

We present ourselves every day.

Whether it's a formal presentation or an informal one, you are presenting yourself for others to see, hear, and hopefully, accept.

So, is the first impression you make the best impression you *can* make?



Opening Your Presence

Kefas Berlin Jannes



Opening Your Presence:

Opening Your Presence Greta Muller, 2014-10-01 Inside each of us exists a unique persona a presence that is powerful personal and genuine What if you could tap into your greatest gifts and talents to create a more powerful impression a more impactful message and greater connection with the people that matter most Your success starts with your story your presence and Greta Muller will show you how to tap into your most powerful and authentic self when it s time to deliver your next presentation speech or meeting With a background as a broadcast professional and a coach to executives on camera talent actors and business leaders Greta Muller knows how to help you tap into your own personal story to find the confidence you need in front of any audience [Opening Your Heart with Psalm 27](#) Rabbi Debra J. Robbins , 2019-07-01 This

volume is a compelling invitation to meditate on the deeper meaning of the fourteen verses of Psalm 27 During the month of Elul and the High Holy Day and Festival season we reflect on our relationships choices beliefs and practices considering where to make repairs adjustments and atonement Opening Your Heart with Psalm 27 provides gentle guidance through this journey of reflection offering heartfelt insight profound translation and an invaluable framework for meaningfully participating in this annual spiritual practice **Becoming a Healing Presence** Tom Balles, 2015-05-01 This volume should

not be required reading but required study for everyone offering care in America The biggest complaint about care in the USA is that nobody listens Tom Balles book lays out in simple detail the basic human habits that we lost in our addiction to technology Care is about individuals caring for other individuals ROBERT M DUGGAN MA MAc UK Dipl Ac NCCAOM author of Common Sense for the Healing Arts and Breaking the Iron Triangle Reducing Health Care Costs in Corporate America Becoming a Healing Presence is simply elegant Tom Balles calls all those who offer care to a high standard to be present with senses wide open He offers uncomplicated practices for exploration inviting us to sharpen our attention and deepen our awareness The book serves head and heart and will transform the caring experience for both giver and receiver BARBARA CATLIN Founder and Director Bigger Conversations Columbia Maryland Over the last thirty years the delivery of healthcare has gone through enormous changes The insurance industry managed care the use of pharmaceuticals and high tech medicine have all grown exponentially In the midst of these changes have we developed a bit of amnesia In offering our care have we forgotten the capacity of human beings to help heal other human beings Have we overlooked the need to cultivate ourselves as instruments of healing Are we in danger of losing the healing power of the relationship between those giving and receiving care The tribe of caregivers is in need of some potent medicine Whether youre at home caring for an aging or ailing family member trained to be a volunteer or working as a health care professional youll find powerful elixirs in these essays Theyll remind you of the many healing capacities you possess as a caregiver and of the great strength to be found in the healing relationship Becoming a healing presence requires practice Each essay is accompanied by practices that will transform your care and compassion into effective action and help you focus on what truly matters when offering care

Your Presence Is Requested at Suvanto Maile Chapman,2011-05-24 Sunny Taylor is an American nurse who hides behind a mask of crisp professionalism at a Finnish convalescent hospital called Suvanto On a late summer day a new patient arrives on Sunny s ward and soon Suvanto s reliable calm begins to show signs of strain As summer turns to fall and fall to a long dark winter the escalating menace of Your Presence Is Requested at Suvanto Maile Chapman s astonishing debut novel builds to a terrifying conclusion

Open Your Heart And Be Inspired Loretta M. Green,2006-06-23 Open Your Heart And Be Inspired is a collection of inspirational poems that was written from the heart to the heart This book was created to inspire encourage and motivate people no matter what problems or issues life presents No matter who you are there is a poem in this collection that will touch your heart and lift your spirit Men women and children alike will be moved emotionally by this collection Your heart will be stimulated and soothed all at the same time This collection will help to bring hope in times of hopelessness and peace in times of trials and tribulation

