

"Four-Part Centering Practice"

Source of practice: Wendy Palmer,

<http://embodimentinternational.com/>

'A practice that allows us to have a self to come back to'.

1) Breathe

Long exhale. *Imagine the breath spiraling down through your body into the earth.*

2) Balance the energy field

Assume that there's a field of energy that surrounds you. Or think of it as the heat that emanates from your body: if you had sensitive instruments you could measure it as a field around you.

Inquiry:

- *If the back of the energy field were equal to the front, what would it feel like? (Let yourself wonder....)*
- *If the left were equal to the right, what would that feel like?*
- *If the energy above your head were equal to the gravitational pull beneath you, what would that feel like?*

3) Feel gravity in your jaw and shoulders *What would it be like to feel the weight of your jaw and shoulders?*

4) Inquire about a quality A word for something you'd like to cultivate, e.g. Aliveness, openness, equanimity, gratitude, generosity, compassion. (You can work with the same quality over time). Inquiry: *What would it be like if there were a little more of this quality in my being?* Wait and see what arises. (Important to work with 'a little bit', an incremental change your system can work with.)

Centering Practice

Conscious Embodiment

This centering practice helps to cultivate presence and calm, and can be done wherever you are, whether standing in a queue, or in the traffic. You can do it ritually, say every morning or night, or spontaneously whenever you think of it. Don't make a chore of it though. You want to keep it enjoyable and light.

Centering Practice (adapted from Conscious Embodiment by Wendy Palmer)

1. Starting with a long exhale, imagine your breath spiraling down rooting into the earth. Then let your inhale spiral up your core and up through the top of your head towards the sky, creating a sensation of lightness.

2. On your next exhalation, feel for the energy field in front of you and behind you. Ask yourself "if the back and front of my energy field were more even, what would that be like?"

- When exhaling again, feel the energy to your left and right and again ask "if the left and right side of my energy field were more balanced, what would that feel like?"
- Next feel the energy above your head and below your feet. Ask yourself "if the gravitational force above my head were equal to the force below my feet, what would that be like?"
- You can give your energy field a texture or colour.
- Gently and without any extra effort release tension in your jaw and shoulders.
- Last, remembering a quality you wish to cultivate, ask yourself, "What would it be like if there was a little more ease or in me?" and give yourself a moment to feel the sensations, thoughts or feelings flow through you.

Stop and centre for 10 – 15 seconds as many times a day as you are able. While you are doing this, keep your eyes open all the time. Give it a try, see how it feels to you.

The idea is not that you stay in a centred state all the time, but you do it when you need to. I do it because I want to engage with my friends, family, children, the broader community and myself more skilfully and intuitively. I want to learn to be more centered when under pressure or in conflict situations and generally live my life with greater clarity and ease. The quality that I am choosing to focus on and cultivate more of in my life at the moment is more gentle self-encouragement.

What is yours? What quality do you need more of in your life? What feeling would you like to experience more often?