

Let's
SIT A SPELL

Finding
Peace in a
Hectic
World

Reclaim
Your Quiet:

Why the best way to
handle a busy life is
to simply put it
down

**JAKE
ABLES**

Get
Comfortable
In your Own Skin



HI Y'ALL I'M JAKE

If you found your way here, odds are your mind has been running a million miles an hour. Maybe you feel like you're falling behind, feeling the weight of a busy life.

You can let go of the need to have it all figured out right this second.

Most folks carry more than they say out loud. We walk around with a heavy sack of worries about tomorrow and regrets about yesterday, wondering why our shoulders ache and our spirits feel tired.

This guide is an invitation to drop the heavy lifting, take a breath, and remember that **it's all gonna be alright.**

Understanding the Storm: What Exactly is Presence?

We use words like "presence" or "mindfulness," and it instantly sounds like something you need a master's degree or hole up in a mountain cave to understand. It's a lot simpler than that.

Think of your mind like the shifting weather outside. Most of the day, you aren't just watching the sky, you're running out in to the middle of the storm, chasing after a stray sunbeam (a happy thought), or getting soaked and battered by a sudden downpour (a worry or a bad memory).

You're exhausted because you're trying to fight the weather.

When we live entirely tucked inside our heads, we tend to get swept up in the storm. We mistake ourselves for the weather. You can tell you've been living in the storm when:

- **Life feels like a blur:** You find yourself moving through your day on auto-pilot, missing the sweet, simple moments happening right in front of you.
- **Solutions feel out of reach:** Trying to solve a problem with an over-worked, looping mind is like trying to clear up a foggy morning by swatting at the air. It just tires you out.
- **Energy feels drained:** A mind that never stops planning or rewriting the past uses up the vital energy you need for today.



Presence is simply stepping out of the storm and sitting on the porch a while.

When you're present, you aren't trying to stop the rain or force the sun to come out. You let the weather do what it wants while you stay dry. You're just the person watching it all pass. You look out and realize, "There's a heavy gray cloud rolling through. There goes a worried thought. And here I am, sitting safely on the porch, untouched by it all."



The Secret Strength of Stillness: Finding the Gaps

Some folks worry that if they sit and get quiet, they'll lose their edge. They think, "If I'm not constantly thinking, planning, and worrying, how am I going to get things done?"

2026| Jake's coaching series



Here's the plain truth

Getting quiet
allows your
mind to become
truly sharp,
creative, and
clear.

Most of our day is a non-stop conveyor belt of thoughts. One finishes, and the next one jumps right in. But true peace (and your true strength) is found in the tiny gaps between those thoughts. Becoming familiar with just a minute or two of not thinking at all becomes a superpower.

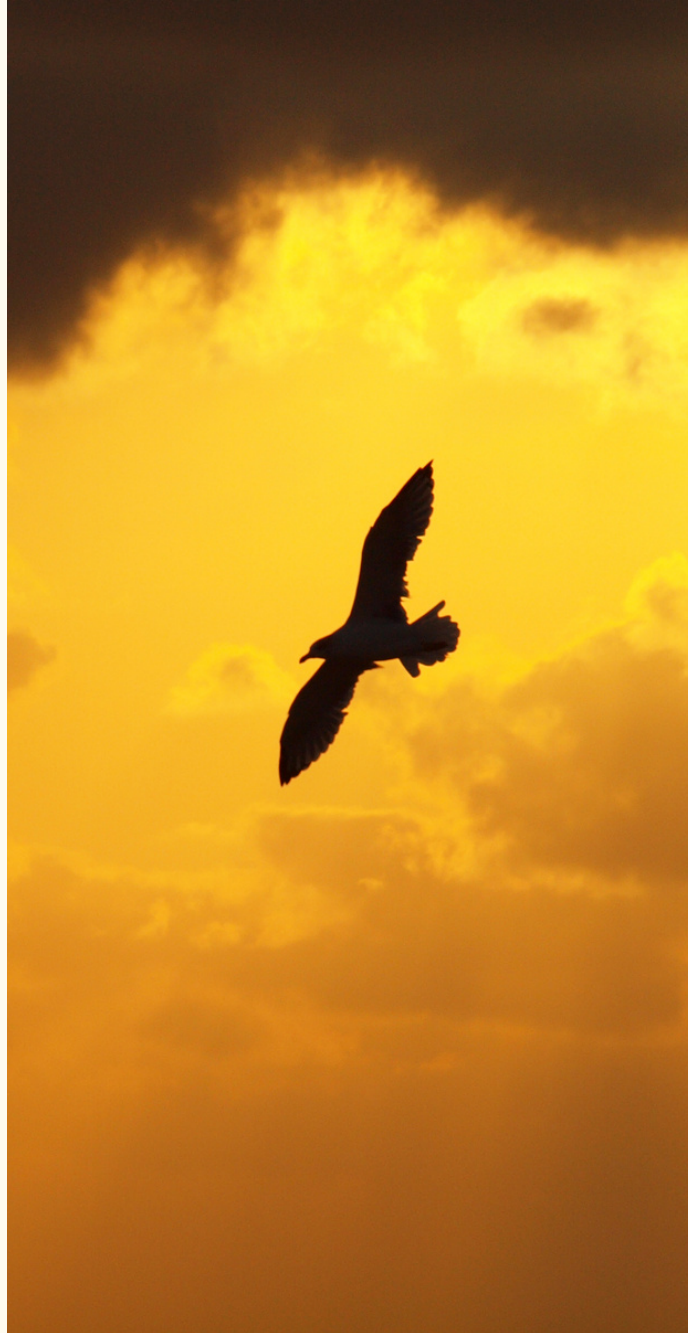
What happens when you connect to that background stillness?

