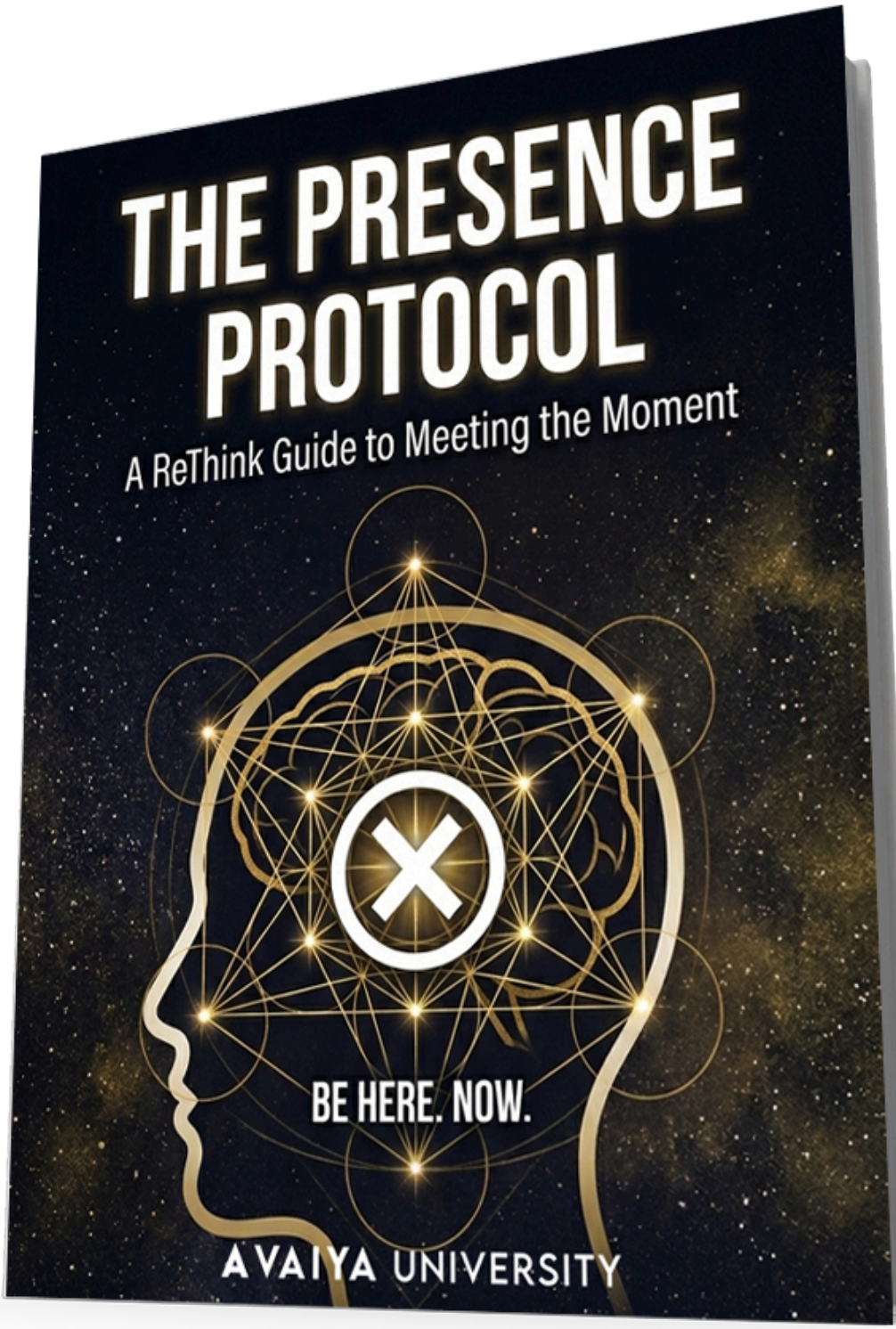

THE PRESENCE PROTOCOL
A ReThink Guide to Meeting the Moment
BE HERE. NOW.
AVAIYA UNIVERSITY

The Presence Protocol

A ReThink Guide to Meeting the Moment

The Great Escape is Over

Look, most people are never actually "here."

They are either ghost-hunting in the past—reliving old arguments, nursing old wounds, and wishing things had gone differently—or they are time-traveling into a future that hasn't happened yet, fueled by anxiety and "what-ifs."

That is a beLIEf. And it's robbing you of your life.

You've probably tried to "force" yourself to be present. You've tried to meditate the thoughts away or "stay positive." But the mind is a master of distraction. It doesn't want you to be present because, in the present moment, the ego's stories start to dissolve.

Real presence isn't a "quiet mind." It's **Radical Awareness**. It's about using **ReThink technology** to identify the **LIE** in the middle of your distractions and pivoting to the only thing that is actually, fundamentally TRUE: **Right here. Right now.**

The following 5 ReThink Exercises are designed to snap you out of the "time-travel" trance and ground you in the reality of your current existence.

