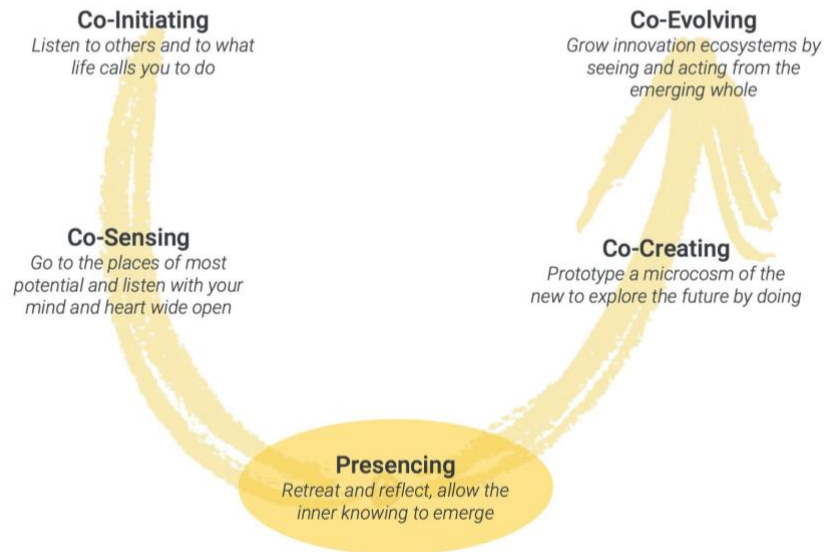


Module 3: Presencing

Presencing



Presencing, the blending of *presence* and *sensing*, means to connect with the source of our highest future possibility – individually, and also as teams, organizations, and larger social systems – and to bring it into reality now. The videos in this module introduces the principles of presencing, the principles of absencing (the inverse of presencing), and eight ways of shifting the current economic model to one that generates well-being for all.

Presencing requires us to let go of the old and open ourselves completely to something that we can sense but that we cannot fully know before we see it emerging. This moment can feel like jumping across an abyss. At the moment we leap, we have no idea whether we will make it across.

Tool: Field of the Future Journaling Practice

Overview

Guided journaling leads participants through a self-reflective process following the different phases of the U. This practice allows participants to access deeper levels of self-knowledge, and to connect this knowledge to concrete actions.

Purpose

Guided journaling leads practitioners through a process of self-reflection that moves through the U-process. This process allows participants to step into a deeper level of reflection than in an un-guided journaling process, and identify concrete action steps. Journaling practices can be used in all phases of the U-process especially during the sensing and presencing steps.

Principles

- Journaling is a personal process. If you're facilitating this for others, it's important that you never require participants to share their journaling notes in public.
- For facilitators: after completing a journaling practice you may create an opportunity to reflect on the experience of journaling. Again: emphasize that participants decide what they want to share.
- Journaling means that you write to find out what you think, rather than thinking, reflecting and then writing. As a facilitator, emphasize that participants should just start writing and see what emerges.

Uses & Outcomes

- Access deeper levels of self-reflection & knowledge
- Learn how to use Journaling as a reflective tool
- Connect self-reflection to concrete action steps

Process

Set Up

People & Place

- Journaling Practice can be used in groups of any size. The exercise follows the co-sensing phase meaning that participants have already moved through the left side of the U-Process.
- It is important that the room is quiet and no noises or other distractions in the environment interrupt the participants.

Time

- A minimum of 45 minutes is required. Depending on the context this process can take up to 60-90 min.

Materials

- Pen and paper for each participant

10. Now return again to the present and crystallize what it is that you want to create: your vision and intention for the next 3-5 years. What vision and intention do you have for yourself and your work? What are some essential core elements of the future that you want to create in your personal, professional, and social life? Describe or draw as concretely as possible the images and elements that occur to you.
11. Feel the connection of our global u.lab community that is present across the planet in this moment: What is our collective highest future possibility? What could we be an instrument for? What could we collectively create within the next 3-5 years?
12. Letting-go: What would you have to let go of in order to bring your vision into reality? What is the old stuff that must die? What is the old skin (behaviors, assumptions, etc.) that you need to shed?
13. Letting-come: Where do you find the seeds of tomorrow in your context and environment NOW?

14. Prototyping: Over the next three months, if you were to prototype a microcosm of the future in which you could discover “the new” by doing something, what would that prototype look like?

15. People: Who can help you make your highest future possibilities a reality? Who might be your core helpers and partners?

16. Action: If you were to take on the project of bringing your intention into reality, what practical first steps would you take over the next 3 days?