



The Presence Process – The Unfolding of Present Moment Awareness and Emotional Integration

Wednesdays, 4/15 – 5/13/2019, 6:30 – 8:00 p.m.
Genesis Spiritual Life Center, 53 Mill Street, Westfield, MA

Why is it so difficult to respond consciously when we are upset? Why do we instead resort to hurtful, repetitive, unconscious, reactive behaviors?

Would you like the answers to these questions? Are you ready to begin a journey to conscious emotional response in order to experience greater peace of mind, being in connection to your authentic self and living a more conscious life of loving and accepting yourself and others? *The Presence Process* (TPP) by Michael Brown, a systematic way of approaching the emotional healing of our childhood woundedness, is your “how to” manual.

Join our facilitated group journey through an understanding of TPP. This spring we cover the first two sections of *The Presence Process* which prepares you for a self-facilitated experience over the summer and / or to join us in the fall for a shared group experience of this process.

Topics covered this spring:

Week 1: Overview and conceptual background, What is Present Moment Awareness, The Heartbeat of Reinforcement, Aligning Intent

Week 2: Part 1 - Mechanics of the Process, Consciousness of Questions, Pathway of Awareness

Week 3: Part 1 - Emotional Imprinting, Emotional Charge, Beyond Addiction and Affliction, Trading Results for Consequences

Week 4: Part 2 - Preparing for the Journey

Week 5: Part 3 – Overview and Preparation for the 10-week process.

Group Facilitators:



Donna O'Connor and Mike Smoolca are experienced group facilitators who have both gone-through and incorporated The Presence Process into their lives.

Donna is a Spiritual Director, Coordinator and Teacher of BioSpiritual Focusing at Genesis Spiritual Center. Mike is a Spiritual Director and Supervisor, Coordinator of Contemplative Outreach of CT and a Christian Contemplative Teacher and Leader.



Register at: <https://www.genesspiritualcenter.org/retreats-programs/calendar/the-presence-process---the-unfolding-of-present-mo/>