



**Barbara Droubay: Presence – It's the Intensity that Touches Us**



Barbara Droubay teaches and works with creators, innovators, and entrepreneurs to help reach their creative aims effectively and with greater pleasure. She is an inspired lecturer and a leader of group training in Creative Confidence. Discover an embodied perspective about what presence is through the intensity of the body.

**TOP EMBODIMENT TIP:** Tune in to what is happening, without an idea about what it should be.

Creating your experience in life:

- My vision of the world is that we literally remember and connect to what it means to be alive.
- Presence is a bodily state.
- Through the body we achieve states of focus, intensity, and presence.
- Becoming embodied is the experience of agreeing to what is happening right now.

Presence and the body:

- Our body needs intensity; it needs challenge, a variety of experiences, emotions, and situations.
- We cannot achieve presence or experience presence without intensity.
- Passive energy is agreeing to, and accepting, what's happening right now, whatever that is.
- Trauma is separation from the experience of what is.
- Relaxation means having energy and yet being able to physically relax muscles, joints, and bones.

Feeling embodied presence:

- Take off your shoes and/or socks.
- Stand on your feet and close your eyes for a minute.
- Take a few deep breaths.
- Start shaking your body. Feel the movements.
- Relax and breathe.
- We tend to resist intensity or push it away. Our bodies love intensity. Build intensity through resistance.
- Sit down.
- Press your hands together to build pressure between your hands.
- Feel the heat rising up as you feel your shoulders and your neck, your chest and relax
- Allow yourself to be off balance and feel that you do not have everything under control.
- Tune into your body and notice if there is a particular place in your body that feels contracted.
- We create our reality by what we're doing in our embodiment.

Resources

- ❖ **Website:** <https://lifeartists.com/>



## Barbara Droubay





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Rafe's work has been featured in TEDx, the Journal of Ancestral Health, Paleo Fx, the Ancestral Health Symposium, The Embodiment Conference, multiple health and well-being podcasts, and he even organized the first international parkour events in the United States.



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