



## *Centering with Intention*

The practice of *centering* brings you into the present moment with solidity, balance and stillness. It is one of many ways to increase bodily awareness. Centering is a simple practice that can have a powerful effect. When you are centered in the present, your compassion, intuition, curiosity and creativity are more accessible to you. Your center sees a bigger picture and recognizes the fundamental truth of interconnection. We are connected by the space we share.

And any time you need to regain your sense of composure, equilibrium, or your feeling of personal power, do this simple practice:

- 1. Align your Posture.** Plant both feet flat on the floor. Drop your shoulders away from your ears & tuck your chin back. Extend up through your crown & down through your tailbone.
- 2. Inhale & Exhale.** Inhale into the lowest part of your lungs so that your belly expands outward. As you exhale, following your breath with your mind.
- 3. Release Tension.** Scan your body with your mind's eye for areas of tension or holding on (neck, shoulders, jaw, hands, back). Relax & release these areas with your exhale.
- 4. Declare your Intention.** In the next moments, what if you were just a little more...present, decisive, patient, empathetic, energetic, compassionate, non-judgemental...etc? What would it look like...feel like? Notice what, if anything, arises and proceed with your day.

Do this practice 20 – 30 times a day.

Adapted from: "The Intuitive Body: Discovering the Wisdom of Conscious Embodiment and Aikido", Wendy Palmer