

The background features three overlapping circles. The top circle is a light purple-blue. The middle circle is a medium blue and overlaps the bottom of the top circle. The bottom circle is a darker blue and overlaps the bottom of the middle circle. The text is centered over the middle circle.

Right Here

Right Now

Contents

Grounding and non- presence state	3
Traumatic or premature birth	6
Negligence/omission - Feeling you are an alien to this reality	9
Non-acceptance/understanding from family.	11
Non-acceptance of the body, physical features	
States of shock and other emotionally intense experiences - Overthinking and TF	12
Violence or physical, emotional, mental abuse	13
Unhealthy use of technology	14
Deprivation of personal liberty - Chronic absence	15
Where is my soul then?	16
What can I do? - Emotional Healing	17
The 5 levels of healing	19
Preparing for the practice	20
Feel your presence meditation	22
Daily tips for grounding	27

“This article does not intend to offend anyone or diagnose any condition. The author wants to offer a personal perspective on the subject matter.”



What does grounding mean?

To ground means penetrating reality completely, being part and fully engaged with this moment. "I am entirely here without wanting to be anywhere else. My presence is not split, pulled in different directions or separated in any way".

What is a non-presence state?

A state of non-presence is when we are not involved in the reality that happens at the moment. We feel uninterested, detached and removed without even noticing it. We also feel floaty or dreamy, like we have being driven by the auto-pilot from one place to the other.

Non-presence-states

We feel passive and confused, often at the mercy of events and situations. We live/act mechanically, feeling dissociated, alienated and distant.

The reason for which we cannot or do not want to be here can be unique, and so is our personal history; it is therefore essential, whenever possible, to investigate the causes of the uprooting or lack of presence individually and an external perspective can help us break this vicious pattern.

This topic is very close to me, and it is undoubtedly one of my hardest challenges. In this article, I offer you what I know, hoping that you can find some reflection points to understand better what is happening in you.

What prevents me from being present?

I want to share some of the most common causes I have experienced in my career and personal journey.

I have often noticed that at the root of a scarce or absent connection with oneself and reality, there is a separation, an unprocessed emotionally intense event that generates a hole in our conscience.

The term "trauma" derives from the Greek language τραύμα, -ατος, which means "wound", "rupture". Psychology and psychoanalysis describe a disturbance in the psychic state produced by an "event with a notable emotional charge".



Here are some examples of "separation" that you may have experienced:

1. Traumatic or premature birth
2. Parental separation
3. Negligence
4. Feeling you are an alien to this reality
5. Non-acceptance/understanding from family
6. Non-acceptance of the body, physical features
7. States of shock and other emotionally intense experiences
8. Overthinking and thought-forms
9. Violence or physical, emotional, mental abuse
10. Unhealthy use of technology
11. Deprivation of personal liberty

1. Traumatic or premature birth

This event involves the whole family, especially the mother and child. In this critical case, It may be helpful to investigate the ancestral and karmic dynamics to understand if there have been similar episodes in previous generations.

If, after the traumatic birth, the newborns are also separated from the mothers and deprived of their presence/care, there may be consequences in their emotional development and the world's perception.

“Spitz noted that infants without manual care for prolonged time tend to sink into irreversible depression in the long run, eventually succumbing to intercurrent disturbances; emotional deprivation can therefore have a fatal outcome. These observations led to the drafting of the concept of "hunger for stimulus" and indicated the most important stimuli generated by physical intimacy. From the biological point of view, emotional and sensory deprivation probably tends to establish or favour organic changes. If the reticular activating system of the cerebellum does not receive enough stimuli, nerve cell degeneration can occur, at least indirectly. Therefore, we can postulate the existence of a biological chain that goes from emotional and sensory deprivation to apathy”. (1945 Genesis of Psychiatric Conditions in Early Childhood).

In the same situation, the mother, already confused and stunned by birth, if not promptly managed, may experience long-term repercussions that will compromise her mental health and relationship with the newborn.





2. Parental separation

Many "millennium children" have been through the "separation" of their parents. You had to choose between the two, perhaps used as a postal package or emotional mediator, you had to deal with unwanted situations without the possibility to express your feelings or point of view, you had to take on yours and your parent's emotional baggage and even become the parent of your parents. Sound familiar? You had to interrupt your childhood or adolescence to be able to face adversity, and now it feels like a piece of you is missing.