ReThink Exercise #1: The "Future-Trip" Audit

The beLIEf: *"I can’t be at peace right now because I have to figure out [Problem X] or prepare for [Event Y]. I'll be present once things are 'settled'."*

The LIE in the middle: That "settled" is a destination you reach, and that your peace is a reward for solving a problem that hasn't happened yet.

The ReThink: You are ReThinking the idea that you can solve the future. The future is a mental construct; the only place you have power is in the immediate *Now*. Pivot from "I need to solve this" to "I am here, and I am safe in this breath."

ReThink Exercise #2: The "Emotional Ghost" Audit

The beLIEf: *"I am feeling [Heavy Emotion], and I need to fix it, change it, or get rid of it before I can get back to my life."*

The LIE in the middle: That an emotion is a "problem" to be solved rather than a sensation to be witnessed.

The ReThink: You are ReThinking your relationship to your feelings. An emotion is just energy in motion. It’s a "cloud" passing through the "sky" of your consciousness. Stop trying to "fix" the cloud. Just be the sky.

ReThink Exercise #3: The "Narrator" Audit

The beLIEf: *"The voice in my head telling me I'm 'behind' or 'failing' is telling the objective truth about my life."*

The LIE in the middle: That the "narrator" in your head is *You*.

The ReThink: You are ReThinking the identity of the thinker. You are not the voice; you are the one *listening* to the voice. By becoming present to the thoughts rather than entangled in them, you realize that the "story" of your life is just a beLIEf—and you have the power to stop listening to the lie.

ReThink Exercise #4: The "Sensory" Audit

The beLIEf: *"This moment is boring/mundane, and I need to check my phone or find a distraction to feel 'alive'."*

The LIE in the middle: That reality is "out there" or "online" rather than in your immediate sensory experience.

The ReThink: You are ReThinking the value of the mundane. Use your five senses as an anchor. What do you hear? What do you feel against your skin? What is the actual "texture" of this moment? When you stop believing that "better" is somewhere else, the present moment becomes infinite.

ReThink Exercise #5: The "Body Scan" Audit

The beLIEf: *"My body is just a vehicle to carry my head around, and I only need to pay attention to it when it's hurting."*

The LIE in the middle: That your consciousness is separate from your physical existence.

The ReThink: You are ReThinking your physical presence. Bring your awareness into your hands, your feet, your chest. Feel the "aliveness" inside you that doesn't require a single thought to exist. Presence isn't a mental concept; it's a physical reality.

The Presence Protocol

The next time you catch yourself drifting into the "Time-Travel" trap, execute the Tech:

1. **Isolate the beLIEf.** (Where is my mind trying to go?)
2. **Expose the LIE.** (What is the story I'm telling myself about *why* I can't be here?)
3. **Execute the ReThink.** (Pivot to the Truth: I am here. This is happening. I am the sky.)

A Final Thought: The Only Doorway

You can't live in the past. You can't live in the future. You are literally biologically incapable of existing anywhere but *here*.

Any second you spend believing the lie that you "should" be somewhere else is a second of your life you've traded for a ghost. Stop the trade. Wake up to the moment. It's the only doorway to the Truth.

And as always, we want to remind you that we're all on this "AVAIYA Journey" together.

We're all life explorers here, but—we aren't always moving at the same speed. And you know what? That's completely okay.

At AVAIYA, we believe we're all on our own individual "AVAIYA Journey," yet we're traveling side-by-side.

You're gonna love the days when you're piloting a rocket ship, breaking barriers, and flying high. But there're also going to be days where you feel like a car stuck in traffic.

You might even have days where you break down on the side of the road and just need to sit there for a while, feeling a little frustrated or sad. And hey, that's okay, too. Whenever you're finally ready, you just lace up your

sneakers and walk the path—one step at a time—back toward your best life.

We'll Meet You Where You Are.

At **AVAIYA**, we don't care if you're speeding down the highway or taking the scenic route. We just want to make sure you have exactly what you need to keep moving.

Think of us as your roadside support and your launchpad all rolled into one:

When you're walking, we're the bridge to get you over the gap.

When you're driving, we're the premium fuel to keep your engine running.

And when you're finally ready to fly? We're the runway.

How We Support You

Every single week, we send out supportive resources designed to meet you at the moment.

Keep an eye out for our free **Tuesday Tune-ups** and our **Thrifty Thursdays.**

Take advantage of the resources that'll support you right now, and if one week doesn't speak to you, don't worry—next week will most likely have just what you need.

Plus, we'll continue to create our Deep-Dive Free Online Conferences and other supportive materials to keep your tank full.

No matter where you're trying to get to—or how long it takes you to get there—we're building new pathways to help you arrive.

Keep ReThinking,

iKE ALLEN & Ande Anderson, MS, RD

Co-Founders of **AVAIYA** University

