

Companions of Destiny

in service to the global awakening

Thank you for watching our video on the Are You a Messenger site.

Call to Action

We invite you to join us in an exercise of daily attention on the Present Moment.

The ultimate destination is for you to know that being present is a powerful path to living a fulfilled and realized life.

As with any new endeavor- even one that is easy, enjoyable and liberating - old habits can distract us. Maximum benefit comes with regular practice.

Step One: Accept this invitation to accelerate your own awakening process.

True genius emerges from full expression of your unique frequency. It happens when we are fully engaged in the present moment. Athletes experience this as The Zone. It is the home of the “A’ha!” experience of sudden insight and realization.

Step Two: Commit to at least 10 days of daily practice.

Actively bringing yourself back to the present moment as often as it occurs to you.

See examples on the next page.

Step Three: Record your experience daily.

Either by journaling, by sharing with a supportive friend or by posting on our facebook page dedicated to this project. Or a combination of all. Be sure to join us on facebook so you can be a part of the conversation.

Examples of practices you can do each day:

Daily morning practice. 5 minutes or longer

- In the morning, before breakfast, find a spot to sit comfortably for a few minutes where you are not likely to be disturbed.
- Sit in a position that is comfortable, upright, so that your breathing is open and unrestricted.
- Be Still. Observe...Listen...Feel your surroundings. Feel the aliveness in your hands, body.
- Close your eyes or soften your gaze.
- Take a few conscious breaths. Naturally you will breathe slightly deeper.
- Continue to breathe easily, as though you were breathing through your heart.
- Relax and Let Go.
- When you find your attention has drifted off into thoughts, simply bring your attention back to your breath with the same effortlessness that you drifted off.
- Think gently and with kindness of an intention for your day .
- You are now complete, and ready to move forward into your day with Grace and Ease.

Be present while you are walking, or standing in line. 1 minute, or longer

- Do this several times a day, when you are walking. You maybe walking to your car, down the hall at work, in nature or waiting in line at the grocery store.
- See or feel your body... filled with life force and glowing from within.
- Listen for the faintest sounds you can hear.
- Feel the floor beneath your feet. What does it feel like.. hard? soft?
- Notice how your clothing feels against your skin.
- Observe the textures and colors of objects you see.
- Continue to breathe easily.
- Allow yourself to appreciate how wonderful it is to be able to move your body this way through the place you are walking.
- When you return from your walk, sit easily and notice how it feels to be supported by the chair or other structure you may be resting on.

Writing, texting, or typing on a computer. 10-20 seconds

- Before you write a note, type an email, or send a message in Facebook or other tools, take a moment to relax your body.
- Close your eyes or soften your gaze and take a conscious, cleansing breath.
- Feel your body in the chair, supported, at ease.
- No need to think. Just relax and let go.
- Now place your hands on the keyboard or mouse. Notice their shape and texture with your fingers and palms.
- Take another easy breath. Collect yourself as a whole being, in peace.
- Now simply write or type your message.

Journaling:

Remember to take a few notes about your experiences each day during the 10day period. You can also enter comments into our Facebook page about your experience.