

Quest for Presence Profile



A mandala is typically understood as an image, like a circle or a square, that has a center and a periphery, and is symmetrical. A deeper meaning of mandala is consciousness. Our consciousness has something that draws our attention and keeps our focus. This is the center of our awareness at any particular moment. Our consciousness is also attracted to certain things or distracted by the past and the future. These things are at the periphery of our awareness. Consciousness is both the center (focus) and the periphery (attraction). We can be spacious, contracted, or both.

In our busy, fast, accelerated, 24/7 society, we are bombarded with many things that distract us, that keep us on the periphery. Hurrying here and there, we “have little time” to smell the roses. Cultivating mandala consciousness helps us to stay present in the midst of these distractions and flow with unseen forces when circumstances change.

The Quest for Presence Profile is one tool for understanding your capacity to be present and to harness the forces of time in your daily life.

Step 1 – SOULFUL CAPACITY FOR PRESENCE

Height & Depth of Time Consciousness


Life is the journey. Soul is the traveler. Time can be your friend or your enemy. The mind—as a tool for consciousness—can serve as a map. The map has markers that reveal the height and depth of the terrain: the topography. The higher you go, the more you can see. The deeper you go, the more you can know. The scale below helps you to look at four soulful capacities for intimacy in your life, for being able to dance with time. Acceptance, Presence, Flow, & Synchronicity. Accepting what is, we can be Present to that which arises. Being Present to this moment, allows us to Flow with the next. In Flowing, we discover who and what we connect with. Being ready the door opens, willing to die, the sky unfolds.

	1	2	3	4	5
	Very rarely	Rarely	Some-times	Often	Very often
I sense that the days of my life are flowing in a positive direction. (<i>Flow</i>)	1	2	3	4	5
I am able to live each day to its fullest (<i>Presence</i>)	1	2	3	4	5
I can forgive myself for things I have done to hurt others (<i>Acceptance</i>)	1	2	3	4	5
I experience meaningful coincidences (e.g., being in the right place at the right time, thinking about something you need and it magically appears) (<i>Synchronicity</i>)	1	2	3	4	5
I have days where events, the people I meet, and the choices I make all flow easily together (<i>Flow</i>)	1	2	3	4	5
I feel a warm glow or a sense of strength inside me (<i>Presence</i>)	1	2	3	4	5
I accept and approve of myself just as I am (<i>Acceptance</i>)	1	2	3	4	5
I find myself thinking that “Everything is happening just like it is supposed to be happening” (<i>Synchronicity</i>)	1	2	3	4	5

After you complete the items, sum each of them together to get a total score. The lowest score you could get would be eight (8) and the highest would be forty (40). Indicate which of the four levels you score fell in, below.

