

THE B.L.U.E. METHOD™

Foundational Course Series

Cultivating Presence

Developing the Capacity for Presence

W O R K B O O K

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The B.L.U.E. Method™

How to Use This Workbook

This workbook follows the sequence of the Cultivating Presence course. Use it during or after each session to capture what landed, deepen your understanding, and work with the reflection questions at your own pace.

Each section mirrors a section of the course. You don't need to complete it all at once. Come back to it. The nervous system works in layers, and so does this material.

A note on the Settling In section: this is reference material for a practice you experienced in the course. It's here so you can understand what you moved through and return to it with an experience already behind you.

Section 1 · Course Objectives

By the end of this course, you will:

Introduction to Presence	Understand presence as a lived, embodied experience — recognizing how it naturally arises through awareness of sensation, breath, and perception.
Embodied Sensation and Awareness	Develop awareness of bodily sensations and breath as signals of present-moment experience.
Disruptions of Presence	Identify nervous system patterns and personal triggers that interrupt presence.
Restoration Practices	Apply gentle practices — breath, sensation awareness, allowing — to restore presence when activation or disconnection occurs.
Everyday Presence and Practical Tools	Integrate embodied awareness into everyday situations to support consistent access to presence, resilience, and self-trust.

Check-in before we begin

What brought you here? What are you hoping to understand or experience in this course?

Section 2 · What We Mean by Presence

What We Mean by Presence

In this course, presence is not defined as concentration, calmness, or “doing mindfulness correctly.” Instead, presence is explored as a felt state of being here — a lived experience of awareness that includes sensation, emotion, breath, and perception.

You are invited to notice:

- Presence as something that arises naturally rather than something to force
- The difference between thinking about an experience and feeling it
- How presence can exist even alongside discomfort, distraction, or movement

This reframes presence from an ideal state into a relational experience with the moment as it is.

Why Return to the Body

The body is the doorway to direct experience. While the mind interprets and explains, the body reveals what is actually happening now.

You learn that:

- Your body communicates through sensation, breath, and subtle signals
- Presence is felt before it is named or understood
- Returning to your body helps interrupt habitual thinking loops
- Your nervous system plays a key role in how available presence feels

Rather than bypassing your body to reach awareness, this course invites you to come home to it.

Section 3 · Settling In

Reference — Experiential Practice

This is a reference section. The settling in practice is something you experienced. Come back to this after the session to understand what you moved through. You have a reference point for your experiences to guide you.

Notice your state of being:

- Noticing contact points — feet on the floor, body in the chair
- Bringing attention to the natural rhythm of your breath
- Observing sensations without trying to change them

“This is what being here feels like right now.”

How has your state changed, now that:

- You have a sense of your environment
- You’ve put the tasks of the day down
- You’ve arrived in your body

What I noticed during the Settling In practice

What does presence feel like in your body right now? What shifted from the start to the end of the practice?

Section 4 · What Is Presence?

Recognizing What Is Already Here

Presence Happens the Moment We Experience Sensation

- Presence is not something you work toward through effort
- The moment you notice sensation in your body, you are present
- Sensation may be pressure, warmth, breath, or contact
- Nothing additional is required — there is no next step

This lesson is about recognizing and trusting that simplicity.

Rethinking Presence

- Many people believe presence requires calm, focus, or control
- We assume we must quiet the mind or settle the body first

Presence does not wait for those conditions.

Presence happens the instant awareness touches sensation.

If you can feel your body — even briefly — you are already here.

Experiencing Presence

Notice something simple right now:

- Feel your feet on the floor
- Notice the weight of your body in the chair
- Sense the natural rhythm of your breath

The moment you noticed sensation, presence was already happening.

No special state to reach.

No regulation to apply.

The noticing itself is enough.

How Experience Unfolds

- Sensation often carries a quality: comfortable, uncomfortable, or neutral
- This quality is not something you create — it is already part of the experience
- Over time you may notice that sensation, emotion, and awareness arise together

Experience unfolds as one lived event, not separate pieces.

When Attention Moves Away

- Attention naturally shifts
- Thoughts arise and sensation may fade
- This does not mean presence is lost

The moment sensation is felt again, presence returns.

Nothing was lost.

Nothing needs to be repaired.

Presence in Everyday Life

- Presence does not require a special practice time
- It appears in ordinary moments of sensation
- Feeling your hands on the steering wheel
- Noticing breath while waiting in line
- Sensing your body before speaking

Sensation is the doorway. Presence returns each time you feel your body.

Changing Our Definition...

Presence is not fragile.

Presence is not earned.

Presence does not depend on staying.

Presence happens the moment sensation is felt.

This course is not about creating presence. It is about recognizing what is already true.

