



Centering Exercise

In our day, we are hit with surprises, too much to do, conflicting commitments, sometimes even hostility, anger and fear. How can you remain in a balanced state so you can handle ongoing challenges and crises, maintain focus and make good decisions? Using a centering exercise will ground you in this balanced state and when thrown off balance will help you return to your powerful, calm center more quickly.

1. Imagine a situation where you are in control, where you are calm, happy and relaxed.
 - a. What are you thinking?
 - b. What are you feeling emotionally?
 - c. What does it feel like in your body?
2. When you are in this positive situation, how are you breathing?
3. When you are in this positive situation, what can you focus on that will help you remain here?
4. Imagine a situation where you are NOT in control, where you are agitated, nervous or unsure.
 - a. What are you thinking?
 - b. What are you feeling emotionally?
 - c. What does it feel like in your body?
5. When you are in this challenging situation, how are you breathing?
6. When you are in this challenging situation, what can you do to help you recover your center?
7. What "trigger" could you use to help you remain centered despite the challenging situation?
8. How can you practice moving consistently from the place of balance?
9. How can you practice returning to this place of balance quickly when thrown off?
10. Anything else?