**AN ANCHOR FOR PRESENCE**  
An exercise for training your ability to be present.

1. Select a place, indoors or outdoors, where you can sit or walk around in a while and just experience and enjoy the world around you.

2. When you now are observing your surroundings, train focusing and train moving your focus between your different sensory channels of input:
   
   - **Seeing** - seeing things - and also, switch between panoramic (indirect seeing) and detailed vision. Look at different things, colors, movements, etc, around you.
   
   - **Feeling** - feel the temperature of the air, touch things with your hands - the structure of the surface, form, hard or soft, weight. Feel how your skin and your muscles feel when you move. Make yourself aware of how it feels to exhale, how exhalation happens by itself, without any muscular activity, by itself.
   
   - **Listening** - listen to the sounds around you - where they come from, tone pitch, how loud they feel. Switch between panoramic and detailed listening. Listen to your breathing, listen to if there are changes in how you breathe. Listen to voices around you, with which speed they talk, with what kind of voice. Listen to your relaxed exhale.
   
   - **Sensing scents** - experiencing scents, fragrances, how it smells. The scent of the air you breathe, scents from things around you - note which scents feel sharper than others, which are more subtle. How the scents influence the experience of taste in your mouth.

   When you focus on one of these input channels at a time, you may be able to increase your awareness if you close the other input channels by closing your eyes / holding your hands over your ears / pinching your nostrils together, in different combinations. Try to be completely present with your experience in each channel, without having any inner dialogue, inner images or emotions around what you are experiencing.

3. With your right hand, hold your left wrist. While focusing on being aware of one input channel at a time, squeeze your wrist in proportion to your degree of awareness. The more keenly you can see / listen / feel / sense scents, the harder you squeeze...

4. Now, start to focus on all of the input channels simultaneously, until your awareness is completely directed on everything you experience around you. Squeeze your wrist in proportion to the level of your focus, the level of your being present with What Is, how present you are Here and Now...

5. **Repeat (2) - (4) again and again**, until all you need to do in order to become completely present and completely focused with all your senses on your surroundings, is to squeeze your left wrist.