



## Being Present

Being fully present means having one's focus, attention, thoughts and feelings fixed on the moment at hand. To be fully present allows for the creation of space in our lives too.

### **This Spiritual Capability may involve:**

- Paying attention for a sustained period
- Using the senses in meaning making
- Being aware with intentionality
- Active listening
- Being totally absorbed, totally present, totally focused.

### **Examples of educators promoting this capability could be when they:**

- Provide opportunities to explore present feelings, thoughts, questions and wonderings
- Provide opportunities and the invitation for meditation, prayer and reflection
- Model and encourage the skills of not responding immediately
- Provide opportunities for the appreciation of the contributions of others.