

BECOMING MAGICAL

# LEARNING TO BE HERE NOW

A GUIDE TO LIVING IN THE  
PRESENT MOMENT



# WHAT TO EXPECT FROM THIS GUIDE

Do you find yourself constantly caught in your thoughts, replaying the past, rehearsing the future, rarely being in the now?

Do you crave stillness, yet struggle to access it beneath the noise of daily life?

If so, this guide was created to support you in coming home to the present moment, by gently remembering what's already within you: the calm, clear presence that exists beneath the surface of it all.

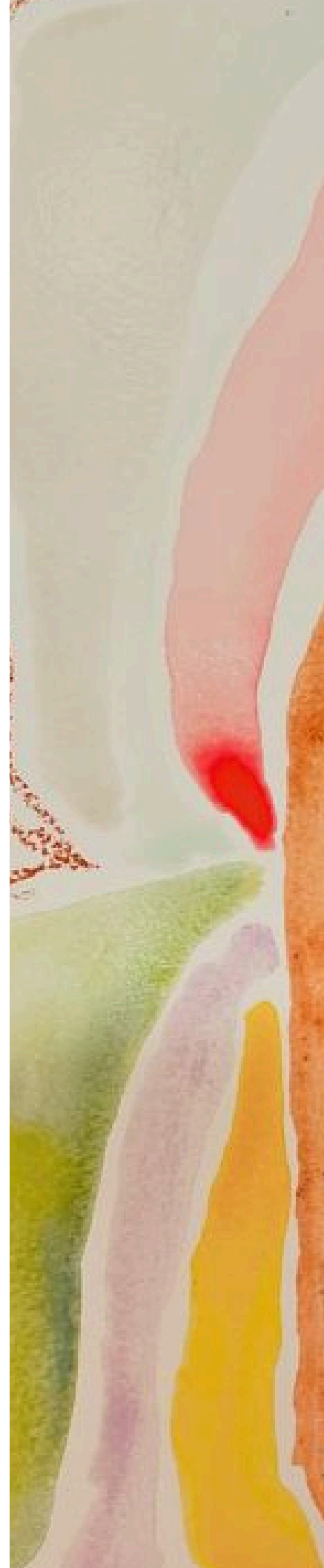
Through these practices, you'll begin to:

- ✓ Understand how presence works, physiologically, emotionally, and spiritually
- ✓ Build daily habits that ground you in awareness and regulate your nervous system
- ✓ Experience moments of stillness, clarity, and connection in your everyday life.

This isn't about 'nailing a new practice', it's about returning, again and again, with compassion.

Even a single breath, taken consciously, can change your state.

Over to you.



## PART 1

# THE STILLNESS BENEATH THE STORM

To be here, really here, is no small thing. It is the quiet rebellion in a world of noise, the sacred pause in a culture obsessed with motion.

Presence is not about fixing or clearing the mind. It is about remembering that you are not the mind. You are the one aware of it. You are the stillness beneath the storm.

The Buddha taught that suffering arises from clinging. Clinging to the past, grasping for the future, resisting what is. And yet, right here in the now, there is nothing to resist. Only breath. Only sensation. Only the next moment unfolding without demand.

In Eckhart Tolle's words 'Realise deeply that the present moment is all you ever have.' But this realisation doesn't come in theory. It comes in practice, in a thousand tiny returns to now.

Return to your feet on the floor.

Return to your exhale.

Return to the awareness that notices you've wandered.

Even neuroscience agrees: when we come into presence, the brain reorganises. The nervous system regulates. Creativity emerges. The body, no longer caught in imagined danger, begins to heal.

## PART 1

To be present is to choose aliveness over habit. Truth over story. It is to meet yourself beneath the performance.

Joan Didion once wrote, 'We tell ourselves stories in order to live.' But sometimes, we must stop telling the story to remember how it feels to live.

Let these practices be a return to the body, to the breath, to now. Let them show you the peace that's always available to you in the space between thoughts.

## PART 1

# THE BENEFITS OF BEING IN THE PRESENT

To be in the present moment is not just a spiritual concept, it is a biological shift, a neurological reset, a return to coherence.

Our thoughts shape our biology. When we dwell on past regrets or rehearse future fears, the body responds as though the threat is real. Stress hormones flood the system, the heart races, and the nervous system remains on high alert. In this state, we are not creating, we are surviving.

But presence breaks the loop.

When we bring our awareness into the now, into the body, the breath, the sensation of being alive, we interrupt the habitual patterns of stress and overthinking. The brain begins to shift from high-frequency beta waves, often associated with anxiety, into slower, more harmonious states like alpha. A state that is not only deeply calming but also linked with heightened creativity, insight, and healing.

Neuroscience shows us that mindfulness and present-moment awareness increase activity in the prefrontal cortex, the part of the brain responsible for decision-making, compassion, and emotional regulation.

Simultaneously, the amygdala, which governs fear and reactivity, begins to quieten. Over time, this literally rewires the brain toward greater calm, resilience, and presence.

