



MILLIONAIRE LIFE ON ZERO BUDGET

Here we're going to go 'straight to the expansion' - let's delve right into the spontaneous-expansive field of divine creation:

Being in our fullest potential, in our greatest freedom is simply about *how embodied we are* - how *fully present* we are; how fully occupied our whole being is. When we're **all-here**, we're not just inside of ourselves, but grounded, rooted and conscious, whilst simultaneously extending our awareness effortlessly into the world around and beyond us.

So how do we 'do' this?

We don't 'do' anything: we just cultivate our ability to feel, to be in the whole body, to be present in our work, relationships and interactions. Whatever makes us more present, we can slowly and accumulatively bring ourselves more and more in line with. It's no more mysterious nor magical than this.

As an exercise in 'presencing' - here are some prompts to work from:

What is presence to you right now? Describe your moment in detail - try to veer gently away from what you're *thinking*, and into the whole-body *felt* experience of this moment:

What is presence to you: list moments in your Life in which you've felt most fully in yourself: describe either one moment in detail, or list all the ones that come up. Focus again not on the thought of those moments, but on the sentience of them for you.

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Now write some notes on the meaning of this: what comes up for you? What strikes you as significant in the times when you were most present? And what makes sense for you in how you feel in this present moment? Be deeply honest: this is for you:

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