

## QUESTIONS AND ANSWERS ABOUT PRESENCE

### **WHAT IS PRESENCE?**

PRESENCE is a contemplation exercise designed to bring to view and discharge unpleasant attitudes, emotions, sensations and pains. It is a Clearing Process (subtractive process) and not a Creative Process (additive process) such as self-hypnosis, affirmations, visualizations or behavior modification. PRESENCE produces permanent changes and improvement in an individual's ability to confront life. It is superior to other forms of contemplation because one person contemplates another person and thereby releases barriers to confronting and being with people.

### **HOW IS PRESENCE DONE?**

Very simply, two people sit down in chairs facing each other about three feet apart. The two people look intently at each other for an agreed-upon amount of time; 5 to 15 minutes is a good start. There is no talking or any attempts to interact. Presence is condition of BEING PRESENT, not the action of DOING SOMETHING.

### **WHERE DO I LOOK DURING PRESENCE?**

Look directly in your partner's eyes.

### **WHAT DO YOU MEAN BY A SUBTRACTIVE PROCESS?**

A subtractive (Clearing) process removes (erases or releases) harmful material from the reactive aspect of the subconscious mind.

### **IS PRESENCE LIKE STARING AT SOMEONE?**

No. The word stare comes from the Middle English, *staren*, having fixed eyes, rigid. To stare means to gaze or look steadily and intently, as in fear, admiration, wonder, etc. PRESENCE involves looking at another intently without anything added attitude such as fear, admiration or wonder.

### **IS PRESENCE LIKE MEDITATION?**

No. The word meditation comes from the Latin, *meditari*, to study, to reflect upon, to think about, to think deeply and continuously, to think and consider deeply and at length, think deeply about. Meditation is an additive (Creative) process that involves looking inward with eyes closed while thinking about something, while contemplation is a subtractive (Clearing) process that involves outward observation only and no conscious effort to think. Thoughts may come up during contemplation, but no conscious effort is made to think certain thoughts.

### **SHOULD I PRACTICE PRESENCE IN LIFE?**

No. When you finish PRESENCE, leave the exercise in the classroom and be yourself in life. Don't consciously try to look people in the eyes or confront people more than you would normally.

### **HOW LONG WILL I HAVE TO DO PRESENCE TO GET BENEFITS?**

Naturally results vary with different people; however, it is likely that benefits would be achieved the very first time. It can take some time, however, for a person to NOTICE the benefits or changes that have occurred.

### **HOW CAN I GET THE MOST BENEFIT FROM PRESENCE?**

By just "being with" your partner and not trying to do anything else.

### **DO YOU GO INTO A TRANCE? IS PRESENCE LIKE HYPNOSIS?**

No. PRESENCE is not a form of hypnosis. Hypnosis is an additive process and leaves content in the subconscious mind. People who have done a lot of self-hypnosis or hypnosis in the past may have difficulty staying awake during PRESENCE. That is due to the fact that PRESENCE reactivates and releases the unconsciousness produced and stored up during past hypnotic experiences. Once the unconsciousness of the past is released and discharged, the person with a hypnosis background feels much more awake and alive.

### **CAN I DO POSITIVE AFFIRMATIONS WHILE DOING PRESENCE?**

No. Doing affirmations during PRESENCE defeats the purpose of PRESENCE.

**DO I HAVE TO HAVE A BLANK MIND TO BE CONSIDERED COMPLETE ON PRESENCE?**

No. The state of “no thoughts” or a “blank mind” may occur during PRESENCE, but it’s by no means a requirement. A person should not be trying to achieve any particular state as “trying” interferes with just “being there.”

**SHOULD I TRY TO STOP MY THOUGHTS DURING THE PRESENCE EXERCISE?**

No. Thoughts running through your mind are a natural occurrence. Don’t try to think thoughts and don’t suppress thoughts that do come up. What you resist persists. Just allow whatever is there to be there.

**WHAT SHOULD I DO IF I START TO FALL ASLEEP DURING PRESENCE?**

Just let yourself fall asleep. Do not fight going to sleep as this will extend the process. Falling asleep during PRESENCE means that past moments of unconsciousness are discharging. As soon as you wake up, resume looking at your partner. It is normal to cycle through periods of unconsciousness when doing PRESENCE. Some people go through many cycles of unconsciousness followed by wakefulness during PRESENCE. Don’t fight it; it will soon pass and you will feel brighter and more awake afterwards.

