

BEACON

Chapter 2

Belonging

Lesson 3 – Are you present for your people?

ThriveAbility



An aerial photograph of New York City at sunset. The sky is a mix of blue and orange, with scattered clouds. The city's dense skyline is visible, with the Empire State Building standing out prominently in the center-right. The buildings are illuminated by the warm light of the setting sun.

“When we get too caught up in the busyness of the world, we lose connection with one another – and ourselves.”

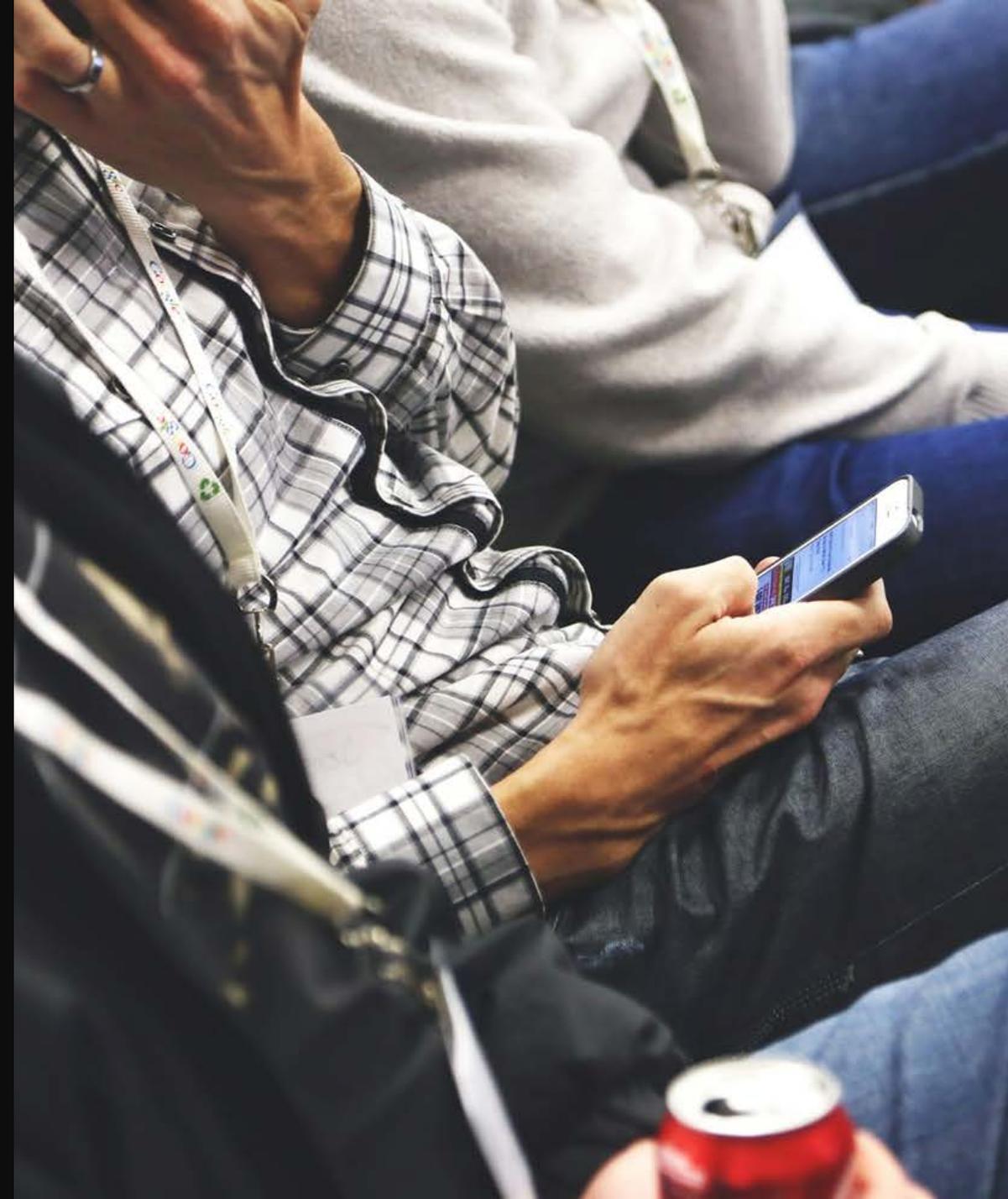
Jack Kornfield



**Mel's story –
finding ways
to be present**

Does your phone have a hold on you?

- Your body, was not designed for the abstractions of long-distance love, the XOXOs and LOLs.
 - To feel the physical effects of love, face-to-face connection is essential.
 - Wherever possible get face to face or on video, so that you can see each others facial expression and body language.
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A pair of black flip-flops is placed on a sandy beach. The background shows the ocean with white foam from a wave washing onto the shore. The scene is brightly lit, suggesting a sunny day.

What would
help YOU be
more
PRESENT?