Not all separations are the same, but similar circumstances can cause a child or teenager to suddenly accelerate to take responsibility for the life they are not ready for.

Furthermore, if the parents do not manage the separation as "adults" and with sensitivity, the child may feel excluded, not understood, guilty, abandoned, and unwanted.

3. Negligence/omission

Negligent behaviour is taking actions without considering the consequences and the emotional/mental impact on others. It also includes any passive and careless attitude towards obligations or duties, laziness, insensitivity, ignorance, lack of awareness, inattention, forgetfulness.

There are cases of negligence due to a mental or physical illness or other impossibility, and therefore each case must be observed closely.

If we have been victims of negligent parents, we will live in a condition of inadequacy in which I have not fully developed my own identity.

I feel inappropriate, wrong and worthless. Nobody sees me, so I'm worth nothing; I don't exist.

4. Feeling you are an alien to this reality

Many people have memories of a "perfect" world in which there is no violence or ignorance. This nostalgia and a sense of sadness in wanting to go "home" creates a constant comparison and rejection of reality.

To survive a reality or family that I feel "I do not belong", I create an imaginative alternative in which I am loved and welcomed instead.



Be
Your
Self

5. Non-acceptance/understanding from family

They wanted a boy or a girl, they wanted an accountant instead of an artist, they wanted you to be thin, tall, beautiful, polite, silent, poised, intelligent, brilliant but submissive and obedient, and instead, you were born!

When we receive constant messages that we are not "good enough", we feel a continuous rejection, and over time we may create an "alter ego". *What does it mean?*

I create a personality that has a better chance of surviving. Possibly it could be a "complacent" or "rebellious" alter-ego. Among the most popular are the "saviour", the "martyr", the "madman". In this altered version, where is the real me?

6. Non-acceptance of the body, physical features

This non-acceptance of our aesthetic reality is spreading like a virus in modern society. Addiction to plastic surgery is becoming an illusory and superficial way to escape who we are and our self-responsibilities. Before having a body, we have accepted "to be what we are, inside and out".

I need to embrace all parts of myself, constantly wanting to "change" will not modify how I feel inside.

A building with a beautiful entrance but full of mould does not attract anyone. Understanding our inner sensitivity, healing the soul wounds that we drag like slaves, is the key to true love and respect for ourselves and the planet. Only then we can nurture our essence and not our wounded ego and be present as authentically as we are.

7. States of shock and other emotionally intense experiences

The death or separation from a loved one can trigger intense pain. We feel sucked into a spiral of bottomless despair as if it were a black hole.

It will be increasingly difficult to cope with the present if the pain is not unravelled and elaborated over time.

To escape the pain, we may start living trapped in the past or memories that no longer exists, at least on a tangible level, feeding an addiction towards the overwhelming emotions.

Among the less intense but still important causes, we find unsustainable stress due to a dysfunctional environment or a hostile workplace that takes away our energy.

In any case, our soul feels discomfort in staying in these unpleasant situations and will create parallel alternatives and ways of escape.

8. Overthinking and thought-forms

Another plague of our society is overthinking.

This constant brooding of our thoughts creates a cycle that repeats itself like a broken record generating addictive mechanisms.

Over time, a little thought intensely repeated will become a universe, a thought form that will continually interact and interfere with my reality.



9. Violence or physical, emotional, mental abuse

Any experience that deprives me of personal liberty without consent is abuse. When we find ourselves without an actual escape route, we will subtly find ways to escape from reality, learning how to disassociate from what is happening.

We may shrink, almost as if we want to disappear; the breath stops at the height of the sternum, creating a state of apnea and closure in which "*I do not feel*".

This disconnection between some psychic/mental and emotional processes creates an absence of thought with a sense of anesthetisation and paralysis of reality.

These circumstances made me reflect on the behaviour of some animals who pretend to be dead to survive.

This phenomenon called "*thanatosis*" is a state of extreme defence that allows the animal to remain immobilised for several minutes and even stimulate the stages of death when it has no more escape.



10. Unhealthy use of technology

Technology, used in an unhealthy and unconscious way, is robbing us of the ability to unravel and deal with our emotions, strengthening a bubble that isolates us, creating great mental confusion.

The most worrying part is that we are losing the ability to be in relationships, including oneself, with interest, engagement, nourished by the exchange without interruptions or continuous distractions.

This switch from one reality to another creates a blink in which we are "suspended" in 2 different worlds.

