

This is an approach based on meditation. It involves practicing a focus on breathing, awareness of one's sensations (e.g. hearing, feeling, thinking) and increasing a feeling of being in the here-and-now or present-centredness, both within ourselves and between ourselves and between ourselves and other.

It involves formal practice (e.g. sitting for 15 – 30 mins) and informal, everyday practice (e.g. walking along and being aware of the 'walk'). It also involves being more aware of how we are attached to our individual self or identity which can distract us from being present-centred. This is helped by practice and/or regular discussion with a teacher.