



### **The Power of Presence by Polar Sam**

*“How presence can help you not only survive but thrive in tough times”*

#### *Musings from an Ice flow...*

One thing about us polar bears - we've spent eons sitting around an ice hole waiting for lunch. Ring seals, our favorite food, only come up for air every so often. If our timing is just so, we get to eat. With this kind of training over thousands of years we have developed an incredible ability to stay present.

I have listed some of the benefits of this unique ability in hopes that our learnings will support you through the stress and overwhelm of the holidays.

#### **Benefits of Presence**

- Engaged but not attached  
I think it was Mother Teresa who put it something like this (We have a lot of time to philosophize about life). “You do it like unless you alone do it, it won't get done, and then let go of the results.”
- Creates wonder and adventure  
Every day is a big adventure. We've estimated only 2 percent of our hunts are successful. It's developed my ability to just be present. Life shows up, or it doesn't. But I do... everyday.
- Attunes the senses  
We have amazing ability to smell. Smelling the wind, marveling at the vast array of odors, it's like being on the Downwind News Channel 24/7 .
- No Fear of the Unknown  
We wander over long distances. When I look back at all the good that has come to me, all that goodness came in its own time and its own way. Polar bears have a deep trust in wandering. I just shake the snow off, and say to myself... “Sam, it's a good day to wander”.
- Greater Trust  
There's no sure thing, for sure. But sure enough, good thing always seem to show up. We go 4-5 days between meals.
- Resiliency  
We have learned to adapt in one of the most adverse climates on the earth. We face long periods of solitude, our ice is receding and yet our curiosity and sense of play remains intact. Our ability to sustain the presence keeps us focused and ready for whatever comes next.

I'm thinking of offering a workshop: *The Power of Presence: Lessons from an Ice Flow in Times of Global Warming*”

In solidarity, Occupy the Arctic!  
Polar Sam  
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