Reflection — After This Section

1. Before this course, how did you define presence? What did you believe it required?

2. When you notice sensation right now — feet on the floor, weight of your body — what do you experience? Describe it.

3. Where in your daily life does presence already show up, even briefly? What sensation brings you back?

Section 5 · Recognizing the Body's Signals

Presence Begins Through Direct Contact

Meeting Presence Through Sensation

- Presence begins through direct contact with your body
- Rather than learning about sensation, notice what is already here
- Allow your experience to be exactly as it is

Presence shows itself through sensation.

Your Body Has Its Own Language

- There is no right way to feel your body
- Each nervous system has its own rhythms and signals
- Presence appears differently in every person

This practice is about learning to listen.

There are no right words for what you notice. You don't need precise language — “warmth,” “something,” “a kind of pressure” — any description that points toward your experience is enough. The body doesn't grade your vocabulary.

Entering the Body Gently

Reference — Experiential Practice

- Notice how your body is supported
- Feel the contact of your feet with the floor
- Sense the weight of your body in the chair
- Notice the natural movement of your breath

The moment sensation is noticed, presence is already here.

Sensing Without Comparison — Our Inner Critic

- Sensation may feel like warmth, pressure, tingling, or spaciousness
- Sometimes sensation is subtle or quiet
- All experiences are welcome

As soon as we are judging, we are not sensing — our mind has taken over.

We simply bring it back.

Presence does not need to match an idea or expectation. Your experience is uniquely yours.

Sensation as a Doorway

- As attention rests on sensation, experience may shift or change
- Sensation may deepen, soften, or fade
- Emotional tone may appear, or it may not
- Nothing needs to be analyzed or fixed

Sensation is simply a doorway into presence.

Reflection – After This Section

1. What sensation was most accessible to you during this practice? Where in your body did you notice it?

2. Did your inner critic show up? What did it say – and what happened when you simply noticed it?

3. What does your body's language feel like? Is it loud or quiet? Familiar or new?

Section 6 · Cultivating Body Awareness

Depth Comes from Easing In, Not Effort

Deepening Awareness of Sensation

- Presence deepens through awareness of sensation
- Not by trying to be present
- But by allowing presence to show itself

Begin by noticing what is already here.

Letting Attention Settle

Notice where sensation is already accessible:

- Breath moving through the body
- Contact with the surface supporting you
- Subtle internal movement

Allow attention to settle where sensation naturally appears.
Depth comes from easing in, not effort.

Effort vs. Allowing

Effort is born out of the mind — out of identity with ideas of right/wrong/good/bad.

Sometimes we try to stay present, holding attention tightly — searching for sensation, evaluating whether we are doing it right.

When effort appears, simply notice it.
Presence often deepens when effort softens.

Staying Close Without Forcing

- Sensation may shift, soften, spread, or fade
- You are not directing this movement
- You are accompanying the experience
- If attention drifts, notice the next sensation

Each return is allowing, not correction.

Exploring Subtle Sensation

Presence often reveals subtle sensations:

- A quiet internal tone
- A sense of weight
- A small movement inside the body

Subtlety becomes clearer when attention relaxes.

Breath as a Natural Anchor

- Breath can support presence without effort
- Notice expansion and release as you breathe
- Feel the natural rhythm of the breath
- Breath invites awareness without control

As soon as you become aware of the breath, you have an entry point of presence.

Reflection – After This Section

Let these reflections remain simple and felt.

1. What did you notice when effort softened?

2. How did sensation respond when you allowed it?

3. Did presence feel different without trying?

Section 7 · Disruptions of Presence

Patterns, Triggers, and Returning

Understanding Patterns and Returning to Presence

As you practice noticing presence, you may begin to notice moments when attention shifts and something familiar seems to take over.

These moments are not mistakes — they are examples of patterns in the nervous system.

Patterns are hard-wired nervous system responses shaped by experience and repetition.

What We Mean by “Pattern”

A pattern is a subconscious response of the nervous system. It forms through repeated life experiences to create safety.

Patterns activate before conscious choice.

When a pattern is active:

- Attention shifts quickly
- The body tightens or withdraws
- Emotion rises or goes quiet
- Behavior moves into familiar reactions

Patterns are not problems to fix — they are learned adaptations.

Why Patterns Feel Powerful

- Patterns live below conscious awareness
- They formed early when quick adaptation was necessary

When a pattern activates:

- Presence can feel harder to access
- Sensation may fade or intensify
- Thinking speeds up or narrows
- Reactions can feel automatic

This does not mean awareness is gone. It means an automatic response is running AND you can be aware of both.

