

# THE CENTERING EXERCISE

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*This meditation may be used as your primary daily meditation, any time you need to get balanced in body & mind, or to overcome any body-mind interferences, such as life's fears, general inadequacies, mental imbalances, and post traumatic stressors. It should last between 5-10 minutes, may be used with alpha wave sounds or music, or with no sound at all, and can be done while standing, sitting or lying. Simply follow these steps as precisely & comfortably as possible...*

1. Feel the tingling in your fingers & toes.
2. Close your eyes and look at the colors on the inside of your eyelids.
3. Inhale the words, "I am..." (in your mind)
4. Exhale the word, "...clear"
5. Inhale, "I am..."
6. Exhale, "...focused"
7. Inhale, "I am..."
8. Exhale, "...grounded"
9. Continue this breathing mantra as you begin to feel the waves & vibrations of energy in your body.
10. Continue the breathing, the mantra, and feeling the vibrations as the colors behind your eyelids begin to move in patterns.
11. Continue all three of these as you listen to the sounds of the environment that surrounds you.
12. As any thoughts, distractions, analyzations, or fears come into your mind, simply dissolve them by focusing on your breath, the mantra, what you are feeling in your body, what you are seeing behind your eyelids, and what you are hearing in the environment that surrounds you.
13. Next, visualize your body energetically rooted to the earth below, and open to the Universe above.
14. After you feel centered in your body, open your eyes, and touch all of your fingertips together.
15. Place your thumbs against your solar plexus for 1-3 breaths, then against the middle of your chest for 1-3 breaths, and finally against your forehead for 1-3 breaths.