

# LOOKING DEEPLY INTO PRESENCE

Solve Problems, Make Critical Decisions,  
And Create An Extraordinarily Rich Life

**WRITTEN AND ILLUSTRATED  
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WILLIAM'S E-MANUALS FOR WHOLEHEARTED LIVING**

Dear One,

Below are the usual copyright and disclaimers. I know you'll love the book and want to share it with friends. You'll find a way to do that at the end of the book.

The disclaimers basically urge you to use good sense and play safely.

Be well and have fun,

William

\* \* \*

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## Foreword – Flowing Money

***“Where we flow our money directly reflects what we truly value in life.” – William Wittmann***

A percentage of your payment for E-Manual will flow to the Heifer Project and The Trust for Public Land (TPL)

These two organizations work in collaboration and partnership with communities in empowering ways. Handouts can often cripple both the giver and the receiver, but when we work in collaboration with people, everyone’s gifts and strengths are harnessed to make a difference – real, lasting, transformation happens.

What do you get? You get to make the world a better place with your purchase, while exploring what you truly value in your life. You’ll find as you read through the book chapter by chapter, what you truly value. Your clarity will certainly lead you to the life you truly and wholeheartedly love.

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### **About the Author**

## First Things First

**Looking Deeply into Presence** harnesses the miraculous benefits of Presence. To do that we use an ancient method called Owl Eyes to trigger your nervous system in such a way that you instantly produce the quickest and deepest connection to Presence that I know.

### What is Presence?

Presence is the deep stillness of the quiet mind. Presence is “the peace which passeth all understanding” that Jesus describes. Presence is the Sacred, manifest and directly perceived.

### The Miracle

“Hey, William, reveal the technology now!”

“Not yet... Hold your horses. You need to know just how miraculous this is. If you’re like me, you have become shrewdly skeptical about such matters.

“This is a no-kidding miracle. I have meditated regularly for decades to gain the stillness that Owl Eyes produces in minutes, for anyone.

“What if I told you that I was going to give you some time to apply Owl Eyes in a few minutes so you can taste enlightenment for yourself? What would you say?”

**Yes, this really is enlightenment.**

Owl Eyes turns off one’s yammering mind and lets you rest deeply and calmly in the still heart of the Sacred.

Owl Eyes technology can change your life completely. After using Owl Eyes, you will always feel more connected to the Source. When you practice Owl Eyes, you will directly know, touch, and feel Presence. And you will know this is your native state, your true home.

## What Good Is It?

“What’s it good for?” you puzzle.

“You mean besides feeling bliss and touching heaven?” I respond. “This material does have a practical benefit and that’s what you and I will aim for.”

**These strategies in *Looking Deeply into Presence* will directly and potently**

- Turbocharge your problem solving abilities.
- Move your creative thinking to a new dimension.
- Help you to access your native genius to make critical decisions.
- Bring a serenity and fullness to your life you may have felt was missing.

**Your life will work better and flow more smoothly. In short, you will feel happier.**

This method will profoundly change your life. It belongs to you as your birthright. Your nervous system comes designed and prepared for this experience. Even if you don’t believe you can, you can do it.

When you immerse yourself in stillness, you will feel connected to everything you see. You will touch the very fabric of life and you will participate in its unfolding, moment to moment. If this sounds fantastic or unbelievable, I invite you to apply the methods that follow. You will find yourself in walking the streets of Heaven.

Can you imagine a more creative place to be than where the universe births itself right in front of you? All truly creative acts, art, and inspirations come from stillness, even if the artist doesn't know it.

Poets describe this Heaven in different ways. I will let William Blake's poem speak for all of them and for me.

**To see a world in a grain of sand  
And a heaven in a wild flower,  
Hold infinity in the palm of your hand  
And eternity in an hour.**

Blake clearly points to the territory. It feels good to be in this place. Each time I practice Owl Eyes, it feels like coming home. My teacher, Ursula Popp, reminds us –

**All Sickness Is Homesickness.**

Is the world more than an inactive and stagnant lump? Can you imagine the world creating itself moment to moment? Cool, huh. I know. But that's what the saints have always said. That's what today's quantum physics demonstrates in the labs.

Owl Eyes lets you perceive this directly at least in small glimpses. Some report rather spectacular direct perceptions of galactic phenomena.

Owl Eyes enables you to access the creative heart of the universe. Who knows how this method will bless you?

