

*What is Center?

Center is a state of being. You are centered when you are moving on purpose, without irritation or frustration. You are centered when you are open to discovery, no matter what the circumstances, when you are willing to learn and to change based on what you learn.

Center is a mind/body state. Your body pulsates, free of tension, able to move gracefully and appropriately. Your mind is alert-with a heightened awareness of surroundings and an uncanny ability to focus on essentials.

*"I know I am centered when--

I am balanced and stable.

I am breathing deeply from my belly.

I am relaxed, calm, and focused.

I am aware, internally and externally.

I am appreciative of myself and others.

I am feeling my emotions and learning from them.

I am compassionate and connected to others and to my environment.

I am able to give and receive sincere acknowledgment.

I am energized by purpose.

I am bigger than my challenges.

I am unattached to the outcome of a situation.

I am having fun and laughing often." Tom Crum

Q: What means 'Being Centered' in Japanese?

* In doing wrist stretches, imagine energy flowing from your center, through your arms and into your wrists.

Meditation

*in all meditative disciplines, the practice is not to force yourself into a state of peace, it is simply to acknowledge the mind's thinking nature and to relax into center so that you can settle down into deeper levels of thought, to the source of thought where the vibrational level is the most powerful. It is achieving a place of deep connection and tranquility, where you are accessing a field of intelligence that is far greater than that derived from ego intellect." Tom Crum, p. 75

The key to meditation is to view these distractions as waves, to welcome them, and to seek the calm between the waves. -38

Letting go refers to your inner self-your attachment to beliefs, processes, people, even your self-image. When you enter deeper and deeper into a reflective space-whether through meditation, music, or simple awareness-the areas where you still need to let go become dramatically clear. -40

Df. Power: energy flowing freely toward a vision. -43

AE support system.

DL personal network.

*On misogi (purification) breathing: as you inhale, see and feel support and energy filling your body. With each exhalation, visualize letting go, releasing tensions, and sending positive thoughts to the universe.

*Whenever you are feeling stressed, count to five with a deep breath and then slowly exhale to a count of five, before you say or do anything.

*What would happen if, in the midst of a crisis, when things are at their worst, you were to pause, take a deep breath, and smile.

*Breathing can transform moments of fear into centering training. When you are fearful, notice your breathing. As you inhale, imagine support entering your body; as you exhale, visualize your panic leaving.

*How can you turn an uncentered moment into a positive training? Suggestion: recognize and embrace the moment, rather than denying it, and immediately ask yourself, "What can I learn here?"

Source: Judith Warner, From Chaos to Center