- **Suffering starts to ease.** Most of our pain doesn't come from what's actually happening right now; it comes from the stories our mind tells us about the storm. Hitting pause lets you watch the cloud without getting soaked by it. You experience life as it is, rather than the stories your mind tells you about it.
- **Your thinking gets a promotion.** When you aren't forcing your brain to grind gears all day, your mind becomes more creative and deeply empowered.
- **Clarity shows up naturally.** When the mental noise stops, the right choices reveal themselves.
- **Life flows through you.** Have you ever noticed that your best ideas usually hit you in the shower or right when you're doing nothing? That's because you got out of the way. When you operate from that deep, quiet place underneath the noise, the right words find you naturally. The right actions just happen. You aren't forcing life anymore; you're letting it flow through you.

Just Between Us, My Mind Still Wanders

Even after years of practice, thoughts pop up. That is simply what minds do. Having thoughts appear during meditation doesn't mean you are failing; it just means you are human.

The real magic of presence isn't about maintaining a perfectly blank mind. It is simply the gentle act of noticing when you've drifted off into a thought, smiling at it without an ounce of judgment, and softly bringing your awareness back to right now. Every time you come back, you are strengthening your peace.



Many Doors to the Same Room

The practices and meditations in this guide are some of the ways to enjoy peaceful presence. They're a beginning. A few options. It's practices like these that helped me find my own footing when the world got too loud. I usually try to start and end my day this way.



Sunup and Sundown: The Two Anchors of Your Day



Think of these two moments as the natural bookends of your day. They are the times when the world naturally takes a breath, and by joining in on that breath, you change the whole quality of your life.

Sunup: Setting Your Compass

Before the world wakes up, before the emails start rolling in, and before your mind starts building its daily to-do list, there is a quiet window.

Spending just five minutes in presence here is like setting your anchor deep into the riverbed. When you start your morning on the porch, looking out at the sky before the weather rolls in, you carry that stillness with you into the afternoon. You'll notice that when things get busy or chaotic later on, you don't get swept away as easily. You stay grounded because you already know who you are underneath the noise.

Together, these two brief moments create a beautiful rhythm.
You start in peace, and you return to peace.

By the time the evening rolls around, you've walked through a lot of different weather. You've taken on responsibilities, listened to stories, and carried the weight of the day.

Practicing presence at night is the simple act of hanging up your coat at the front door. It is a conscious decision to let the day be over. By stepping into that quiet gap before bed, you allow the mental dust to settle. You clear the slate so your body and mind can experience true, deep, restorative rest. You aren't taking the day's worries to bed with you; you're leaving them on the porch, knowing that tomorrow will take care of itself.