The two methods I lay out will change your life if you persist and if you ask the useful questions. Even if you don't use the methods and just use Owl Eyes, your life will change for the better. You will inherit the Kingdom of God.

## Love and Gratitude

Oh, and one last thing, and this may be the most powerful of all. As you do this work, your heart opens naturally, and you begin to see that you already stand in the heart of heaven. Your whole being fills with love and gratitude.

You'll find a bonus report, **A New Way to Easily Achieve Your Goals**, by Joe Vitale, at the end of this book. His effective method requires you to be grateful. This can challenge people who focus only on lack, but you can choose to see more. With this work, you will find it quite easy to access gratitude. In fact, accessing gratitude may be the primary benefit.

After you have read **Looking Deeply into Presence**, you will know a secret. You will know how to instantly step into a state of deepest gratitude. From there you apply the rest of Joe's simple, easy method to achieve your goals.

## How to Do Owl Eyes

First, although Owl Eyes contains the grand power of heaven, it is simplicity itself. You were born with the capability hard-wired into your nervous system, and it belongs to you. You have no doubt stumbled into this place countless times. Few recognize the power of this place nor do they recognize they have the ability to go there intentionally.

You will now learn to go there intentionally. When you learn this, you will possess a life changing skill.

Insure you have a quiet space undisturbed for a few moments and then sit or stand quietly. (You can do this indoors looking out your favorite window or preferably outdoors.)

Breathe slowly and deeply in your belly. Eyes open, let your eyes be soft. Gently gaze at something in the distance. Then let yourself expand your vision to take in as wide an angle as you can. Leaving your eyes focusing forward, gently note your peripheral vision to your left and to your right. Then up and down. Hold all four directions at the same time.

My tracking colleague, Bob Wise, reminds me:

**You are using your eyes differently... For all of your life you have been trained to focus, to read, watch TV, work on the computer. That's a good skill, but there is another way to use your eyes called "unfocused vision" and it's what happens when you learn to look without focusing. It's simple, but takes some time so be patient with yourself and persist. Most of all, persist.**

Did you notice? Your mind quiets down completely. You have just tasted enlightenment. The experience may have lasted only an instant giving another word play definition of "instant" enlightenment.

Extending this flash of no thought will continue to give you more moments of enlightenment that will grow in length and depth. Can you sense it?

Whenever the chatty voice in your head comes back with words of worry, doubt, greed, or distraction, return to the wide-angle peripheral vision of Owl Eyes.

Just keep coming back to your peripheral vision. Gently just attend to the edges of your vision while maintaining the straight ahead easy gaze.

## Deepen It Now

You can deepen the stillness, ironically enough, by listening to the sounds that surround you in all directions. Got it? OK, now use Owl Eyes at the same time.

Don't ignore any sounds. Allow all the sounds to come to you. Let the airplane have as much attention as the song sparrow. Hear the truck and listen to the wind. It's all good.

## Even Further?

You can deepen the stillness even further, by feeling the breeze on your face, the sun, the rain. Feel the sensation of your feet inside your shoes or socks. If barefoot, feel the surface your foot rests upon.

When you combine Owl Eyes with Owl Ears and then add the sense of touch, you have the whole package.

Again from wise Robert:

**Once you sink into this state, and after you've given yourself time to adjust to it, you'll begin to notice the rest. A caution here....what this is about is shifting your awareness. Awareness is a funny thing, it comes in all sizes and flavors. There's awareness that slams into your face, and such soft forms that you may not notice until it's been going on for a while. Persistence...yup, it'll help you get there!**

You're ready to start the two methods now.

## Let's Get Started

We're going to do Advanced Owl Eyes first and then throw in the other methods from **Simply Serene** as well.

Get a comfortable chair or seat of some sort; you can even sit on the ground as long as you are comfortable. Comfortable means you can sit without wiggling and twitching for at least an hour and feel at ease.



I recommend the chairs at REI ([www.REI.com](http://www.REI.com)). Test them out. What might be comfortable for a 30-second sit, won't hold up for an hour. My experience tells me temptingly low priced grocery store versions really don't work.

Advanced Owl Eyes is most powerful when done outdoors, which is why I recommend the portable chairs from REI. You can carry them easily to magical and sacred sites. Your back yard may fit the bill perfectly.

I recommend you experiment with being outdoors even in what some call "bad" weather. I routinely sit on my deck in the rain during the winter. You will know you have achieved something when you start to miss the rain.

