

# Centring to resource

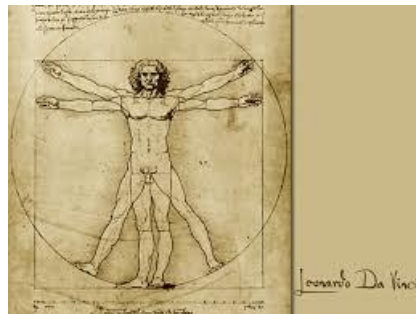
## Getting all of us into the present

### What is Centring?

Ever said 'That knocked me off course' or 'I feel out of kilter' – for some of us in this VUCA (Volatile, Uncertain, Complex, Ambiguous) world of constant pressures and changes this can be a feeling we have a number of times a day. Small things can take us out of our flow and cause us to make uncertain decisions or procrastinate or freeze around solutions and actions. Centring is a way of 'bringing ourselves fully present' to the situation that is causing that, so that we are more fully resourced and using our broad and deep capability to deal with it.

### How does it work?

Centring creates awareness of, aligns and relaxes the body allowing the mind to relax by getting its fair share of blood that has the right blood chemistry to allow us to bring our whole mind to the situation. When we are centred we are 'present' ie. With the situation now, not in the past or future in our heads and feeling how we are feeling about the situation – so that we bring all our intelligences to bear. We are also 'open' – able to listen, hear, see what is really going on and able to express ourselves more clearly. Finally we are connected – to ourselves and what is important to us.



### How do I Centre myself?

There are a number of processes for centring and all of them are based around 4 dimensions – I use here the four from the Strozzi Institute ([www.strozziinstitute.com](http://www.strozziinstitute.com)) for Somatics (the study and practice of embodied learning).

#### *Length*

- This is the vertical line between your head, shoulders and hips – imagine a plumbline that goes through your centre pulling you up to align these to your full height
- Feel your feet on the floor – slightly wider than hip distance apart and re-imagine that plumbline

- Soften your eyes and open your peripheral vision – not staring at anything in particular but having 180 awareness
- Notice any tension in your body and allow it to relax – particularly your jaw and shoulders – drop them and relax them as you breathe out

### **Width**

- This is breadth you take up from side-to-side.
- Shift your weight a little right and left – feeling what it's like on either side then allow yourself to come to a balance in-between for your feet, hips, shoulders (between the ears)
- Broaden your shoulders and then let them rest with an a sense of the space you take up

### **Depth**

- This is your front to back dimension
- Shift your weight lightly forward and back, again noticing what it's like in either place in your feet, the back of your legs, your lower back, between your shoulder blades and then come to rest in your centre
- Find your breath – feel it expanding your chest and upper tummy and contracting – take some deep breaths allowing any tension to release as you breathe out
- Find your heartbeat and feel it
- Now imagine all of the people who have helped you, taught you, grown you, loved you, believed in you and see them standing at your back – hands on your shoulders supporting you..as if you can lean back on them and they will hold you straight

### **Connect**

- Now connect with what is important to you? What do you care about? What are you committed to?
- Or what is quality that you'd like to have a little more of right now/today? Imagine having more of that quality

### **When and where can I use this?**

Like most Wide Awake tools – the more you use this the more likely it is to become embedded. We suggest that you anchor practicing this to something that you do often – for example as you sit down at your desk in the morning, before you look at emails; or before you walk into meetings, possibly anchoring it walking into the room?; or in your car before you walk in to the office. The

opportunities are countless and the more you can schedule to practice this the more likely you are to be able to call on it in the moment.

We can also practice centring when life 'grabs' us! By simulating our response from a partner grabbing our arm or hand and shouting our names we can induce a predictable emotional and embodied response to a 'grab'. In real life this could be a piece of feedback, an unwanted request for something, a particular person's voice, language or presence. In these situations our minds and bodies will react to create unhelpful blood chemistry – practicing centring from this place gives our brains an option when the real thing happens!