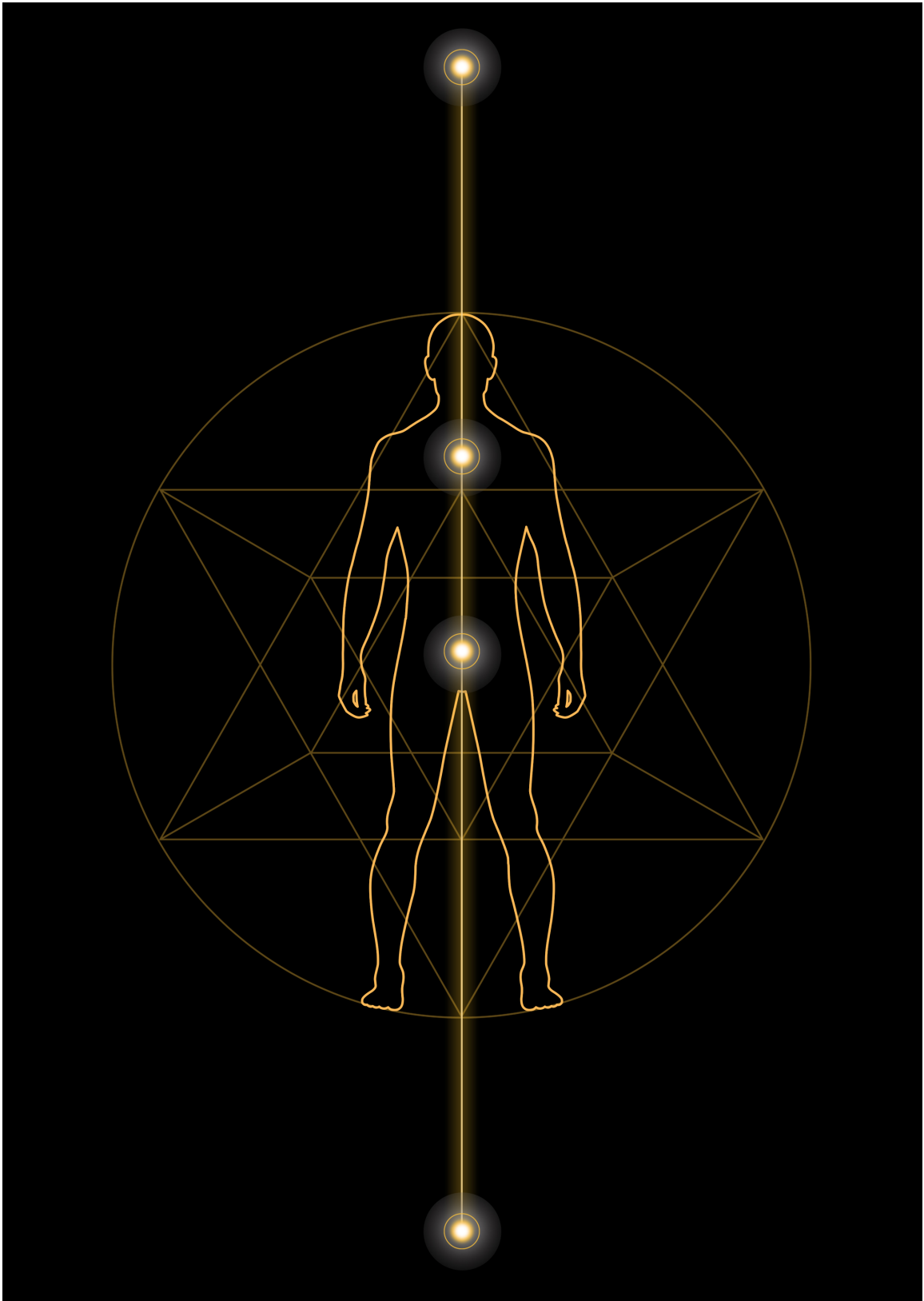


CENTRE



Commentary on Centering

Centering is a very powerful skill that requires practice to perfect. This practice is the key to how we manifest our reality in the physical dimension.

Centering is building the energetic link between the higher and lower dimensions.

In this practice you are creating a pathway for the higher vibrational frequencies to reach the lower density of matter within your multidimensional system.

It takes you out of your feeling, emotional, reactive nature and your linear mind. There is no feeling, no thought, just the stillness and connection to higher mind. It is a shortcut to the stillness many search for through years of meditation.

This also prepares your system for conscious creation as opposed to the unconscious creation that is going on every moment of your existence. By constant practice you build an energetic highway to the higher dimensional fields of your being.

The conscious creative process is a scientific process that can be mastered through practice and eventually becomes focused, conscious, and effortless. The ability to center is an integral part of this process.

Centering Practice

- ❖ All steps as in practice 2: Grounding. Make this connection strong. You are connected to the earth's core. Hold the sphere of light at the tan-tien (four finger widths below the navel) with your four fingers and thumb of the left hand. Make this strong and bright.
- ❖ Once you have grounded, bring your conscious awareness to the heart region. At a point four finger widths down from the collarbone, visualize another sphere of golden white light. Breathe deeply into the tan-tien. Imagine a line of energy running up from the sphere of light in the tan-tien and passing right through the center of the body to meet the sphere of light at the high heart. Two fingers below the clavicle (neck bones)
- ❖ Use the breath to make these connections strong.
- ❖ Once the connections are strong, visualize another sphere of golden white light originating three feet above the head. Visualize a line of golden white light running from this sphere through the center of the head to meet the sphere at the heart. Make this strong with your breath. Hold the sphere of light at the heart with the four fingers and thumb of the right hand. Breathe deeply into the heart.
- ❖ Once the line is complete and strong and all the points are joined, feel the calm, still point of center in the body. You are grounded and, at the same time, connected to the higher aspects of your being mediated by the heart. Continue breathing deeply.

This is the place of no thought and no emotion, just calm, centered stillness of being. The bioenergy field is completely balanced.
Do every day for 3mins morning, noon and evening. Build up to 33 mins

I am connected to the earth and to the source
of all life through my heart.

I am equilibrium.