You will be astonished at the depth of your miracles when outdoors in "bad" weather.

Indoors is the last choice, but in some seasons and locals less forgiving than the Pacific Northwest, it is preferred. Sit facing your best view.

I leave the location up to you. Explore differences.

I have practiced Advanced Owl Eyes in ancient ruins, on Pacific beaches, at the lakefront by my office, meadows, in alfalfa fields overlooking one hundred miles of Eastern Washington State vista, and on my deck with the squirrels, cats, raccoons, and birds. They are all good.

## What Is Advanced Owl Eyes?

Advanced Owl Eyes is simply the practice of sitting comfortably in the same place using your Owl Eyes and Ears, feeling your senses, for an extended period, lasting at least an hour.

Before you start the longer stretches of Owl Eyes, just play with short bursts of 1-5 minutes. Expand this time as you want or are able. You don't need to be perfect at long spans of Owl Eyes for these methods to bear fruit.

You are building a skill that will serve you the rest of your life. Persist and be patient. You may experience mind chatter and the whole rainbow of emotions. Just continually bring the attention back to the Owl Eyes drill.

- Be comfortable.
- Breathe in your belly.
- Attend to your peripheral vision.
- Listen to the whole sphere of life.

After using Advanced Owl Eyes, you will feel like the richest king or queen who has ever lived. Once you have practiced it, you will **know** the source of all true wealth.

## Four Ways to Use Advanced Owl Eyes

We can use Advanced Owl Eyes at least four ways to achieve different goals.

The first is using it to turbocharge your problem solving abilities. You will have problems to solve. Some will be easy; others will need deep thinking and creative breakthroughs. Advanced Owl Eyes delivers the goods.

The second is making critical decisions by contacting your deepest knowing.

The third is boosting your creative abilities though the use of daydreams.

And, last, Advanced Owl Eyes gives you the rich life you want and the connection to the Sacred for which you have always longed.

We'll start with practical problem solving, OK?

# I – The Scarecrow Has a Plan for You

This builds on a great idea I uncovered in Paul Leberg’s very useful book, **Faster Than the Speed of Change.**

I am going to accuse you of something.

**You don’t think, not really, and not often enough.**

See if the shoe fits; I confess it fits me all too well. Maybe ponder is a better word? **You don’t ponder, not really, and not often enough.**

You and I are too preoccupied with tasks masquerading as urgent for us to have time to really think. Almost no things claiming to be urgent and important are either. (Note: See the Bonus Report, **Tyranny of the Urgent**, included with this book. It details and explores this phenomenon.)

When too much stress weighs on you, you can’t think.

As always, Shakespeare was here first. Antonio in Merchant of Venice “is much stressed” – all his fortunes are at sea on his merchant ships and at risk.

ANTONIO: And such a want-wit sadness makes of me,  
That I have much ado to know myself.

You can translate sadness here to mean stress. We are such want-wits that we can’t even know ourselves. Try making a cogent plan in that state. Try making your critical decisions. Sadly, we do try, and we pay for it for years.

Authentic thinking takes time you set aside from your daily grind. The more stress free you are the better this works, but it doesn’t have to be perfect to work, else we would all stumble around in the dark. When we learn to put stress on hold, our world opens up for us.

Successful writers and entrepreneurs report, “I don’t get my best ideas when I am in front of the computer or at the office.”

“I get my best ideas at other times when I am wrestling with the kids or resting between sets of tennis.”

Einstein reported the same thing. The idea presents itself when you are taking a walk. The apocryphal story of Newton’s apple is one such story.

Have you noticed this phenomenon, too?

You can do better. You can bring it on intentionally just as geniuses of old did.

Entrepreneurs are always looking at boosting efficiency, getting more out of their days; you too, I bet. The secret seems counter intuitive to me. Maybe it seems that way to you, too?

**To Get More Done -- Stop Doing and Just Be**

I like the **Wizard of Oz** and frequently use its stories to illustrate my Life Coaching with my private clients.

The scarecrow wistfully describes what he would do if he only had a brain, “I would think of things I’d never think before...”

## Here’s What You Do

Here’s what you do.

1. Have paper and pen ready.
2. Sit in the chair or wherever you have selected that will let you remain comfortable for an hour. Outdoors remains the best choice for this but

sometimes the weather requires an indoors choice. You can't write in the wet without being distracted.