Opening Our Spiritual Eyes Qala Sri'ama Phoenix,2011-02-22 Karma is generally understood as personal and clearing karma is often considered an individual effort with individual rewards In Opening Our Spiritual Eyes spiritual teacher Sri ama Qala Phoenix shows how karmic clearing can also be used in collective healing Karma is shared within families and communities and clearing karma releases it from the etheric body of our children and future generations The book was inspired by the ongoing Celestial Project a four year global endeavor of Australia s Divine University that began in 2009 The project involves people gathering worldwide on specific dates to focus on the karmic cleaning of the etheric body of a major city Opening Our Spiritual Eyes draws on the author s experiences of meeting the Enlightened Masters those wise spirit guides who through her present new understandings of the collective karma held within the world s primary cities and our etheric bodies and how to free ourselves our families and our world from it with grace Revealing what Sri ama Qala Phoenix calls the true nature of the divine plan for humanity and our Earth the book shares essential keys for how we can become empowered to live in alignment with our divine purpose

Auras: Techniques to Help You Speak Strongly to Make Your Presence (The Hidden Power for a Beautiful Life without Negative Energy) Simon Shannon,101-01-01 This book will help you Some books go into so much depth and beginners can be easily put off by this That is why this book is aimed at those who are just beginning their journey into spiritual practices It is not loaded with jargon or complicated imagery just everything you need to be able to see the aura with practice It includes exercises as well as some of the more common colours and their meanings In time you will develop your own code that is meaningful for you but this will help give you a good head start Here is a preview of what you ll learn Auras How to Read Auras How to Sense Auras What is Aura Reading Layers of the Aura How to See Auras Aura Colors and Their Meaning How to Improve Your Aura Much much more You ll learn all this and more Discover proven techniques to manipulate your human energy field and create the perfect life you ve only dreamed about until now These techniques are simple but powerful and they work fast You ll see the results from practicing these techniques from the very first moment you apply them

Open

Your Eyes Judy Kazz,2001 **The Secret of Thy Presence** Angelina Kiena Mascari,2005-11 **Occasions for Alleluia** David Adam,2012-10-12 In this captivating book David Adam aims to help us recognize that there are moments in each day of our lives that are cause for thanksgiving and to pause and praise God We explore in turn the natural ability to rest to see to know to love and to enjoy first in relation to our surroundings then in relation to our creator By the end of the volume the author s hope is that we would feel assured that we are loved and that a deepening awareness of the glories of the world around us would lead us time and again to delight in uttering Alleluia Therapeutic Presence Arthur Robbins,1998 In this text Arthur Robbins explores the interaction between patient and therapist in depth examining the concept of therapeutic presence and the therapist s ability to maintain it **OPEN YOUR WINGS** SARVAD PUBLICATION,2021-12-03 OPEN YOUR WINGS IS THE BOOK WHICH MOTIVATES US TO BE LIMITLESS **The Journey** Brandon Bays,2002-04-03 Heal your life and set yourself free In 1992 Brandon Bays was diagnosed with a basketball sized tumor in her uterus Already experienced as a healer she felt she needed to explore alternative means of healing before resorting to surgery and drugs In the process she found herself catapulted into an extraordinary soul searching and ultimately freeing journey of healing Just six and a half weeks after her diagnosis she was pronounced perfectly healthy Without the need for drugs or surgery the tumor had disappeared The profound process of self healing that Brandon Bays pioneers has since freed thousands from lifelong emotional and physical blocks Through the unique work she describes in The Journey we can learn her deeply transformative techniques and reap the rewards The Journey guides us directly to the root of any longstanding difficulty and then gives us the tools to resolve it finally and completely This powerful process creates remarkable and lasting results Chronic pain vanishes Anxiety depression and sexual blocks disappear Self esteem grief and anger issues dissolve addictions fall away and illnesses come to an end All of us know that deep inside we harbor huge potential We long to experience it yet something holds us back We long to set ourselves free yet we don t know how to begin With practical and easy to use techniques the Journey process enables you to Strip away emotional and physical blocks Tap into your own inner genius Live life as an expression of your highest potential Experience boundless joy within Become truly free *Playfulness in Adult Life* Kefas Berlin Jannes,2025-04-23 The purpose of the book is to provide an understanding of and tools for enhancing one s playfulness and creativity This book is a collection of experiences and insights that have emerged over four decades in my pedagogical work with both children and adults and in my work as a musician and performing artist Part 1 This part of the book offers an analysis of playfulness It gives you a deeper understanding of what makes something playful and creative the basic elements and their subgroups Once you have grasped some of it you will be able to make use of the Troubleshooter in Part 4 Part 2 This part offers practical exercises for playfulness both for individuals and groups Here you will dive into the elements of playfulness and find exercises that will significantly enhance your skills Part 3 This part delves into the role of childhood play and how its elements resurface in adulthood It offers a way to understand essential aspects of life as an adult