Height

34 to 40 = Level 4
 25 to 33 = Level 3
 17 to 25 = Level 2
 8 to 16 = Level 1



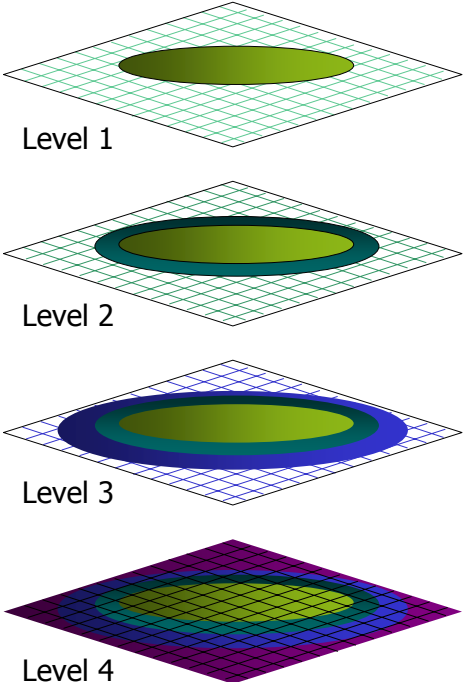
Depth

Level 1

Level 2

Level 3

Level 4



Sum of all 8 items above =

Step 2 – FOUR FORCES OF TIME

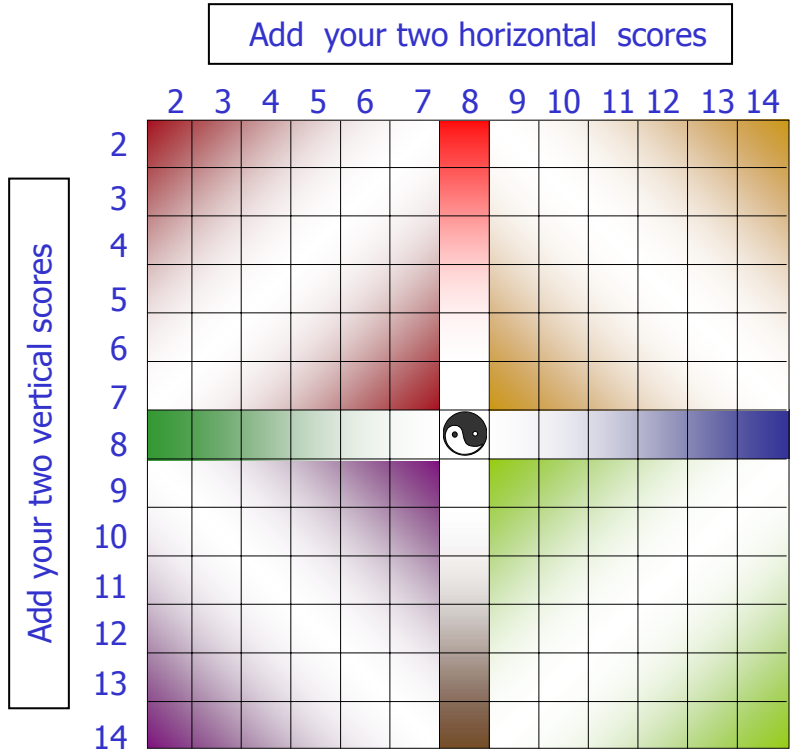
Field Position of Time Consciousness

On the journey, you can develop greater consciousness of life's gifts. You can feel them coming, you can be taken by surprise, you can become dull and never know whether they came or not. These gifts come from the four corners of time. Chaos above ▼ Form and stability from below ▲ Nurturing from the past ◀ and time shaping us into the future ▶. Complete the paired items below to know which of these forces draw you toward it the most, which pushes you, which pulls you. To start, look at statement **A** and **B**. Does **A** describe you better or does **B** describe you better? Then decide, using a number from "1" to "7", whether you fall somewhere in between **A** and **B**. If only **A** describes you, circle "1," If only **B** describes you circle "7". Otherwise circle a number between "2" and "6" that best describes you. Do the same for **C** and **D**. Then Add your two horizontal scores. Repeat this process for statement **E** and **F**, and **G** and **H**.

You will have two numbers, ranging between "2" and "14". One number for the horizontal axis, and one number for the vertical axis. Circle these numbers and indicate where they intersect in the graph below. This intersection point represents your field position of time consciousness.

<p>Success depends on many factors, our own personal growth, and the "right time." A</p>	<p>1 2 3 4 5 6 7 B</p>	<p>Most success depends upon our own actions and "seizing the moment."</p>
<p>My world changes because of many forces some of which I can nurture to my advantage. C</p>	<p>1 2 3 4 5 6 7 D</p>	<p>My world is what I make it.</p>

Add your two horizontal scores



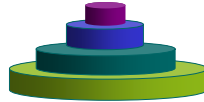
Add your two vertical scores

<p>My life is filled with mystery & interesting twists and turns. E</p>	<p>1 2 3 4 5 6 7</p>	<p>The human race has survived through chance and struggle. G</p>	<p>1 2 3 4 5 6 7</p>
<p>Each event in my life leads to the next in a clear and orderly way. F</p>	<p>1 2 3 4 5 6 7</p>	<p>The human race has survived by design and purpose. H</p>	<p>1 2 3 4 5 6 7</p>

Step 3 – CONSTRUCT QUEST FOR PRESENCE PROFILE

(contact us to set up a consultation; learn@organizationalwellness.com)

Height & Depth of Time Consciousness

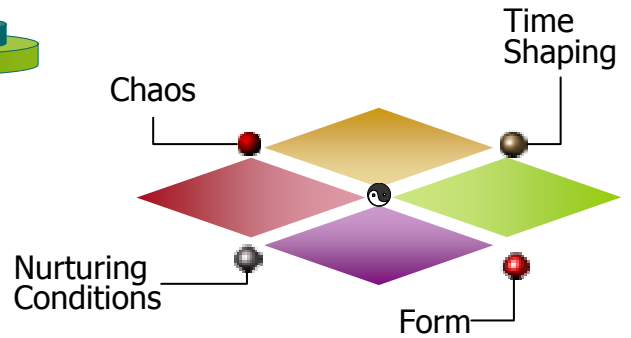


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Field Position of Time Consciousness

=

MANDALA

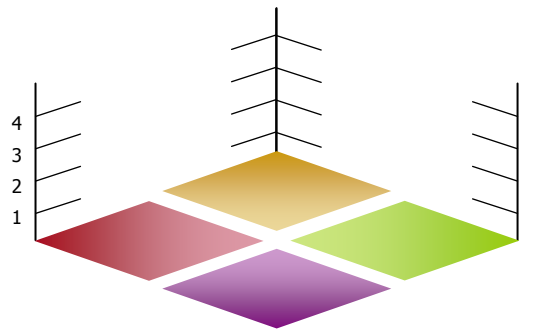


**Artisan
Innovator
Mystic**

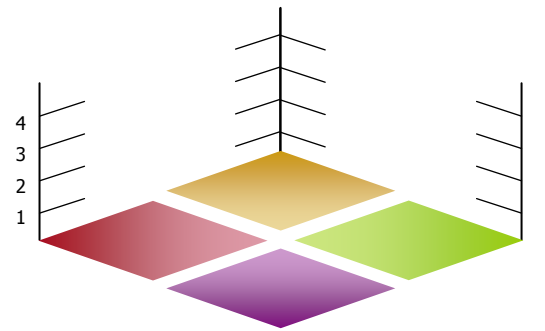
**Challenger
Risk-taker
Planner**

**Diplomat
Stabilizer
Gatherer**

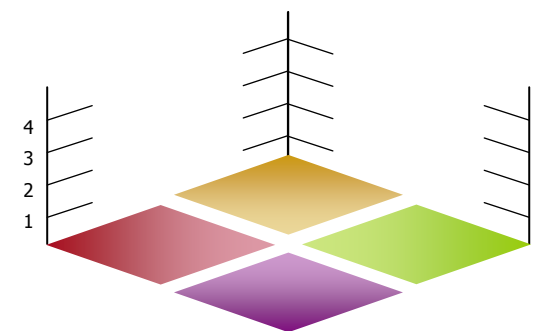
**Engineer
Calibrator
Calculator**



active



attractive



function

