



Exercise for Centered Presence

Adapted from Stuart Heller's, Retooling on the Run – used with permission©

Expand the field of your attention to include your entire body then:

1. Find your feet and your legs – notice your feet touching the floor; become aware of the pressure and contact between your feet and the floor. Feel the insides of your feet. Feel the muscles and bones. Let the sensations grow in strength and spread throughout your body. Maintain this sensation and let a new breath emerge.
2. Find your hands and your arms– feel what you are holding or touching; notice the pressure and the contact between it and your hands; feel the insides of your hands, the muscles and bones, let the sensations grow in strength and spread throughout your body, maintain this sensation , and let a new breath emerge.
3. Find your head & neck – look and listen to what is going on around you and within you; keep your eyes open; tune in to your senses of smell and taste; notice the way your head balances on the top of the spine. Let the sensations grow in strength and spread throughout your body, maintain this sensation and let a new breath emerge.
4. Find your Spine – notice the strength and posture, the erectness. Notice the way it supports your neck and head. Let the sensations grow in strength and spread throughout your body, maintain this sensation and let a new breath emerge.
5. Find your breath – inhale and exhale on purpose. Focus your attention on the middle of your torso; relax and let your breath move to its own rhythm. Let the sensations grow in strength and spread throughout your body. Keep breathing.