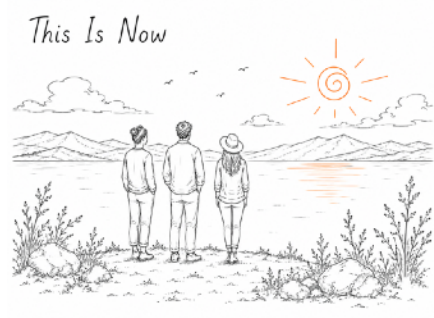




This Is Now

What is *This Is Now*?

A seriously desired and needed practice of presence. Within a context / story of “life is an ever-inviting now.” *This Is Now* is a commitment to deep listening, silence as inspired, that aligns with life, perhaps vocation, and perhaps community. You show up. I show up. We show up to what shows up. We experiment with following intuitions that arise, real time. Be that a thing to do together, or a question to explore, stillness, or something else that nuances our nowness. We trust the tremble (well, we try to).

Why *This Is Now*?

We humans, we are in a shift in eras. Fundamental stories are changing. From stories that insist performance to stories that relish presence. From stories that impose control to stories that celebrate co-creation. In such story shifts, many of us are redialing and reconfiguring ourselves. In all of that, I hear trusted friends and colleagues describing their joy of nowness. Not so much planning or performing. Very much presencing. Not so much preparing and fussing the details. Very much feeling and reifying the moment. I feel it in myself. And write about it. I ask myself, my belly, what wants to show up now? What am I or we being invited to participate in? What is the simple story of what is moving me and us? Aligning us? *This Is Now* brings us to an alchemical commitment to see from a new place.

Who Is *This Is Now* For?

As is true for all of B & B, *This Is Now* is for seekers that wish to integrate learning and practice. Seekers in a changing world. People that want to explore more keen listening and attention, believing that life is calling us. *This is Now* is inner development and commitment that applies readily to the day to day of outer expression.

Inspirations

This very moment is the perfect teacher.
Pema Chodron

What we practice, we become.
Toke Moeller



This Is Now Format

I imagine us as a small group, 5-6 participants, in a 60-minute online experience of emptiness, somewhere in the middle of which we give attention to what emerges. I imagine a kind welcome. An invitation to celebrate the company of strangers or familiars. Perhaps a breath. Or a poem. A short check-in, getting ourselves connected. And then silence, as long as seems intriguing. And then a welcome to all participating to presence together - to make a suggestion of what is next for the group. We welcome being moved together, leaning to, and learning from, intuitions and yearnings.

What's Needed to Participate

You — in a protected 75 minutes of attention (no other meetings or tasks).

Curiosity — of how life and learning works.

A private space — for confidential sharing and hearing from others.

A digital device to access shared Zoom room (video on).

A notebook or sketchbook (physical or digital) — for your insights.

Openness — to both sharing and hearing one another's wonders.

Cost

I welcome several choices for contributions. From free to annual memberships. "Come when you want, or need. Pay when you can." It's my way of inviting support, yet also interrupting transactional requirement.

About Me As A This Is Now Host

I've had many teachers and elders in my life that have encouraged my attention to nowness. They have lived lives of learning, adapting, laughing, crying. They have lived lives of courage to explore how less is more. I'm grateful to continue to integrate those teachings. It aligns with my most sincere desires to explore unknowns and unseens — I'd like more fluency in myself and with others. I know that sometimes courage is needed. And sometimes an innocence. In each phase of my life, I have found good companions wishing similar. I bring my honesty and my sincere wonder to align with yours. And to get excited about how Life and Nowness call to us.

[Register For This Is Now Here](#)