Pattern and Presence

- Pattern is not the opposite of presence
- Patterns reflect intelligence, learning, and protection

- Presence grows when patterns are noticed

The moment you recognize: “This feels familiar.” – awareness has already begun returning to the body.

Acknowledging your presence when patterns come up grows your awareness of your own presence.

Recognizing Patterns

Patterns often appear as:

- Recurring bodily sensations or tension
- Chronic pain
- Familiar emotional tones – anger, depression, anxiety
- Predictable reactions in certain situations
- A sense of being pulled into a response

You don’t need to understand the pattern or the story. Simply noticing it is enough.

Your body will show you where and how it is stored – and this is where sensations matter.

Returning to Presence

Presence naturally returns through simple contact with the body:

- Feel your feet on the ground
- Notice the weight of your body
- Sense the movement of your breath

Presence responds to recognition, not effort.

Each gentle return builds resilience, strengthens self-trust, and reminds the nervous system it can come back.

You don’t need to hold presence. You only need to remember how to return.

Reflection

1. Can you identify a recurring pattern in your body — a familiar sensation, tension, or reaction? Describe it.

2. When a pattern activates, what does it feel like from the inside? What happens in your body?

3. What helps you return to presence when a pattern has taken over? What brings your attention back to the body?

4. The moment you recognize “this feels familiar” — awareness has already returned. Has this happened for you? What did that feel like?

Section 8 · Everyday Presence

Living It, Not Just Practicing It

Living Presence in Everyday Life

Presence does not belong only to a practice space — it belongs to daily life.

Your body is already sensing throughout the day, whether we are conscious of it or not.

- Everyday sensations become natural entry points
- Presence does not require slowing life down — it grows through simple moments of noticing
- Each gentle return to sensation builds familiarity, stability, and self-trust

Allowing What's Here When Activation Arises

Sometimes activation makes it hard to feel the body. Trying to force presence can increase tension.

Instead, begin by noticing:

“Something in me is activated right now.”

- Allow the experience rather than resisting it
- Observe: intensity, disconnection, the urge to fix or escape

Even noticing disconnection is a form of presence.

Presence does not require calm. It begins with honest awareness of what is here.

Reflection — After This Section

1. Where in your daily life do you most often lose contact with your body? What is usually happening?

2. What does activation feel like in your body — before you have a story about what is happening?

3. What everyday moment could become your anchor — the one you return to consistently?

Section 9 · How Do We Sustain Presence?

Returning Again and Again

Sustaining Presence Over Time

Presence is not something you achieve once and keep forever.

It is something you return your attention to again and again.

Long-term stability grows through relationship with your body and nervous system.

- Presence deepens through repeated, gentle contact
- Consistency comes from familiarity – a felt experience

Simple Practices That Endure

Sustainable presence often comes through small moments of contact:

- Feeling your breath during transitions
- Sensing your feet when standing or walking
- Placing a hand on your body during stress
- Allowing activation instead of trying to fix it

Small moments of awareness build steadiness over time.

Building Trust

Each return to sensation reinforces: “I can come back.”

Self-trust grows through repeated experience, becoming something you rely on, not something you chase.

Once you have a felt experience of it, when attention drifts, return is always available.

As we become more aware of sensation, we are learning the language of the body and building a vocabulary of expression. As this evolves, TRUST builds.

Living From Presence

- Presence evolves as your awareness of it expands
- Sensations change, patterns shift, and life continues moving
- Presence does not remove challenges; it allows you to stay connected while navigating them

Staying present with difficulty prevents it from becoming a new pattern – each time you remain with yourself through a challenge, the nervous system learns it is safe to stay

**Long-term presence is not built through discipline.
It is built through trust.**

Reflection — After This Section

1. What does trust in your body feel like right now — even just a small amount? Where do you feel it?

2. Think of a time when you returned to yourself after feeling pulled away. What brought you back?

3. What is one simple, sustainable practice you want to carry with you from this course?

4. What has shifted for you through this course — in how you understand or experience presence?

Thank you for showing up for YOU today.

You are not stuck.

The responses you've been having are not who you are.

They are not a personality trait.

They are patterns you learned to keep yourself safe.

You are patterned.

And patterns — with the right conditions — can change.

Continue Your Journey

The B.L.U.E. Method™ · Foundational Course Series

Introduction to the Nervous System

Cultivating Presence — you are HERE

Pattern to Possibility

Boundaries — Mixed Online / In-Person

Drama Triangle — Online Series

The B.L.U.E. Method™ — 9-Week Immersive + Retreat

One-on-One Sessions

One-on-one sessions support the client in moving through long-term patterns and the resulting activations — whether chronic pain, anxiety, depression, or other.

Our intention for ALL of this work is to teach and empower YOU to understand and work with your unique nervous system to create health and wellbeing.

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