



Clearing the Lens

Second Edition



Step 1: Ask yourself: am I present?

- Slow down. Pause.
- Notice your breath.
- Notice your posture.



Step 2: What is your inner landscape?

- Ask yourself: what am I aware of in my body?
 - Are there places of ease or tension? Expansion or contraction?
 - Feelings of strength? Collapse? Neutrality? Resistance?
 - Warm? Cold? Shaky? Calm?
- Ask yourself: what is the quality of my mind?
 - Are your thoughts speedy? Fragmented? Spacious? Reflective?
 - How's your focus? Steady? Confused? Cloudy? Fixated?
 - What is the quality of your thoughts? Are they friendly and interested? Or perhaps a bit defensive?
- Ask yourself: how are my emotions?
 - Are you feeling happy and affectionate?
 - Is there any quality of agitation or anxiety?
 - Are you aware of any anger, resentment, or reactivity?
 - Any confusion or numbness?



Step 3: Come home to yourself – to your own presence

- Take a little while to sit with what is, whatever thoughts, feelings, sensations may be present, knowing it's their nature continually to arise and dissipate – come and go.
- Establish good contact within yourself through:
 - Slow and regular breath
 - Upright posture – 'strong spine, soft belly'
 - Relaxing your eyes in their sockets
 - Feeling your hands resting, back against the chair, feet on the floor, etc.



Step 4: As you come fully into contact within yourself, begin to take in the presence of the other

- Ask yourself:
 - What is familiar here?
 - Is there anything this reminds me of?
 - If so, how is this similar?
 - How is this different?
- Consider:
 - Is there anything you need in this moment in order to be fully present with this person?
 - If you feel hesitation or uncertainty, ask yourself: what is really at risk?
 - What is yours to learn in this moment?