11. Deprivation of personal liberty

Forced isolation, the deprivation of personal freedom, could activate an inner state/memory of slavery in which I am no longer fully myself. We leave the helm of our life authorising, even unconsciously, the other to use us at will.

"An analogue is seen in adults subject to sensory deprivation, which can cause transient psychosis or at least temporal mental disturbances. Isolation is one of the most feared punishments even by inmates hardened to physical brutality. In our days, it has become, as we know, a system to reduce political opponents to obedience and 'the best weapon to combat political acquiescence and social organisation'".

R. Spits

In this state, I cannot make decisions for myself; why?

Chronic absence

Over time, if I am not "aware" of my state of absence, it will become a chronic state. When my house is uninhabited for an extended time, what happens? Thieves could come, dust accumulates, it begins to degenerate and decay; in short, problems begin.

If I don't take care of my physical home or abandon my body too often, I will start to experience malfunctions that could worsen over time.



Where is my soul then?

Perhaps some of the energy that is not here may be fragmented into other imaginary realities, past or future memories, energetic worlds, unresolved emotional wounds or thought-forms.

Often created in childhood, these strategies have helped us survive and make it into adults.

As I grow up, if I begin to look deeply into my exhaustion, anger, sadness, fear, frustration and anxiety, I will finally realise that the time has come to heal and start living life fully.

What can I do?

The first step is always the recognition and acceptance of the experience we live in the moment; without blocking, masking or pretending that the problem does not exist, only in this way, can we open ourselves to better possibilities.

Accept reality, however painful or irritating, without rejecting it. You welcome your emotions and feelings without wanting them to be any different.

To be alive, we need to feel the "pleasure" of living, a sense of fulfilment and nourishment and not a sense of torture or endless punishment.

Above all we need to reconnect with the joy of living, genuine exchange, growth opportunities, creative and healthy emotional expressions.

Understanding my unconscious behaviours will help me review and change my personal history and make more healthy choices in the future.

The importance of emotional healing

We may feel uncomfortable at the prospect of having to bring out our deepest emotions. We are afraid of bringing old sorrows to the surface and being overwhelmed by them. We may wonder: what's the point of focusing on painful feelings?

Emotional healing is an essential phase of physical healing and allows us to free ourselves from past trauma and suffering forever, allowing the energy to flow again, restoring the natural balance.



Human life comprises five primary levels:

- Spiritual
- Energetic
- Mental
- Emotional
- Physical

To find balance, wholeness and fulfilment, we must heal, develop and integrate all five of these dimensions within us.

Being able to root our presence in the body is a skill that takes time to train and requires perseverance, constance and patience.

Like trees, we have subtle roots that penetrate reality. The more we connect and engage with the "now," the more we become a part of it and capable of promptly addressing the causes of our stress and imbalance.

Therefore, it is essential to recognise when I am grounded, when I am not, and why.

Purchase my Journal "[Chakras Beginner's Journal](#)" on Amazon to understand more about the energy system and its function.

What to expect from this experience

This exercise is designed to help you better understand why we don't always feel down to earth and what could be causing it, exploring the elements that may separate you from this moment with deeper understanding and compassion.

The purpose of this practice is to help you get out of the dual state, developing a higher perspective and vision. Over time, you will learn how to maintain a state of presence in joy, happiness, pain, suffering, anger, and any emotion that we deem unfair or unacceptable.

Keep an open mind and be patient with yourself.

General tips for meditation:

- Keep the spine relaxed yet alert without struggling; use pillows if necessary.
- The focus is on the breath, allowing the belly and sides of the waist to contract naturally without forcing.
- Don't stop or control your thoughts; they can come and go.
- The cheeks, the mouth, the jaw and the muscles of the face are relaxed; if it feels comfortable, you can rest the tongue on the roof of the mouth.
- Keep your eyes closed or half-open resting down along the nose line. You can also visualise and focus on the light point with your inner eyes at the third eye level.
- There is no good or bad experience. There is only your experience.





Feel your presence, meditation.

Assume a comfortable position,
make sure your spine is straight yet relaxed,
close your eyes and let your hands gently rest on your knees.

Become aware of your breath,
the air comes in through the nose
and goes out through the mouth,
do this a few times, allowing your breath to deepen,
watch it rise and fall just like the waves of the ocean.

