



CENTERING™
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Right Relations

Reflective Exercises

Listen to the short guided meditation.

Establishing right relations with yourself involves being willing to surrender to the essence rhythm of your breath. These reflective exercises work with your breath through the guided meditation and energetic transmission of the audio clip you've just listened to.

1. **Describe your “essence rhythm”** – your sense of what happens to your breath when you both focus on it and imagine how easily you can direct it to deepen and open itself into an easy, flowing rhythm. Draw a picture of it.
2. **Place yourself in the center of your picture** – the center of these essence rhythms.
3. **Now place around this center, wherever you feel they “fit”, as many relationships as you want to include** that you are experiencing in your life – for example, your work, your family, your friends, your partner. Include relationships you enjoy, and those you don't enjoy. Even include your body, mind and spirit, as well as your past, present and future – your thoughts and feelings.
4. **Take a look at your picture.** Then describe your sensations. How do you feel?
5. **If you're moved to change any of the positions you've diagrammed,** do it – feel free if you wish, to create a completely new picture, keeping yourself in the center of your diagram of your flowing breath, with all your “relations” placed in relation to the center, until it seems “right” to you.
6. **Describe your impressions,** viewing this final diagram, of right relations, staying with your sensations for several minutes or more after you are finished.
7. **What choices are you now moved to make** to establish right relations in your life?
8. **Commit to making these choices,** considering what feels like progressive steps.
9. **Continue to note what happens in your life** from day-day, week-week, month-month, as you continue this experiment, always from the “center” of your freed breath, with whom you continue to establish right relations.