**WHAT SHOULD I DO IF I LAUGH UNCONTROLLABLY DURING PRESENCE?**

Laughing is the best thing that can happen to you during PRESENCE. Don’t try to stop the laughter by suppressing it or by looking away from your partner. More harmful energy is discharged from the reactive part of the subconscious mind by laughter than by any other phenomenon. Just let yourself laugh and continue to look at your partner; don’t look away. Some people have laughed uncontrollably for a half hour or more, and when they finished this laughing jag, they felt better than they ever have before. Laughter is a healing experience.

**WHY CAN’T I JUST CONTEMPLATE AN OBJECT?**

You can contemplate an object, but there is far less gain involved.

**SHOULD I TRY TO STOP MY THOUGHTS DURING PRESENCE?**

No. Thoughts running through your consciousness is a natural occurrence. In PRESENCE, you are not only discharging and releasing unwanted reaction to other people; you are also discharging and releasing unwanted reactions to your own thoughts, i.e., confronting your own thoughts. Don’t try to think thoughts and don’t suppress those thoughts that do occur.

**WHAT SHOULD I DO IF I HAVE AN ITCH DURING PRESENCE?**

Don’t scratch. These itches are a manifestation of negative energy being released from the reactive part of the subconscious mind. Scratching stops the process. Notice how an itch goes away in a minute or so.

**CAN I DO PRESENCE WITH MYSELF WITH A MIRROR?**

Yes, but we have found this practice to be of little value.

**WHAT DO I DO IF MY BODY STARTS TO ACHE DURING PRESENCE?**

Continue doing PRESENCE. Don’t move to try to relieve the ache, pain or sensation. An ache is just another manifestation coming from the reactive part of the subconscious mind. It will pass and perhaps be gone forever.

**WHAT DO I DO IF MY EYES START TO WATER OR BURN?**

This is another manifestation coming from the reactive part of the subconscious mind. To some degree, if a person has watery eyes during Presence, that is a condition that person is having to suppress or fight in life. Having to suppress or fight sensations, ideas or feelings in life steals attention from living and makes life more difficult. All feelings and sensations experienced during PRESENCE are already happening in life and the continued practice of PRESENCE will cause their disappearance.

**HOW LONG DO I PRACTICE PRESENCE AT ONE TIME?**

PRESENCE is best done on a gradient. Start on a light gradient by perhaps doing five to ten minutes of PRESENCE the first time. Each time thereafter the time should be increased in increments of five to ten minutes, as a general rule. The correct action is to lengthen or shorten the time by considering the ability of the person. After many hours of Presence, done over time, a person could be doing an hour of PRESENCE fairly comfortably.

**CAN I DO PRESENCE AT HOME WITH A SPOUSE, PARTNER OR FRIEND?**

Yes. It's highly recommended. Just remember that if a condition (such as an itch or laughter, tears, etc.) is triggered during PRESENCE to continue the process until the condition is gone.

**WHAT SHOULD I DO IF MY PARTNER'S FACE SEEMS TO CHANGE AND/OR LOOK STRANGE?**

This is a common manifestation of the PRESENCE exercise. Continue with the process to a win.

**HOW IS PRESENCE DIFFERENT FROM OTHER TECHNIQUES?**

PRESENCE is not a technique but a subtractive or Clearing process that produces permanent results. Most techniques are additive in nature and produce only temporary results.

**WHAT SHOULD I DO IF I'M STILL EXPERIENCING UNPLEASANT FEELINGS AT THE END OF THE ALLOTTED TIME?**

Let your partner or the Presence Exercise Facilitator know about this and he or she will have you continue PRESENCE until the process is flat and the unpleasant feeling is released and gone. Then stop the process.

**WHAT DO YOU MEAN WHEN YOU SAY SOMETHING IS "FLAT"?**

Flat means that an unpleasant feeling stemming from the reactive part of the subconscious mind is no longer occurring. The process of PRESENCE causes unpleasant feeling to reactivate and the continuation of the process causes these feelings to flatten or release (disappear).

**WHAT IS THE GOAL OF PRESENCE?**

To reclaim knowledge of SELF. PRESENCE is a safe environment in which this can take place. PRESENCE is an opportunity for a person to experience his or her thoughts and body. Through PRESENCE a person rediscovers what is true and regains trust in this truth. This transfer of power from another to SELF is the first vital step on an INDIVIDUAL's freedom path and is a major goal of PRESENCE.