Become aware of your thoughts;
watch them come and go
without getting attached to any of them.
Don't try to change or stop them;
thinking is a natural process,
just let it be without drawing onto them.

Non-presence-states

Become aware of your feelings and emotions,
how do you feel?

Become aware of any physical sensation,
what can you feel happening in your body?

Be in the experience you are having right now.
Breathe and let all the sensations, emotions, thoughts, and
feelings blend together.

Relax the muscles of your face and your body,
slow down your mind and become a mindful observer.

I will ask you a few questions;
it is essential to trust the first answers.
You can make a note of this after the exercise.

- Are you grounded right now?
- How do you know it?
- Are you present in this moment, or do you feel elsewhere?
- How do you know it?
- What part of you is here?
- What part of you is elsewhere?
- Can you feel where this energy is?
- What prevents you from being present now?

Without judging, welcome the answers
with compassion and understanding.
Whatever you feel, It's ok and there is no need to change it.

Take a deep breath,
We are going to become little explorers now,
moving our awareness within the self slowly
to bring presence back in the now.

Non-presence-states

Imagine a little you entering the body from your right ear.
Curiously start checking the area of your head,
mouth and neck; how does it feel?

Move into your shoulders, arms and hands.
What do you notice here?

Continue descending into your chest, lungs,
feel the beat of your heart.
How is your heart feeling? What emotions are there?

Embrace and move your little self into the plexus region,
liver, spleen, stomach and kidney.
Breathe and relax these parts of the body.
What arises from here?

Slowly move into your belly, bladder and hips,
all the way down reaching the genitals area.
What can you feel in this area of your body?
Is your presence there?

Imagine your spine becoming a path of light,
walking smoothly from the neck,
crossing each vertebra to reach the tailbone.
What do you notice?

Finally, move into your legs, feel your thighs and knees,
calves and ankles, feet, toes and rest on the soles of your
feet.
How are your feet feeling?

Remain anchored to your breath, continue relaxing the body,
surrender its weight to gravity.

Feel supported and let go a little more,

Non-presence-states

surrender to the earth and welcome who you are, unconditionally.

Aligned with this moment, feel all your energy descend inside the body, taking every space. Feel the cells vibrating filled with your presence.

Feel your boundaries, your edges, your skin. Breathe deeply and let any stiffness and discomfort melt away. Become one with your breath and one with your very essence.

Feel this moment melting within another without resisting. How do you feel now? Say your name out loud, your age and where you are now. Ask yourself, who am I? For a few times.

Be aware of the breath entering and leaving the body, aware of the sensation of the clothes touching the skin, feel the temperature of the room you are in, hear the sounds around you, and the sound coming from within the body.

Rest your hands gently on your heart for a few moments, and enjoy this intimate connection with yourself. Allow words of gratitude to expand from within and start mindfully stretching, yawning and moving the body.

Open your eyes and take a good look around, Are you grounded now? How do you know it?



Daily tips for grounding:

- Scan your day from the moment you woke up to now, pay attention to details and feelings and land at this moment.
- Observe the details of the space you are in and look at the objects colours and shapes.
- Touch something and feel the texture. Be fully in your perceptions.
- Take a few deep breaths, imagining your mind slowing down, allowing you enjoy this moment.
- Take a shower or a bath, feel the hot and cold sensations.
- Feel your skin and become aware of your edges.
- Feel the weight of your body and legs being pulled down into the earth.
- Mindfully scan your body.
- Listen to music being present in every sound and word you hear.
- Mindfully walk around, aware of each step you take.
- Stamp your feet, dance, tap and shake your body.
- Clap and rub your hands together.
- Stretch.

About Maria



Maria Pareo, born in a little town near Rome and currently living in Brighton (UK), is an expert in emotional and trauma healing, subtle interactions and communication. A highly intuitive teacher and counsellor, her unique modality centres around self-awareness, authentic expression, emotional independence and empowerment.

Passionate and curious about childhood, family dynamics, energetic interaction in relationships, unconscious mechanism and human behaviours, Maria has designed educational and creative tools to support cognitive and subtle understanding of unresolved trauma, inherited behaviours, energetic dynamics and the impact these have on relationships, including with ourselves.

We hope you enjoy and gain clarity and precious insights from this booklet. Feel free to get in touch if you wish to know more, book a consultation with Maria or share feedback.

Please support my work by subscribing to my [Youtube channel](#).

© Maria Pareo - www.psychoenergeticwork.com