

A BE HAPPY RETIRED COMPANION

The Presence Practice

*Three minutes a day to arrive in your own life.
No cushion, no app, no incense required.*



From Farook's desk · behappyretired.com

The Presence Practice

For forty years, most of us lived somewhere else — next week's meeting, last night's worry. Retirement is the first season with time to actually be where we are. This is the small daily practice that taught me how. Three minutes. Three steps. Coffee optional but recommended.

The three steps

Minute one — Arrive.

Sit. Feel the chair, the floor, the cup warm in your hands. Take three slow breaths, out longer than in. That's all. You're not emptying your mind — you're arriving in it.

Minute two — Notice five things.

Look around and name five things you can see or hear right now — the fan, a bird, light on the wall, traffic, your own hands. The ordinary is the whole point: attention turns it generous.

Minute three — Name one gratitude.

One thing, small and true: the rain held off, Hau laughed at breakfast, the knee behaved today. Say it in your head or write it below. Done. You're present.

The seven-day log

One line a day — the gratitude you named. Seven days is enough to feel the practice take hold; after that, it carries itself.

Day	Today I was glad for...
1	
2	
3	
4	
5	
6	
7	

This practice sits at the heart of The Art of Being and of The Da Vinci Secret to Joyful Living – both at behappyretired.com. One gentle letter a week, free.
 – Farook