**WHAT HAPPENS IF I EXPERIENCE PLEASANT FEELINGS DURING PRESENCE? WILL THESE DISAPPEAR?**

No. Pleasant feelings will not disappear from your life as result of PRESENCE. One of the basic laws of Clearing is that only unpleasant or unwanted feelings disappear. Pleasant feelings are actually enhanced by Clearing.

**SHOULD I TALK OR ASK QUESTIONS DURING PRESENCE?**

No. Talking or asking questions during PRESENCE only serves to interrupt the flow of the process and the release of negative feelings.

**SHOULD I TRY TO COMMUNICATE TELEPATHICALLY WITH MY PARTNER DURING PRESENCE?**

No. Communicating telepathically is doing something other than just being there and confronting.

**SHOULD I USE THE TIME DURING PRESENCE TO PLAN MY DAY OR DO VISUALIZATIONS?**

No. Doing something else besides being there and confronting will lengthen the process; however, if any ideas or visualizations come up, don't try to suppress them.

**WHAT SHOULD I DO IF I GET REAL HOT AND START TO PERSPIRE DURING PRESENCE?**

Continue PRESENCE as this is a good and positive sign that material is releasing from the reactive part of the subconscious mind.

**WHAT SHOULD I DO IF I START TO FEEL QUEASY OR ILL DURING PRESENCE?**

Continue PRESENCE as this a good and positive sign that a great amount of material is releasing from the reactive part of the subconscious mind. It will pass.

**WHAT SHOULD I DO IF I AM HAVING A BAD DAY?**

Find a partner and do PRESENCE until you feel better.

**AM I SUPPOSED TO STOP MYSELF FROM BLINKING?**

No. Just do PRESENCE and don't worry about blinking.

**DO I HAVE TO DO PRESENCE EVERY DAY OR TWICE A DAY FOR THE REST OF MY LIFE?**

No. PRESENCE produces changes in your life that are permanent.

**SHOULD I TRY HARD TO “BE THERE” AND CONFRONT?**

No. Just do PRESENCE.

**WHAT SHOULD I DO IF I SEE AN AURA OR COLORS AROUND MY PARTNER DURING PRESENCE?**

Continue PRESENCE.

**SHOULD I MAKE AN EFFORT TO STAY AWAKE?**

No, that is resisting what’s coming up from the process.

**WHAT SHOULD I DO IF MY PARTNER SEEMS TO DISAPPEAR OR MY FIELD OF VISION GOES BLACK OR BLANK?**

Continue PRESENCE. Many strange and sometimes interesting visual phenomena can occur during PRESENCE.

**WHAT SHOULD I DO IF I FEEL LIKE I’M OUT OF MY BODY?**

If you have an out of body experience and it feels very pleasant and enjoyable, you are probably at a completion point for PRESENCE, at least for that day. If the experience is unpleasant, continue PRESENCE and it will pass.

**WHAT SHOULD I DO IF MY PARTNER LOOKS FAR AWAY?**

This could be a of an out of body experience. If you like it, continue PRESENCE and enjoy the experience. If it is unpleasant, continue PRESENCE and it will pass.

**DOES IT MATTER WHO MY PARTNER FOR PRESENCE IS?**

No. Some people may be more reactivating than others but the value is in being able to confront any person at any time. Some people give you more practice than others!

**WILL I EVER REACH A POINT WHERE NOTHING TURNS ON DURING PRESENCE?**

Though not impossible, this is unlikely; however, that’s not the point, in any case. The purpose of PRESENCE is not to reach a state of “no thought” or “no feeling.” We are actually looking for a state where thoughts, feelings, ideas, people, etc. are no longer a distraction.

**WHAT ABOUT PHYSICAL PAINS THAT TURN ON AGAIN AND AGAIN?**

In rare cases where this might occur, advanced Clearing processes can often resolve issues of that nature.

**IS PRESENCE A CURE FOR MENTAL ILLNESS?**

No. True mental illness is the providence of the medical profession and no attempt should be made to treat mental illness through PRESENCE.

**DOES PRESENCE CURE PHYSICAL ILLNESS?**

No. PRESENCE is not intended to be a cure for any physical illness. If the illness has an emotional or psychosomatic basis, improvement in the person’s physical condition is possible through PRESENCE. If a person has a physical illness, he should first consult with a medical practitioner before beginning PRESENCE.

**WHAT CAN I EXPECT FROM DOING PRESENCE?**

People who have done PRESENCE report reduced stress in their lives and an increased ability to work and accomplish their goals. They also feel more centered and stable. PRESENCE produces miracles in a person’s life from the very start. It is a powerful process from which almost everyone can benefit.

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