3. What is the problem you want to solve with this exploration? Write your question on the top of the page or in the center.
4. Sit and do Owl Eyes and Owl Ears.
5. After some minutes of settling into the landscape with Owl Eyes, ask yourself your question, pose your problem. Gently go back to a light Owl Eyes and Owl Ears and see what arises in your mind in response to your question. Write it down and ask again.
6. **"... And then I'd sit, and think some more,"** the scarecrow says. Keep going for an hour. It is important to hang in there for the full hour. You can stop anytime, of course, but when you make it a game to stretch for the full hour you may discover new benefits that occur when you stretch. I often want to quit things early on at the first sign of mental, physical, or external distraction.

Nothing magical about an hour. I just want you to stretch. Let your curiosity pull you on. Sometimes when I hike, I just want to see what lies over the next hill. And when I get there, I just want to see what lies over that next hill. Sometimes I get tired going up the hill but I persevere.

Like that, I want you to stretch and see what lies over the next hill. Let your curiosity pull you on.

When I hang in for a few more minutes or a lot more minutes, I usually harvest the reward of genuine insights. Play with this yourself to find what works the best.

You can extend the experience by resolving to generate a list of twenty solutions to the problem. Not just one. Not just twelve. Go until you have the full twenty. Have fun with it.

Be kind to yourself. You will not be a Zen monk on the first go most likely. You might, but don't worry. Just sit quietly and

bring yourself back to the task at hand. Gently. Whatever you do will be just fine. Really. And it will most likely improve over whatever you have been doing until now.

Sometimes, I am the Zen monk sitting vast and still as a mountain. Other times my mind wanders. No problem, just come back to Owl Eyes and the paper.

When you persist and garner 20 solutions to your problem, you can trust you have generated some good solutions, you will have gone beyond the obvious into the creative. You will have left that fabled familiar box.

The very challenge of it will keep your juices flowing. My female consultants point out that the challenge might be a guy thing. Perhaps. Perhaps, curiosity will pull you along. Play with it.

Remember to keep dipping back into the infinite with Owl Eyes. Dip in when ever the pen stops moving and the ideas stop flowing.

If you are familiar with mind mapping, Advanced Owl Eyes is exceptionally well suited. If you are not familiar with mind mapping, I strongly recommend it – **Mind Mapping -- A Training Manual to Explode Your Creativity and Channel It for Solving Problems, Completing Daunting Tasks, And Breaking Out of Ruts.** You'll be impressed with the amazing connections your mind can make when you learn this powerful problem-solving method. You'll find my version fits especially nicely with the technique you've just learned.

At the end of the hour, you will have a strategy. You will know what to do. Make the “to do” list and then go do it. You will feel energized and excited knowing you have a plan that has come from the deepest place.

My dear friend Stacia Valley, an excellent therapist, put these principals into play to design and create her own healing center with some of her valued colleagues. She sat in her chair with pen and paper to hand, wrote “healing center” in the middle of the page and went through the steps using the **Carve the Elephant** technique she read in **Simply Serene**.

How do you carve an elephant from a block of granite? You cut away everything that doesn't look like an elephant, of course.

If you're like me, you sometimes have an easier time knowing what you don't want than what you do. Write the list of what you don't want, then flip each one to what you do want. Simple.

For instance, I don't want to be surrounded by sloppy drunks. What is the opposite -- I want to be surrounded by healthy, fun, loving people. See?

In short order, she had a list of things and qualities she definitely didn't want for her healing center and on a clean sheet of paper she had a neat column of those things she wanted.

Stacia formed the action plan and started to implement it. Armed with this clarity, within days she had the space and the people began to gather. Taking action bridges between the imagined and the physical.

Here's a brief explanation and a warning –

1. You may think you have to do something you don't want to do to get what you want. This unexamined belief is so prevalent in our culture that you may not even consciously be aware of it. You may think it is a natural law similar to the laws of gravity. It is not a natural law. It is unexamined belief.

To get what you want, you only need to decide what you want and then ask for it. You and I will talk about this as we move through the rest of the book.

In fact, if you find you are doing some activity you don't want to do in order to get something you want, stop it. Figure out how to make it fun or choose something else to do. Read my story about picking up garbage below.

You may have to take some action, but it can be fun. What action would be the most fun for you to take? Use your imagination to connect it with your vision.

