



DEB  PALMER GEORGE  
*WHOLE LIFE THRIVING*

# A Centering & Connecting Practice

*Read through the activity first. Reading aloud is helpful. If you'd like an audio recording of this activity, please email [deb@palmersolutions.com](mailto:deb@palmersolutions.com).*

*Choose a comfortable spot to sit for this activity. Set your phone to airplane mode if you do not need to be immediately available for a call. If you do need to be immediately available, lower your ringer enough so you can hear it.*

*Set the timer on your phone for at least 5 minutes. After you've done this practice a few times at 5 minutes, try going longer by lengthening the breathing segments.*

*Begin by exhaling fully and allowing the inhale to happen naturally. Continue breathing normally without trying to control it. Place your hands on your knees: palms down for more calming, inward focus or palms up for more opening, outward focus.*

*On an inhale, bring your shoulders up to your ears then exhale and let your shoulders relax down your back. Notice the opening across the front of your chest and throat. One more time, inhale raise shoulders to ears, exhale shoulders relax down the back.*

*Now, inhale eyes wide open, then exhale let eyelids settle or close if that's comfortable. Turn your attention to the sensations of breathing for 3 rounds of inhale and exhale.*

*First, just relish the inhale as air enters the nostrils, flows down the windpipe gently expanding the diaphragm, then the lower chest expands, mid and upper chest gently expand.*

*Now, relish the exhale, as the diaphragm empties, the lower chest settles, mid chest and finally the upper chest releasing the air and settling.*

*Continue breathing with soft attention on the experience. Repeat silently or say aloud:*

*Centering on my breath, I am aware of giving and receiving life-force.  
Remembering, I am aware of my connection with all creation.*

*Take a full inhale and with the exhale, come to standing.*

Stand with feet hips distance apart. Inhale shoulders up and exhale the shoulders gently down the back. Let the arms rest at your sides.

Inhale your hands together in prayer position at your heart, exhale and bring the 1<sup>st</sup> 2 fingers of your left hand to the pulse in your neck, rest your right hand by your side.

Bring your attention to the sensation of your neck, feel the pulse of your own heart beating.  
Repeat silently or say aloud:

*Centering on my heartbeat, I am aware that every heart is ignited by the same Source.  
Remembering, I am aware of my connection with all creation.*

Inhale and relish the feeling of your heartbeat, exhale and release your arm to your side.

With both arms resting at your sides, connected to your breath and heartbeat, the same as exists in all people everywhere. We are one, moving through life by the grace of our breath and beating of our hearts. The practice closes by reciting the following, silently or aloud.

*Just like me, people need safety and belonging  
Just like me, people seek relief of suffering  
Just like me, people are learning about life  
Just like me, people seek happiness*

Inhale your hands together in prayer at your heart, saying silently *I am centered* and exhale your palms open and forward as if making an offering out to the world, saying silently, *I am connected*.

Take a few quiet moments to transition from the activity into whatever is next. If you journal, you may want to spend a few moments noting anything that came up in the practice.