



## Centering Yourself in the Present Moment

1. Find a comfortable seated position, either on a chair or cushion, with your back straight and your feet flat on the ground. Rest your hands on your lap or knees, palms facing up or down, whichever feels most natural to you.
2. Close your eyes gently or soften your gaze if you prefer to keep them open. Take a few deep breaths, inhaling deeply through your nose and exhaling fully through your mouth. Allow each breath to help you release any tension or stress you may be holding onto.
3. Shift your attention to the sensations of your breath as it flows in and out of your body. Notice the rising and falling of your chest or the gentle expansion and contraction of your belly with each breath. Let your breath become your anchor, grounding you in the present moment.
4. As you continue to breathe, bring your awareness to the sensations in your body. Notice any areas of tension or discomfort and allow them to soften and relax with each breath. Scan your body from head to toe, paying attention to any areas that may need extra care and attention.
5. Now, expand your awareness to include the sounds around you. Notice the various sounds in your environment, whether it's the hum of appliances, the chirping of birds, or the rustling of leaves. Allow these sounds to simply wash over you, without judgment or attachment.
6. Next, bring your attention to your thoughts and emotions. Notice any thoughts or feelings that arise without getting caught up in them. Imagine them as clouds passing across the sky, coming and going on their own accord. Allow yourself to simply observe them with curiosity and compassion.
7. Finally, take a moment to cultivate a sense of gratitude and appreciation for this present moment. Acknowledge the gift of simply being alive and experiencing this moment in time. Allow yourself to bask in the beauty and wonder of life, even amidst its challenges and imperfections.
8. When you're ready, gently bring your awareness back to your breath, taking a few more deep breaths to anchor yourself in the present moment. Slowly open your eyes if they were closed and take a moment to notice how you feel.

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