Sundown: Hanging Up Your Coat

DAILY PRACTICES FOR PRESENCE

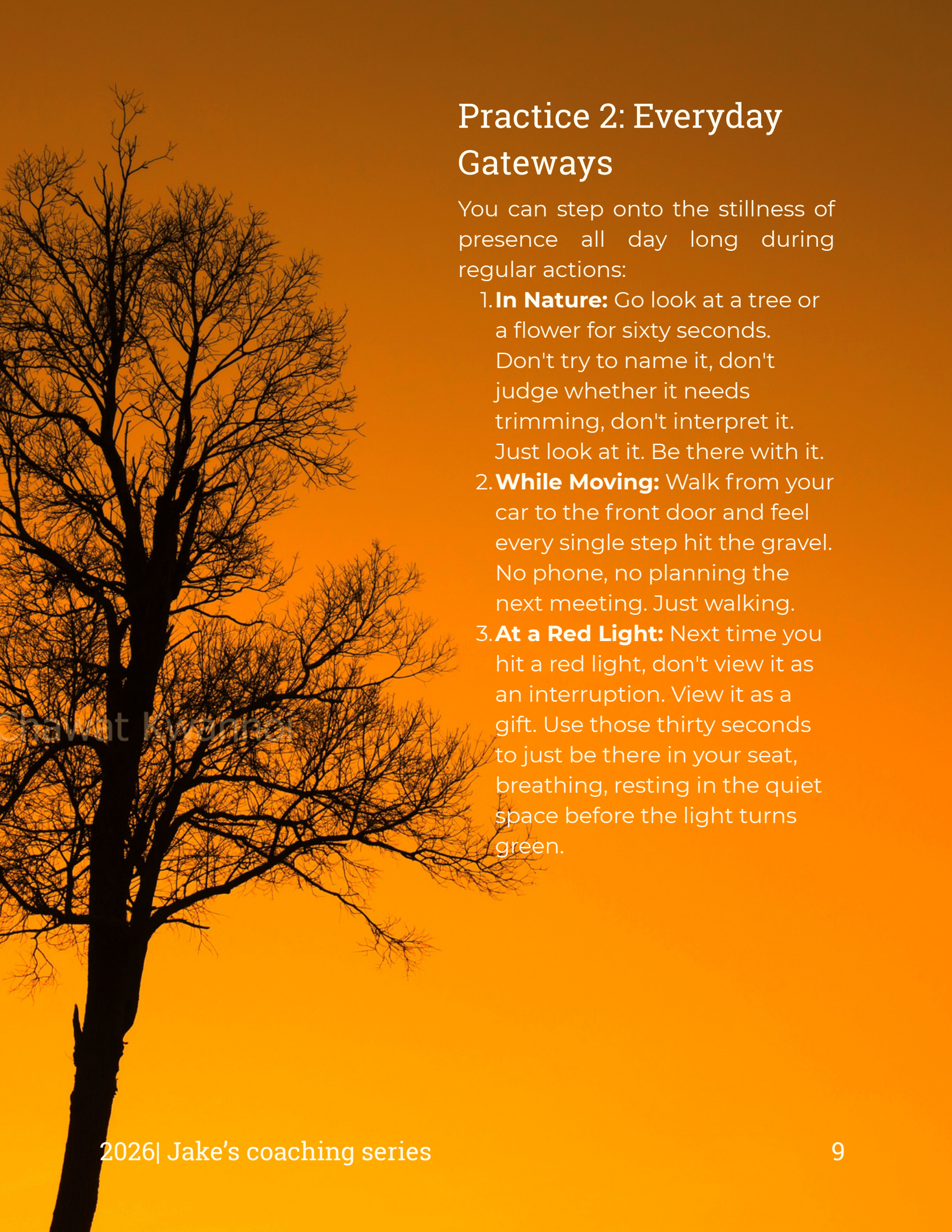
Sitting with your eyes closed is a wonderful way to begin, but presence can be found anywhere. Here are two simple invitations I use to cultivate that background stillness.

Practice 1: The Candle Flame

When the mind feels especially loud, give your eyes a single place to rest.

1. Light a single candle and sit comfortably in front of it.
2. Rest your gaze entirely on the flame. Look at the colors, the movement, the light. Just observe it without trying to describe it or analyze it in your head.
3. When a thought pops up—and it will—simply notice it, let out a long breath, and bring your focus right back to the flame. Just the flame.
4. Enjoy this quiet connection for two to three minutes.



A large, dark silhouette of a bare tree with many branches, set against a solid orange background. The tree is positioned on the left side of the frame, with its branches extending towards the right.

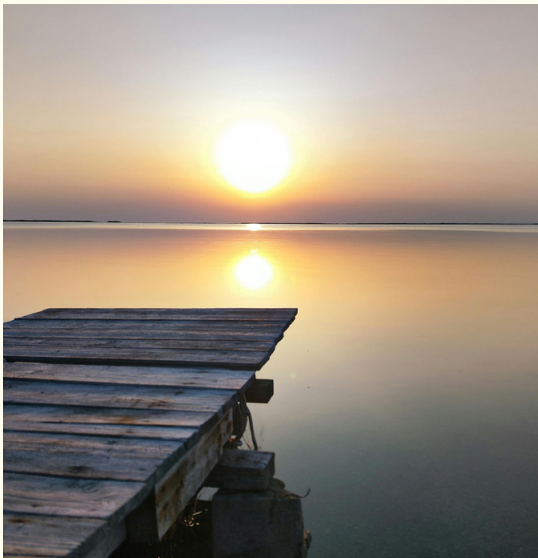
Practice 2: Everyday Gateways

You can step onto the stillness of presence all day long during regular actions:

1. **In Nature:** Go look at a tree or a flower for sixty seconds. Don't try to name it, don't judge whether it needs trimming, don't interpret it. Just look at it. Be there with it.
2. **While Moving:** Walk from your car to the front door and feel every single step hit the gravel. No phone, no planning the next meeting. Just walking.
3. **At a Red Light:** Next time you hit a red light, don't view it as an interruption. View it as a gift. Use those thirty seconds to just be there in your seat, breathing, resting in the quiet space before the light turns green.

