctively during times of crisis, but it can be deliberately created to accomplish great works...”* By: Harry Palmer

## Personal Play: With thoughts/descriptions about Something Time: 15+ Minutes

Largely, the only response anything (objects/plants/animals and sometimes humans) may possess are the one/s we give to them, with our *thoughts/descriptions about them*. We tend to label things with our personal ideas, preferences, judgments and perspectives. *So, then are we truly experiencing them just as they are or are our impressions being mirrored back?*

- **Locate various objects** (lamp, book, candle, dish, etc.). “Look” at it for 15 seconds. *Think about it.* Use something to keep time.
- **Do one item at a time** from the list above or more.
- **Give or write down and describe** in one sentence, what you thought about each item used.
- **Then give or write an answer to the following question regarding each item:** “Why do I experience this item in this way?”

## Personal Play: Without thoughts/descriptions about Something Time: 15+ Minutes

Taking management of, actually “**letting go**” of our *thoughts/descriptions* (ideas, preferences, judgments and perspectives) can assist in slowing down if not stopping all together any “projected response” from anything. When this occurs we are present and in the **NOW!**

- **Again, locate various objects** (lamp, book, candle, dish, etc.). “Look” at it for 15 seconds. *Think about it... then to allow the thoughts/descriptions to Fade Away... into NO THOUGHT, STILLNESS or to a CLEAR SPACE of mind.* Use something to keep time. **Practice this for a while...**
- **Do one item at a time** from the list above or more.
- **Give or write down and describe** your experience of each item. Note any differences or similarities you had with the various items used.
- **Give or write down an answer the question:** “How could this skill of being **without thoughts/descriptions** benefit my connection with others, associates, clients or students?”



## Natural World Play: “Presence” with Anything Time: 15+ Minutes

**Appreciation:** *Ok just as it is, without thought or descriptions...*

The prize of learning something is experiencing it. Then the goal is to take that experience into the world and live it, share it. Perhaps the only **presence** needed is “*Appreciation*”

- **Take a 10 minute walk outside in nature:** Notice an object, stone, water, plant, or animal. Now without thoughts/descriptions “*Extend or Gaze with Appreciation*” at each one, one at a time for a moment or two.
- *Anytime a thought or descriptions occurs.* **Bring your attention back** to the object, plant or animal. Be **present** with each one in “*appreciation*”
- **Give or write down and describe your experience:** Share any realizations that you may have.

## Human Play: Holding/Extending “Presence” with Someone Time: 10+ Minutes

We know that it is absolutely true that humans respond to all kinds of stimuli. We tend to project our *ideas, preferences, judgments and perspectives* about others most easily. *Thoughts and descriptions* are an energy form that can be perceived because they elicit emotional responses within us and then others respond. *Can others invisibly feel yours?* If yes, then “**letting go**” of *thoughts and descriptions* can provide a “space” in which your connection with friends, associates, clients or students can “develop” with you. *Friendships take place, healing occurs and learning is enjoyed!*

- **Team up with another friend or partner for 10 minutes of practice:** Ask them to sit in a relaxed manner across from you. “*Extend or Gaze Appreciation*” toward (with outflow) the other person (they are receiving). Notice your reactions if any. If any arise, come back to being **present** with an outflow of “*Appreciation*” for the other person.
- **Breathe with the other person...**
- **Allow** all thoughts, ideas, preferences and perspectives to FADE AWAY...
- **Have a 5+ minute discussion between you:** Share any realizations that you may have had.
- **Repeat this** until the other person **feels** your appreciation entering their space...

## Group Play: Being “Presence” with Everyone Time: 5+ Minutes

“*Love is an expression of the willingness to create a space in which something is allowed to change*”. From the book ReSurfacing® by Harry Palmer

- **Locate a group of people (in a park, mall or other):** Without being found out (be unobtrusive), “*Extend or Gaze Appreciation*” toward (with outflow) to them (they are receiving). Move your eyes around the group. Be **present with each person in appreciation** silently. If any reactions arise in you, come back to being present “*with appreciation*”.
- **Breathe with the other persons...**
- **Allow** all thoughts, ideas, preferences and perspectives to FADE AWAY...
- **Give or write down your** experience, anything you noticed and any realizations.



## Sharing Play: The Being “Present” with Appreciation Section Time: 5+ Minutes

Share with the group (if the course is live) your overview of experience with “Presence” or email it to Randall Loop, Developer (if doing home study) when you have completed the session. Email to [erloop@gmail.com](mailto:erloop@gmail.com).

Randall will respond with an offer to do a Tele/Video Conference session to Review and to Perform the Guided Meditation, Integration and Activation below.

### Randall Play: Guided Meditation of Integration: Time: 5 Minutes

*This is a guided meditation of integration is followed by an activation that is to be done with Randall.*

#### Relax your mind, relax your body...just begin to relax...

- **Allow your body** to become heavy, more weighted and relaxed... you are floating down into the surface you are relaxing on....Feel your body, feel the edges of your body,
- **Allow all thoughts** to wind down, winding down and relax. Go into the quiet stillness from which Source emanates. Widen out into this expansive..., still space. NOW embrace all that is in this space...as you expand out, expanding out and beyond...including everything.
- **Expanding out** beyond your mind, beyond your body, include everyone and everything. Get some sense of how this spaciousness feels...where are the edges...are you still in the skin or do you extend beyond...you are beyond...
- **Now, feel** that you are embracing and containing the space...from the viewpoint of Source...you contain it all. Feel now...who you are...you are Source in this expanded, still space in which you embrace all creation...
- **And, now** while in this expanded state of Source...repeat the following out loud after me...

#### Spiritual Activation: Maybe read allowed and repeat 1-3 times... Time: 1-3 Minutes

- **“I am Activated with Awareness of Self, In Connection with Others and Present with Appreciation. I will guide and assist others to become Self Aware, Connected and Present with Appreciation as well”.**

#### Blessing:

*I see you as part of everything, deeply connected to all that exists. I feel your love and good wishes for all beings. Your compassion washes over me like the waves of a loving ocean.*

***Thank you and May You Be Happy and Well!***