## PART 1

In Dr Dispenza's work, this is the process of 'becoming nobody', stepping out of the identity shaped by our past, and into the infinite possibility of now. In this space, we are no longer defined by old stories or limitations. We are consciousness observing itself, free to choose new ways of being.

Presence, then, is not a passive state. It is an active reclaiming of our power, a choice to step out of the conditioned mind and into a living connection with reality. It is where healing begins, not only mentally and emotionally, but physically. The immune system strengthens. The heart rate balances. The body, no longer caught in imagined danger, begins to restore.

And perhaps most importantly: presence connects us. To ourselves. To others. To life. It is the birthplace of empathy, of intuition, of wonder. In a world that urges us to do more, presence invites us to be, fully, deeply, and awake.

# PRACTICING PRESENCE

## 6 SIMPLE PRACTICES TO BRING YOU INTO THE NOW

While the benefits of being present are profound—calming the mind, regulating the nervous system, and deepening your connection to life to name a few— they require consistent practice. Presence is like a muscle that strengthens the more you use it.

Here are some simple exercises you can use to cultivate presence in your everyday life. They don't require a lot of time or effort, so give them a go, see which ones resonate with you, and commit to practising them regularly.

Each one offers a unique path to returning to the present moment, and with time, you'll discover the practices that work best for you. Consistency is key. The more you engage with them, the deeper the sense of peace and clarity you'll begin to experience, as you connect to life fully, in the now.

## PART 2

# EXERCISE 1 LABEL YOUR EXPERIENCE

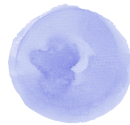
When your mind spirals or emotions surge, pause. Breathe. And name what's true in that moment:

'I'm feeling overwhelmed.'

'I'm thinking about what could go wrong.'

'I'm trying to solve something that hasn't even happened.'

By naming the experience without judgment, you begin to disarm it.



### **A drop of knowledge on why this works**

This practice activates the prefrontal cortex, the part of your brain responsible for rational thinking, decision-making, and self-awareness. It pulls you out of emotional reactivity and into conscious witnessing.

You are not the fear. You are not the thought. You are the awareness noticing it.

In the words of Buddhist teacher Thich Nhat Hanh:

'When we call something by its true name, we restore it to its original peace.'



## PART 2

# EXERCISE 2 BODY SCAN + SOMATIC AWARENESS

Close your eyes. Slowly bring your attention from your feet, to your legs, your stomach, your chest, all the way up to the crown of your head. Feel your body from the inside out.

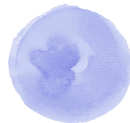
Ask yourself:

Where do I feel tightness?

Where is there openness or ease?

Is there tingling, pulsing, warmth, cold?

Don't rush. Don't try to fix anything. Simply notice what is.



### **A drop of knowledge on why this works**

The body holds more truth than the mind. While the mind tells stories, the body can bring us back into the present moment. By becoming aware of your internal landscape, your somatic cues, you regulate the nervous system, build emotional intelligence, and return to the moment where healing begins.

Somatic teachers speak of the body as 'the subconscious made visible.' Presence lives there and by reconnecting with our bodies, we can unearth wisdom that the mind often overlooks.

## PART 2

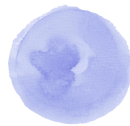
### EXERCISE 3 FEEL YOUR HEARTBEAT

This is a subtle yet profound practice. Sit still, close your eyes, and turn your attention inward. Can you sense your heartbeat, not by touching, but by feeling?

Let your breath slow down. Let your awareness settle into your chest.

Feel the energy of your heart expand and radiate.

Breathe into the space around your heart.



#### **A drop of knowledge on why this works**

When you tune into your heart, you initiate a state of heart-brain coherence, a state where your brainwaves, breath, and heartbeat begin to harmonise. In this state, the nervous system calms, stress hormones decrease, and the body enters a state of optimal functioning.

But the shift is more than physical. Heart coherence opens the door to deeper intuition, emotional clarity, and a profound sense of inner alignment. You're not just calming your system, you're attuning to your inner intelligence and wisdom. When you feel into your heart, you remember peace isn't something you find. It's something you feel.

## PART 2

# EXERCISE 4 BREATHE WITH INTENTION

Breathe in this rhythm:

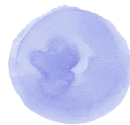
Inhale for 4

Hold for 4

Exhale for 6

Pause for 2

Repeat for a few minutes, until you feel your body relax and your mind let go, even just a little.



### **A drop of knowledge on why this works**

Breath is the bridge between your conscious and unconscious. It's the only function that operates both voluntarily and involuntarily. When you take charge of it, you signal to the body that it's safe.

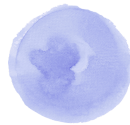
Intentional breathing reduces cortisol, balances oxygen and CO<sub>2</sub>, and quiets the overactive mind. It invites the nervous system to shift into parasympathetic, a state of rest, repair and restore.