DAILY MEDITATIONS

Don't fret about becoming a perfect meditator. The goal is just to realize there is a deep, unshakeable stillness always running in the background of your life. Whenever you catch yourself spinning out in the storm, it doesn't have to upset you. Just breathe, smile, and come on back to right now.



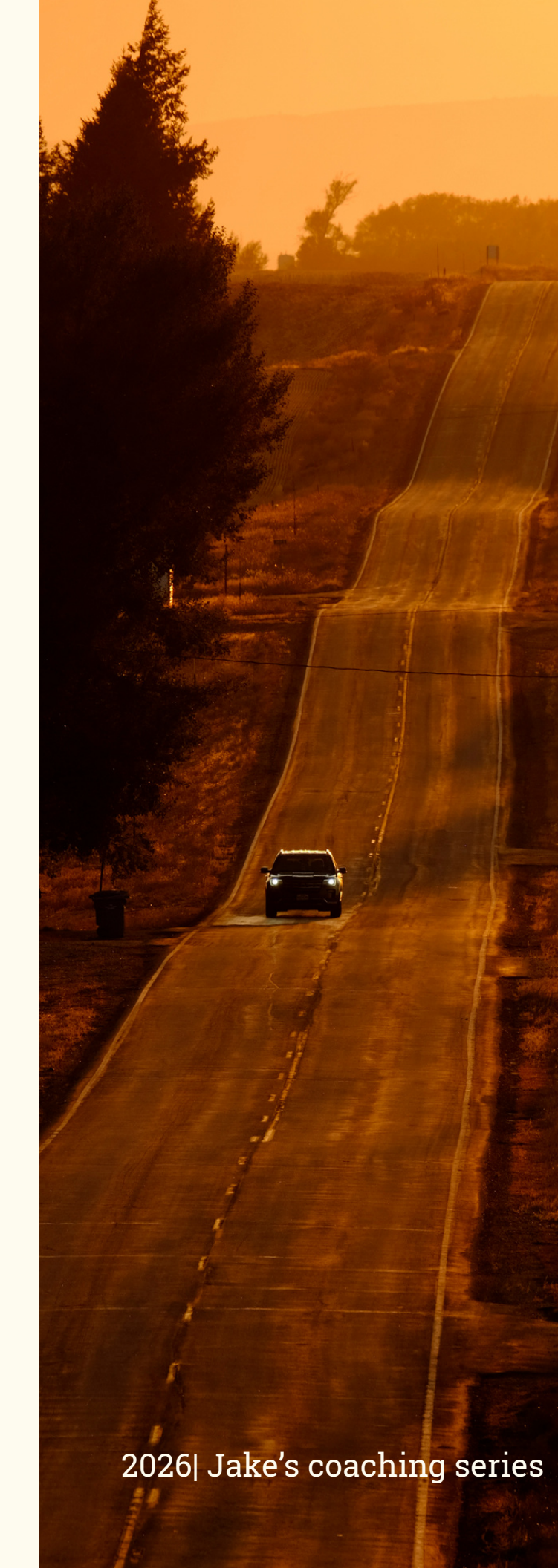
Before the morning rush kicks up, take a moment to root yourself in this present moment so you can carry a steady sense of ease with you all day long.

[Listen here](#)

As the day winds down, set aside your heavy lifting, let the mental dust settle, and prepare your spirit for a deep, restorative sleep.

[Listen here](#)



A photograph of a car driving on a winding road at sunset. The road is illuminated by the warm, golden light of the setting sun, creating a strong contrast with the dark silhouettes of the trees and hills in the background. The car is positioned in the lower third of the frame, moving away from the viewer. The overall mood is contemplative and serene.

LET'S LOOK AT THE ROAD AHEAD TOGETHER.

If you listened to these meditations, or read through these pages, and felt a little bit of that heavy sack lift off your shoulders... I'm glad I've been able to help a bit.

But sometimes, practicing on your own is only half the journey. As I said before, most folks carry a lot more than they ever say out loud. And sometimes, what actually changes things isn't a book or an audio track, it's having the kind of talk you remember.

A simple and genuine conversation with someone who can help you step out of the storm, find your footing again, and tap into that deeper quiet so you can move forward with more purpose, confidence, and peace than you've felt in a long while.

This first call is just a chance for the two of us to sit down, talk things through, and see what kind of path might make sense for you moving forward. If that sounds like something you've been needing, click the link below, find a time that works on my calendar, and let's have a chat.

[click here to book a call](#)