

DISCO

A somatic practice for moving into presence in the Now

In conscious presence, we connect to our inner essence and embrace the Now. When present, we allow our pain and fears yet they don't cloud our responses. We see clearly, living awake.

Presence is a foundation for conscious bravery. When present, we stop resisting what is, assertively surrendering into this moment, changing what we can.

“D”

D is for Drama.

*Allowing my **pain**, I stand in the cloudy drama of the situation. This danger zone is worsened and perpetuated by my thoughts.*

“I”

I notice, “I am in it.”

I consciously observe myself disrupted and upset. I am the one keeping myself here.

“S”

S stands for situation.

*With **compassion**, I know: this is just my situation, it's not my life, and it won't last forever.*

“C”

C is for choice.

I have a conscious choice: to step forward into awareness and accept what is.

“O”

O stands for options.

***Braver**, I step forward again in attentive presence now. With spatial awareness, my perspective changes and I see options. Opportunities will eventually emerge.*

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—Somatic= Relating to the body, especially as distinct from the mind.
—Based on “*Transformational Presence*” by Alan Seale. Eckhart Tolle also teaches about the power of Now and presence.