Spirituality Centring Exercise ref Virginia Satir – The New People Making

*The following exercise is one you can use to deepen your experience of spirituality.*

Sit comfortably on a chair with your feet on the floor. Gently close your eyes and simply notice your breathing.

Now go silently inside and give yourself a message of appreciation that might sound something like this: ‘” I appreciate me” this is to give your spirit strength from your actions.

Next visualize yourself affirming your connection with your creator.

*(From time to time as you continue this exercise, be in touch with your breathing.)*

Now go deeper inside and locate the place where you keep the treasure know by your name. as you approach this sacred place, notice your resources: your ability to see, hear, touch, taste and smell, to feel and to think, to move and to speak and to choose.

Linger long enough at each of these resources to remember all the many times you used them, how you are using them now, and know that they will be available to you in the future. Then let yourself remember that these resources are part of you and are capable of many new sights, sounds, and so forth. Realise that you can never really be helpless as long as you recognise you have these resources.

Let yourself remember that as a creature in this universe, you are the recipient of the energy from the centre of the earth, which brings your ability to be grounded, and to make sense; the energy from the heavens, which bring you your intuition, imagination, and inspiration; and the energy from other human beings who are ready to be with you and have you with them.

Remind yourself to be free to look at and listen to everything, but to choose only that which fits you. Then you can clearly say yes to those things that fit you and no to the things that don’t. you will then be able to do positive things for yourself and others instead of negative things such as fighting.

Now again, give yourself permission to breath.

*This exercise can take one minute or five minutes, you decide. Commit this exercise to memory and practice it often. Every time I do this I am reminded of who I am and given an opportunity to feel a new sense of strength which becomes my link to life.*