2. Many people stop at the vision stage; folks call these people dreamers. Unless you move from vision to action of some sort, you may not have what you want. You can choose the action though, and you can have fun with it. (I think taking action always helps, but that may be a male perspective.)

Any time you have a vision of how you want to be, appropriate actions will naturally arise, as they did for Stacia. Do those first. After you have done those, you can re-evaluate from your new vantage point. You can then see what next actions naturally arise next. Then do those.

How long did Stacia take for her process? I don't know. She had her healing center in mind incubating for years no doubt. She had already mastered some of the skills you and I have been exploring, so she went through her process very quickly.

As you persistently practice, you will find you have your own amazing story to tell me. Many people have terrific results right out of the gate. The techniques unleash your inherent potency.

I want you to build the skill so you can call on it reliably the rest of your life. I know you can achieve that. Imagine what your life will be like with this skill reliably in hand.

## What If You Don't Have a Set of Strategies at the End?

Don't worry. Just come back in a day or so. Often, when we have what we feel is a deep need for answers; the very need pushes away the solution. That's why we use Owl Eyes in the first place – to quiet the mind, to center, and to connect to deep consciousness.

Avoid adding more stress to your journey by berating yourself for not getting superb answers every time. It happens to everyone at some time.

## II – Make Decisions from Your Deep Knowing

Making a critical decision can drive you nuts with worry. I know it does me. Humans always will have uncertainty and unknowns, always incomplete information. That's life.

We can increase our sense of ease by contacting our deep knowing. That part of us that always knows the best direction to head in.

As Antonio says above, "That I have much ado to know myself." How can you make good decisions without knowing your wants? Without knowing yourself? You can't. I can't. We aim to know ourselves more deeply every day, and we do the best with what we have every day.

### Here's What You Do

The process is just as above but with some simple changes.

1. Have paper and pen ready.
2. Sit in the chair or wherever you have selected that will let you remain comfortable for an hour. As before – indoors, outdoors, weather.
3. What is the decision you want to make? Write down the two, three or more options you are deciding between.
4. Sit and perform Owl Eyes and Ears. This time we want to get really cooking with this. Settle in. Soak in Presence. That may mean several minutes for you, or a half hour or more. Soak. You want to have the sense that Nature is all there is (even in your sitting room). You and your fears, doubts, prejudices, limitations, and uncertainties have vanished.

**“Presence is a fraction of an instant away...separated from the mind chatter only by a switch in perspective” – Robert Wise**

5. Pose the question, “What is the best path for me and for everyone else?”
6. Write down what you get.
7. What actions naturally arise from your internal discoveries? Make the action plan. This plan can be a simple list of steps you need to take, questions you need answered, and the steps that come from those answers. As you get into action, the plan may need more details, but for now, you have enough to get into action.

My friend Alexandra Gayak elaborates –

Make the action plan. Does the first step seem easy? Does it seem like the obvious next thing to do? When you take the first step, you'll have a new vantage point. From there, the step after that will be clearer. You only have to plan one step at a time. If no action seems clear, wait.

I could go on and on about the value of readiness, and why procrastination is an important clue that one is not properly prepared for the action one is trying to take. It's a bad idea to proceed with force, and a good idea to explore instead what one really wants, where the resistance is, and work on feeling better instead of acting. When it's the right action and one has done the preparation it's easy.

8. Say, “Thank you.”

## III – Harness the Power of Daydreaming

I would while away the hours, consulting with the flowers,  
conferring with the rain...

The Scarecrow from **The Wizard of Oz**

This can be a challenge. Teachers punish children for daydreaming.  
Most classrooms and churches place daydreaming off limits.  
Puritanical zealots nominated it as a likely path to the devil.

### **Idle hands are the devil's workshop.**

I was talking to my brother many years ago at a time when we both had long-standing, strong meditation practices, 25 years later it's stronger. We were lamenting how difficult it was for us to sit on the couch and do nothing. It was nearly impossible. I reflected how rarely I did it, and I noticed it was never for more than a few minutes.

Doing meditation was something specific. It carried a noble endorsement.

Reading was doing something.

Watching television was something.

All were permissible to our inner rule makers.

Doing nothing was not OK. Not only wasn't it ok, you were **B A D!**

Get ready, I am going to ask you to sit and do nothing for an hour.

“Not that, William, anything but that!” you plead.

Smiling, I reply, “Yes, that.”

“But, William, what good will it do? And what if my parents find out?”

