
Eckhart often teaches that Presence isn't reached through effort, but through awareness.
These are some of the simplest and most powerful gateways he shares.

1. One Conscious Breath

Bring your full attention to a single inhale and exhale.
Don't change your breathing.
Simply notice it.

"One conscious breath is enough to create some space where before there was the uninterrupted stream of thought."

2. Sense Perception

Come fully into your senses.

Notice:

- What you see
- What you hear
- What you smell
- What you feel
- What you taste

The more completely you inhabit your senses, the quieter the thinking mind becomes.

3. Inner Body Awareness

Bring your attention inside your body.

Can you feel...

- The aliveness in your hands?
- Your feet?
- Your chest?
- Your entire body from within?

Rather than thinking about your body, feel it directly.

4. Watch the Mind

Become aware of your thoughts without following them.

Notice:

"There is a thought."
instead of
"I am my thoughts."

Awareness creates space.

5. Accept This Moment

Ask yourself:

Can I allow this moment to be exactly as it is?

Acceptance doesn't mean giving up.
It means no longer resisting what already exists.

6. Listen Completely

When someone speaks...

Give them your complete attention.

Don't prepare your response.

Simply listen.

Presence transforms relationships.

7. Appreciate the Aliveness Around You

Pause.

Notice...

- A tree
- The sky
- Birds
- Wind
- Light
- Silence

Nature effortlessly brings us into the present moment.

8. Create Space

Become aware not only of objects...

but also of the space around them.

Listen not only to sound...

but also to the silence underneath it.

Eckhart often teaches that awareness of space and silence naturally opens the door to Presence.

9. Feel Gratitude for This Moment

Instead of asking,

"What's next?"

Ask,

"What is here now that I can appreciate?"

Gratitude anchors awareness in the present.

10. Simply Be

Perhaps the deepest practice of all.

Nothing to fix.

Nothing to become.

Nothing to achieve.

Just this moment.

Fully lived.