



## Exercise to centre yourself

The component parts of centring are:

- ! Being in the present, not in the past or the future.
- ! Being in the NOW.
- ! Being physically and mentally relaxed
- ! Not having unintended physical reactions or thoughts
- ! Being open to what might happen
- ! Having the intention to be cause

Exercise to centre yourself

1. Sit comfortably in a chair with closed eyes.
2. Empty your mind and intend to do nothing but being present.
3. Relax and do nothing.
4. Notice the space you're in and the sounds in the room.
5. If thoughts enter your mind just let them go move your attention to just being in the present moment.
6. Do not strain and force yourself to not think, simply relax into the quiet space of the moment.
7. Likewise with any physical reactions you might have. If you twitch or yawn, just notice it and move your attention back to the moment.
8. Relax. Perform some rhythmic breathing.

For more information on Energy Healing