“Don’t worry,” I assure you, “I will keep your secret. And here’s what it will do for you.”

**The first thing I promise you -- daydreaming gets the Wicked Witch’s flying monkeys off your back. You will reduce stress.**

All the good things of life happen when you reduce your stress down to the right level. Remember too little stress is not good either. We want to operate like Goldilocks – not too much, not too little, just right.

**Daydreaming restores a sense of the simple pleasures in life, a huge benefit.**

**Daydreaming moves your creative thinking into new dimensions.**

You want to have paper to capture these serendipitous charms.

Before we get started, let me remind you of the scarecrow ...

... You are going to while away an hour, consulting with the flowers, conferring with the rain...

## Here Are The Steps...

1. Have paper and pen ready.
2. This may challenge you, or you may find it a simple easy delight. I recommend you use a timer with a gentle bell. Place it far enough away that the ticking doesn’t intrude, but you can still hear its ring. If you find doing nothing challenges you, start with just 20 minutes – increase steadily to an hour or longer.

3. Sit in the magical REI chair or wherever you deem soothing and supportive. Remember you want to remain comfortable for an hour. Again – indoors, outdoors, weather.
4. Sit and do Owl Eyes and Ears. Just confer with the flowers, trees, rain... Listen. Notice. Sit. This is all. It is enough.
5. Write down what you get.
6. Don't worry about action plans now, just go back to listening. You can make an action plan later.
7. Say, "Thank you."

\* \* \* \* \*



Mountain Beaver

My colleague, Morris Rones, loves this technique. He sits in a hot tub at the edge of a forest beside one of the finest parks in the Seattle area. He confers with robins and his friend the mountain beaver.

For many of us, we use television to attempt vainly to get the results that daydreaming produces. You know from your own experience that television often extracts energy and life force from you. Ask yourself, "Do I feel restored after watching television?" More specifically, you can ask, "Do I feel restored after watching this program?"

When Morris first started sitting in the hot tub conferring with the trees, he really noticed the contrast between television and sitting with the flowers.

Experiment yourself and see how you benefit. (Note: For some reason, DVDs don't have the same negative affect on people. Apparently, the television itself does not generate the phenomenon.)

Our last step is a continuation of all of the above and runs like a deep underground stream through all of them.



## IV - Immerse Yourself in the Sacred

If you have been reading between the lines, all of these methods work with your nervous system to turn your chattering mind off and contact your higher wisdom. There is a nice old term for what we are doing. We are practicing being in the presence of God. Nothing less.

You are immersing yourself in Presence. Presence bestows a direct experience of the Sacred. Everything of value comes from here.

Presence transforms all base things into gold just as the legendary philosopher's stone.

Presence plays through all the major religions in the world. Presence unites them and supersedes them.

When you use Advanced Owl Eyes on a regular basis, you will begin automatically to make the right choices in your life, and your life will unfold in miraculous ways.

You will experience a life of great prosperity. You will have true wealth and riches. Just to drive home the point and so you don't mistake my meaning, true wealth and riches have nothing to do with money. You may have tons of money and be wealthy and rich or not.

These methods will help you to align with the source of all money and you may find your earnings increase if that is what you want. These methods will serve you well in business. Your business will prosper, align with the highest good, and will naturally become more ethical and sustainable for the planet.

More importantly with Presence, you will have a life worth living.

My friend, Morris, wisely observes,

*“This is what we yearn for and we resist. Our hunger for deep intimate connection is satisfied when we reconnect.”*

## Sit with Presence

The instructions are simple. Just sit, do Owl Eyes and Owl Ears, and feel the presence of the Sacred.

Listen to the quiet, the silence, the stillness between the sounds.

Feel the presence of God. Listen to the Sacred Silence.

When you're full and complete, notice that you as a separate identity have simply disappeared. There is only the Sacred and being aware.

**To Be Truly Rich – Stop Doing and Just Be**

## Summary

Practice these techniques. Aim for an hour a week and watch your life change.