in relation to wellbeing social life boundaries rules drama creativity joy and more Part 4 The Troubleshooter This may be the most important part as it offers the actual keys to playfulness and to the creativity that comes with it You can turn to it when you find yourself missing playfulness or creativity or even the sense of meaning in life and need some understanding and insight rather than more thinking *Open Letter to President McKinley by Colored People of Massachusetts* Colored National League,2020-03-16 In Open Letter to President McKinley the Colored National League presents a poignant and compelling critique of racial injustice urging the President to address the pressing issues facing African Americans at the turn of the 20th century This eloquently crafted letter not only encapsulates the turbulent socio political climate of the Reconstruction era but also utilizes a formal yet impassioned literary style merging elements of political discourse with heartfelt appeals for equality and civil rights The text serves as a vital historical artifact showcasing the organized efforts of African Americans to influence governmental policies and bridge societal divides in a predominantly segregated America The Colored National League a coalition of African American activists in Massachusetts emerged from a rich tradition of advocacy and resistance against systemic racism Their collective experiences and frustrations shaped by personal encounters with discrimination and the desire for social justice inspired this letter The League comprised notable figures who would later contribute significantly to the civil rights movement thereby positioning their words within a broader narrative of struggle and resilience I highly recommend Open Letter to President McKinley to scholars students and anyone interested in the roots of civil rights movements It provides invaluable insights into early African American political thought and highlights the enduring call for equity in a nation grappling with its identity **"I'm Always Here"** Dorothy,Jack Farley,2013-02-27 Can you ever get over the loss of a soulmate loved one By Dorothy Farley Co Author 3 5 Star Rated Books Listen I m Still Here Part I I m Always Here Part II Everlasting Love That Is Part III The Continuation of Love from the Other Side Spirituality Life After Death MY TRUTH NO NOT REALLY AND CERTAINLY NOT COMPLETELY HOWEVER with the passing of time for me now seven years since the transition of my beloved husband and soulmate Jack Farley one s understanding deepens and the gradual acceptance that we are all spirit beings with eternal life awakens within us and everything is as it should be as Jack expresses from heaven There is no ending at death for life living and learning continue on and on in another dimension Real growth and the reason for our being here on this Earth begins to shine forth for us and reveals life s profound meaning and why we are here We see more clearly the only two emotions FEAR or LOVE We begin opening our heart to more LOVE LOVE for everything around us LOVE for everyone we meet for everything we see and do and for ourselves Let s not forget ourselves We remember LOVE is all there is affirmed by Jack Staying in the LOVE VIBRATION is what I have learned to do and this is where I can reach and connect with the responsive vibration of my beloved husband Anyone can make this conversational connection it is a matter of choice our choice for our loved ones are always here around us in many forms it is up to us to open our heart to the deepest most pure LOVE and in so doing elevate our vibration to

reaching and hearing them This is possible if we make the choice and BELIEVE we can Remember loved ones are always living in spirit form for it is the perfection of our soul that we are seeking Even when these TRUTHS are known it is all easier said than done but becomes more permanently possible as time goes by and the light of a new future shines forth www.youtube.com/watch?v=R4_S687shJ4

Love From the Heart Martin K. Ettington, What is Love How many types of Love are there And why do we spend so much time focusing on this quality in our lives This book goes into the history of Love the types of Love as originally defined by the Greeks and Unconditional Love Unconditional Love is a type of spiritual love for all things Here we try to help the reader better understand what Unconditional Love is and exercises to help bring it into your life To experience love in all its many forms is what makes life exciting Without Love life can be dull dreary and not worth living If you are looking for more purpose to your life then improving how love acts in your life will be worth it

