



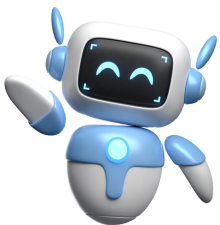
Gold Leaf Training

The Art of Being Here: A Script for Savouring the Moment by Dante Harker

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Take a moment to settle into this experience, letting your body be comfortably supported as your eyes remain closed.

You may notice the sensation of your breath as it moves in and out, effortlessly... as though the rhythm you've carried all along is gently whispering to you, inviting you to simply be here, now.

And as you sit, you might become aware of the air around you... Perhaps cool in some places, warm in others. Or maybe you notice the way your body feels where it rests, supported fully, held kindly by the surface beneath you.

You don't need to think about those sensations, but you can notice them, like a delicate brush painting a picture moment by moment. Because it's interesting, isn't it, how the more you notice, the more there seems to be to notice?

It's a bit like when you walk through a garden and at first you see only the bright colors of flowers, but then, if you pause, your eyes begin to pick out the intricate patterns on petals, the way a leaf turns to catch the light, the shadow of a butterfly moving just out of sight. And the longer you stay, the more alive that garden becomes... as though it's welcoming you, just as you welcome it.

And perhaps right now, you're welcoming your own presence in this moment. Not needing to search for anything, but trusting that this moment will naturally unfold whatever it holds for you.

Have you ever watched a child blowing bubbles? There's such joy in their face—the way they hold their breath after the first bubble floats up, then can't help laughing as it catches the light, shimmering with colours that weren't there just a moment before. It's fascinating, isn't it, how something so temporary can feel so wonderful, so complete, even while it's slipping away?

And in your own way, you can begin to notice those bubbles in this very moment—each sensation, each thought, each feeling, like a bubble rising into the air. You don't need to hold it or follow it. You can just watch it, notice the way it dances and spins, and then let it drift on, making room for the next one.

Sometimes, people think about happiness as something they must chase, something waiting for them somewhere else. But maybe happiness is a bit like the sunlight streaming through a window. You don't have to run after it—it finds you, wherever you are, as long as the curtains are open.

And as you sit here, you might even imagine a light within you, growing warm, growing brighter, as though you're opening up the curtains of your awareness to let it in. Maybe it begins in your chest, soft and golden, and as it grows, it flows outward, to your arms, your legs, and even beyond you, filling the space around you with that warm, golden glow.

It's a lovely thing to feel, isn't it? That sense of light and warmth, spreading within and around you, as though it's gently reminding you that you are enough, just as you are in this moment.

And as this light continues to glow, you may find yourself becoming curious about the little things that bring light into your life. The tiny moments that often go unnoticed, but which hold their own kind of magic.

Perhaps you can recall the sound of rain tapping lightly on the window, or the first sip of coffee on a quiet morning, or the way the leaves rustle when the wind carries through them, like a whispered secret shared with the world.

You might even imagine yourself standing by the ocean, watching the waves roll in and out. Each wave a moment, a sensation, rising and falling, blending into the next... and isn't it incredible, how endless, how boundless it feels, while you stand right there, perfectly still, perfectly present?

People sometimes think they need to hold on tightly to such moments to keep them. But those waves don't ask to be held, do they? They're always arriving, always leaving, and yet they're always there.

And right now, you might notice how your own moments are doing the same. Each breath arriving and leaving, each sound or thought passing by. And you might begin to wonder what it's like to savour one moment completely—not by holding onto it, but by opening to it, letting it fill you fully.

Have you ever watched a bird as it takes flight? The way it gathers its wings, and then, in one graceful motion, it lifts itself into the air... and in that instant, there's a breathtaking beauty that you can only see if you're truly watching, truly there with it. And maybe, in this moment, you are like that bird, lifting into the sky of your awareness, savouring the freedom and the beauty of simply being.

Because there's a permission in this moment, isn't there? A permission to let go of anything that's not needed right now, anything that might pull your attention away. And in that letting go, you might notice how much space there is... space to feel, to notice, to simply experience.

And as you sit here, noticing, savouring, perhaps you begin to see that happiness isn't something distant or hidden. It's woven into the fabric of each moment, waiting quietly to be seen, to be felt, just as it is now.

You don't have to look for it. You might simply let it come to you, like the scent of a flower carried on the breeze. You can just breathe it in, feel it settle within you, and know that it will always be there, whenever you take the time to notice.

And as the light of your awareness continues to shine, perhaps you'd like to imagine one small thing, one tiny detail of your life that brings you joy. It might be as simple as the smile of someone you care about, or the way sunlight dances on a glass of water, or the feeling of slipping your hand into a pocket and finding it warmed by the fabric.

And as you hold that detail in your mind, as you savour it, you might begin to feel its warmth spreading through you, like ripples expanding out from a single drop of rain. Because even the smallest moments, when seen clearly, carry within them the seeds of such extraordinary happiness.

And now, as you continue to rest here, savouring this moment in all its simplicity, you might find that this awareness, this ability to be fully here, is a gift you can carry with you. It's not something you have to try to do—it's just a way of being that unfolds naturally, effortlessly, whenever you choose to stop, to notice, to savour.

And as this experience begins to settle within you, as it becomes a part of you, you can feel a quiet confidence growing, a knowing that these small moments, these simple joys, are always within reach, always waiting to be savoured.

And in a moment, I will invite you to return to the room, bringing this sense of presence and ease with you. Not because you must, but because you can, just as you can carry forward this simple practice of noticing, of savouring, of being fully here.

When you are ready, you can begin to notice the surface beneath you again, the air around you, the gentle rhythm of your breath... and when it feels right, let your eyes open, bringing all of this with you, back into your day.