A final reminder from wise Robert:

**Most of all persist. Results come when they come. This work is not about “DOING” or “MAKING” things happen. That’s a doorway to success in one way but it will complicate this passage. This work is about being. It’s about doing the most powerful thing any human can, just allowing.**

**Allowing and figuring out who is noticing that mind chatter. If you look for big huge changes, you may find them. Remember to set your awareness to notice the small silent, gentle, persistent ones. Those changes that come like the soft whispers from your dearest most beloved friend reminding you of something gently.**

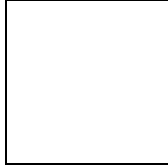
And a gentle reminder from the poet Rilke:

**“You are so young, so before all beginning, and I want to beg you, as much as I can, dear sir, to be patient toward all that is unsolved in your heart and try to love the questions themselves like locked rooms and like books that are written in a very foreign tongue. Do not now seek the answers, which cannot be given you because you would not be able to live them. And the point is, to live everything. Live the questions now. Perhaps you will then gradually, without noticing it, live along some distant day into the answer.” From *Letters to a Young Poet*, Translation by M.D. Herter Norton**

Let me know your miracles, please.

And let me know how you have improved on my suggestions.

Blessings,



## Acknowledgements

Writing is obviously a solitary practice, or so it looks from the outside. But writers, at least this writer, exist in a field of support during the whole process. You, the reader, form the first layer of support for without you nothing happens at all.

My wife Suzanne and my daughters, Zoe and Sasha, form another layer. My friends provide encouragement.

The polishing takes place after all the writing. This is the metaphysical act of taking a jumble and turning it into fit material for you. That's where the editors come in.

My deep bow of gratitude to my fine editors --

Alexandra Gayek – <http://tinyurl.com/92hjj>  
Bob Wise – [iws\\_apprentice@earthlink.net](mailto:iws_apprentice@earthlink.net)  
Joelle Everett – <http://www.soundresources.org/>  
Linda Berlage-Metz  
Suzanne Wittmann

Without them, this manual would not be fit to read.

Bless them.

## Expressing Gratitude through Giving

You can flow money to people who do good work in the world as a powerful way to express your gratitude.

I share the profits from the sale of this book and the membership fees from **Body & Soul Mentor** web site with these two organizations.

**Trust for Public Land** – Conserving Land for People

[www.tpl.org](http://www.tpl.org)

**Heifer Project** – Ending Hunger, Caring for the Earth

[www.heifer.org](http://www.heifer.org)

## Sharing – Another Way to Express Gratitude

You can express gratitude another way. You can share this work. You can talk about it with friends; tell them where to get the book or ...

## How You Can Share this Training Manual with Friends

**FACT: Nobody shares a training manual better than someone who has already used and benefited from it. That's right, isn't it?**

If you have enjoyed **Looking Deeply into Presence** and can endorse it from your own experience, I invite you to join me in selling it.

You can earn a generous 50% commission just by recommending the book to people!

Your own experiences are the strongest selling points, and you can endorse it without hesitation.

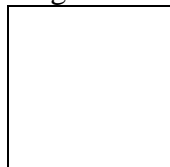
If you have a website, an ezine, or a list of customers or friends that would benefit from reading **Looking Deeply into Presence**, let them know.

I will pay you 50% for every sale that comes from your recommendations. The computers keep track of everything. You simply provide your people with a special link that tells them where to find out more about the book and tells the computer they came from you.

When they buy the book, you get a commission. Simple.

Find out how you make a generous commission (50%) just by mentioning how happy you are with this training manual. I will give you all the help you need.

To get started email me at [William@BodyAndSoulMentor.com](mailto:William@BodyAndSoulMentor.com).



# Friendly Resources – Where You Can Find Help and Fascinating Things to Explore

## Body and Soul Mentor

The [Body and Soul Mentor](http://www.BodyAndSoulMentor.com) private member web site offers inspiring, effective life coaching and potent information at an easily affordable price that empowers you to live a life you wholeheartedly love – body, and soul.

Explore the site. You can use **The Eight Fundamental Secrets to Living Well** free e-course to help you make a decision to join. Even if you do not choose to join, the course will benefit you in many ways. Go for it!

=> [www.BodyAndSoulMentor.com](http://www.BodyAndSoulMentor.com)

## William's Life Giving Manuals for Wholehearted Living

All of the Life Giving Manuals and Programs below certainly have the potential to improve your life powerfully.