To breathe consciously is to reclaim your life energy.

## PART 2

# EXERCISE 5 INTERRUPT THE PATTERN

In the midst of your habitual scrolling, the stress spiral, or the looping thoughts, take a moment to pause. Step away from autopilot. Stretch your body. Let out a yawn. Look up, break your gaze from the screen, and reconnect with your surroundings. Do one simple thing with complete presence, whether it's taking a deep breath, feeling your feet on the ground, or simply noticing the air around you.



### **A drop of knowledge on why this works**

Most of our daily lives are governed by unconscious patterns. By briefly stepping out of autopilot, you disrupt the neural loops that keep you stuck and start forming new pathways. Neuroplasticity ensures that your brain is constantly rewiring itself, and each pause supports the creation of new patterns.

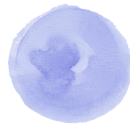
That interruption? It's a moment of conscious awareness breaking through the noise, reminding you that you have the power to step out of the loop. Each time you disrupt these habitual cycles, you open space for new neural connections, reshaping how your mind reacts. In that brief moment, you choose stillness over chaos, awareness over automatic response.

## PART 2

# EXERCISE 6 PRACTICE DOING NOTHING

Set a timer for 5 minutes. Find a comfortable seat and simply allow yourself to be. Don't meditate. Don't focus. Don't try to clear your mind or fix anything. Just sit and exist in the present moment, fully as you are.

Allow your body to fidget, your thoughts to wander, without judgement. Don't feel the need to control anything. Just observe how your body moves, how your mind drifts. Notice what's there without the pressure to change it. Stay in the stillness, even as it shifts.



### **A drop of knowledge on why this works**

In a world obsessed with productivity and stimulation, stillness becomes a radical act. It softens the noise and reveals the quieter layers of your inner world.

This isn't about stopping thoughts, it's about realising you are not your thoughts. By allowing yourself to simply sit, without striving to 'do presence', you naturally become presence.

This isn't a practice of progress or performance. It's a gentle returning to the self beneath the doing, to the truth that existing is enough.

# CLOSING WORDS ON PRESENCE

To be present is no small thing.

In a world that pulls us in every direction— toward urgency, distraction, performance— presence is not just a practice, it's a path. A way home. And every time you return to this moment, no matter how fleeting, you are choosing that path again. Not to escape life, but to fully enter it.

You've learned that presence isn't about silencing the mind or escaping thought. It's not a spiritual bypass or a call to perfection. It's the gentle noticing that you are not the noise. You are the stillness beneath it. You are the witness, the breath, the awareness quietly waiting underneath all the doing.

Science affirms what the mystics have always known.

When you pause, when you feel your heartbeat, name your emotions, breathe with intention, you are not just calming your mind. You are rewiring it. Studies in neuroscience show that mindfulness and presence shrink the amygdala (the brain's threat detector), increase grey matter in the prefrontal cortex (responsible for awareness, compassion, and decision-making), and improve communication between the heart and brain through coherence.

## PART 2

The body begins to regulate. The nervous system shifts from fight-or-flight into rest-and-restore. Creativity returns. Emotional clarity sharpens. Healing becomes possible, not just physically, but on a deeper, soul level.

And yet, this is not about achieving. This is about remembering.

Remembering what it feels like to be in your body. To hear your own breath. To notice a tree, a moment of silence, the warmth of your tea. To be here for your own life, not just in the big moments, but in the spaces in between.

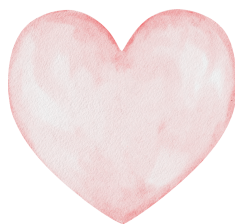
Presence is a practice of returning. A thousand tiny homecomings each day.

And in those returns, something subtle begins to shift. You stop seeking peace in the future and start discovering it in the breath that's already here.

So let this guide be a reminder. Try the practices. Return often. Be patient. Be kind. Presence is not always easy, but it is always available.

Beneath the thinking, the striving, the performance... there is a still, spacious self that has been waiting for you all along.

Welcome home.



## PART 3

# THANK YOU FOR BEING HERE

If this guide has resonated with you, offered moments of stillness, or helped you discover new ways to return to presence, I'd love to hear your thoughts and experiences.

You can write to me at [hello@becomingmagical.com](mailto:hello@becomingmagical.com)

## Questions?

Drop me a note: [hello@becomingmagical.com](mailto:hello@becomingmagical.com)

Explore more at [www.becomingmagical.com](http://www.becomingmagical.com)

For more insights and inspiration, join me on

Instagram: [@becomingmagicalcoach](https://www.instagram.com/becomingmagicalcoach)

*Thank you!*  
*Jessie*

**P.S.** If you're finding it difficult to stay present as you're feeling burdened by heavy emotions or caught in cycles of overthinking, I invite you to book a free 1:1 coaching session. Together, we'll begin to shed the layers that are holding you back from feeling grounded, at peace, and whole.

Reach out [HERE](#), I'd love to support you.