Keeping Her Keys Cyndi Brannen, 2024-11-26 The ancient goddess Hekate offers her keys of magick and mystery in the revised second edition of the internationally bestselling introduction to Hekate's Modern Witchcraft *Keeping Her Keys* Designed as a program of self study for deepening knowledge strengthening practice and discovering your own unique power chapters cover the fundamentals from Hekate's history to self initiation Animals green witchcraft meditations reflective writing and more fill the pages empowering the reader with the skills for claiming and keeping these keys offered by Hekate Written by Cyndi Brannen PhD this book abides at the crossroads of the deeper world of Hekate and contemporary life Through the lessons readers are guided through exercises rituals and practices merging personal development with spirituality and magick

Loneliness and Revelation Brendan Myers, 2010-11-16 Everyone experiences loneliness in their lives Yet most people are secretly afraid of it and will do nearly anything to avoid it Few are willing to talk about it at all This book shows that loneliness is not simply a social phenomenon nor a medical condition Rather it is an existential condition of life So you can't turn to other people or true love for a solution Nor can you turn to God for God is probably lonelier than you are But loneliness is not evil Indeed it can be a source of profound spiritual insight Great religious heroes like Moses Jesus Buddha and Mohammad made their most important spiritual revelations in solitude This book offers a new understanding of the idea of Revelation as a way of being in the world which gives spiritual significance to the arts human relationships love and indeed to loneliness itself It has four simple but far reaching principles I am here this is what I am and what I am is beautiful Is anyone else out there

Dance of the Ancient One Arnold Mindell, 2013-02 Just as the earth is moved by the universe you me every human every life form and every thing is moved by the universe as well This movement feeling the sense of the universe's gravity field or what Einstein called space time is not just felt by astronauts All of us feel moved by gravity all the time When you let gravity move you when you are moved by space time you are moved by the universe When you are moved in this way you are showing the dance of the ancient one and are in contact with the space between us with the subtle experience of being moved by what I shall explain is a system mind possibly the most powerful system mind available to us

Arnold Mindell *The Dance of the Ancient One* Spring 2013 In his latest book Mindell expands on his earlier concept of the processmind as he develops the notion of space time dreaming or dance of the ancient one in his rigorous efforts toward the elucidation of a ToE or theory of everything Space time dreaming weaves together essential spiritual concepts from the Eastern mystical tradition of the Tao and Wu Wei of Chinese philosophy along with modern Western field and space theories in quantum physics such as gravity space time unified field theories indeterminacy and entanglement He draws upon personal field ideas i e the unconscious interpersonal social field and role theory from psychology and sociology then adds concepts of intersubjectivity and entanglement from transpersonal and integral psychology On a group level he incorporates interdependence from organizational system mind models and places it all in the context of ecology of Gaia and then the larger universe One World concepts such as the Unus Mundus from mystical and alchemical traditions that work at a more essential or non dual level to unite seeming opposites facilitate the coming together of all of these varied perspectives in his framing of the space time dreaming concept experientially accessible as *The Dance of the Ancient One* Each chapter contains either an exercise to do in pairs or a small group or an inner work exercise so that you can facilitate yourself and experience the space time dreaming states directly Transcripts of discussions with his students are distributed throughout the book and engagingly contribute to a diverse and resonant learning experience

Unveiling the Magic of Words: A Report on "**Opening Your Presence**"

In some sort of defined by information and interconnectivity, the enchanting power of words has acquired unparalleled significance. Their power to kindle emotions, provoke contemplation, and ignite transformative change is really awe-inspiring. Enter the realm of "**Opening Your Presence**," a mesmerizing literary masterpiece penned by way of a distinguished author, guiding readers on a profound journey to unravel the secrets and potential hidden within every word. In this critique, we shall delve to the book is central themes, examine its distinctive writing style, and assess its profound impact on the souls of its readers.

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