My most important program --

### [Get Wealthy First Program](#)

You can get your copy of the obviously life enhancing program here.  
Go for it => <http://bit.ly/e90Xje>

[Simply Serene – Four Amazingly Powerful Ways to Be Instantly alert and at Peace](#) – You can get the details directly here

=> <http://tinyurl.com/mbd4x>

You will find more life enhancing goodies on my website –

<http://BodyandSoulMentor.com>

You can go directly to the **Life Giving Manuals and Programs**

Here => <http://bit.ly/gWvt2O>

## Books & Programs by Others

### Simpleology – The Simple Science of Getting What You Want

*This material will assist you in the action plan side of this work. I included my whole review from Body & Soul Mentor for your information. This program is free.*

I have found a program with the unfortunate name -- **Simpleology - Simple Science of Getting What You Want** by Mark Joyner and it seems to be pretty darned useful.

This program has such merit that I have replaced my other planning tools for this one. For that's what this is – a great planning tool for getting what you want in life.

The big axiom in life coaching is:

**Do more of what works and less of what doesn't.**

Simple? The hard part is noticing what works and deciding to change. **Simpleology** and any good coach helps you to do these very things – notice, observe, decide, change, then continually repeat the process.

Because **Simpleology** performs so well for me, I recommend it to you and all my private clients.

I think it is especially useful for people making big shifts in their lives. I used it to launch my private member web site, **Body & Soul Mentor**, in record time. The process would have taken twice as long without it.

Mark Joyner, the creator, claims you will double or triple your effectiveness. I agree. And that's no small accomplishment in my case. I was already disciplined, focused, and effective.

The training program consists of written material, recorded material, short Power Point lessons of about 3-5 minutes, and amusing quizzes.

I do recommend you follow his directions and do all the steps. I did. Simpleology works best when you do the whole package.

To my surprise, it is fun. Get into it, and it's a hoot. More good news...

**Simpleology** is a free program, and they will invite you to purchase what I bet you will discover to be valuable products along the way. I haven't tried any of the other stuff, so I won't say. I can and will say that I have gotten good value from everything of Mark Joyner's that I have used. Furthermore, Mark Joyner teaches and acts on the principle of the 100% money back guarantee. You will have nothing to lose by trying his offers.

You can get it all here:

=> <http://tinyurl.com/rt9hz>

**The Simple Science of Getting What You Want** will streamline your life and help you hit your targets. I am excited about what it is doing for me – I have **better focus, fewer distractions, more oomph, confidence and excitement.**

# Work with Me to Deepen Your Life Engagement

Many people benefit from one-on-one mentoring with me in person or over the phone or Skype. I work with people all over the globe.

Talk to me about personal Life Coaching for you or a loved one. I answer my own phone at 206.328.2073. Or reach me by e-mail at [William@BodyandSoulMentor.com](mailto:William@BodyandSoulMentor.com).

You can explore to see how Life Coaching might serve you at [www.VitalArts.net](http://www.VitalArts.net).

As a member of [Body and Soul Mentor](#), you will be able to work with me in another delightful way.

**The [Body and Soul Mentor](#) website offers inspiring, effective life coaching and potent information at an easily affordable price that empowers you to live a life you wholeheartedly love -- body, and soul.**

Explore the site and make a decision to join. Go for it!  
[www.BodyAndSoulMentor.com](http://www.BodyAndSoulMentor.com)

## Wilderness Awareness School

I learned Owl Eyes at the feet of Jon Young, a master tracker and a co-founder of [Wilderness Awareness School](#). So, in part this book exists only because of the generosity and genius of their heart and teaching.

[Wilderness Awareness School](#) teaches wonderful correspondence and on-site courses to children and adults.

If nothing else, get their tapes and CDs. It will give you the flavor of their teachings and greatly enhance your connection to Nature. You'll be glad you did.

Robert Wise, who I quote throughout this book, comes to me through Wilderness Awareness School. You can converse with Robert, Bob, at [iws\\_apprentice@earthlink.net](mailto:iws_apprentice@earthlink.net)

Wilderness Awareness School => <http://goo.gl/5xF8h>

## You Can Reach Me ...

I answer my own phone at 206.328.2073. I do return calls. Leave your phone number and a time to reach you. Be sure to let me know in which time zone you live.

E-mail is a great way to set up and make an appointment for a phone call.  
E-mail is a great way to connect period.  
[William@BodyAndSoulMentor.com](mailto:William@BodyAndSoulMentor.com).

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## About the Author



William Wittmann lives in Seattle at the edge of the Salish Sea with his beloved wife.

He has been practicing as a life coach and BodyTherapist from the beginning of time. He creates the highly useful **Body and Soul Mentor** mentoring website at

<http://www.BodyAndSoulMentor.com>.