



## Centering Practice

From the work of Staci Haines and Richard Strozzi

Remind yourself why you are practicing centering and how it serves your commitment to financial harmony in your relationship.

1. Drop your attention into your sensations and aliveness. Feel what is there. (Emotion examples: joy, fear, anxiety; Sensation examples: pleasure in heart, floaty in arms, tension in legs, ache in belly, density in head)
2. Purposefully bring your attention and awareness down from your thoughts to Center, the place between your belly button and pubic bone between the front and back of your body. You can place your hand there to help focus. Feel the dimensional quality, of this place. What changes as you do this?
3. Center in Length. Dropping into gravity and your lower body, lengthening up the spine. Feeling your dignity and honor yourself. Notice the respect you have for your partner and relationship.
4. Center in Width. Balance left to right. Widen from your centerline. Fill out and beyond your edges. Feel your connection and interdependence with your partner, friends, family and larger community.
5. Center in Depth. Filling in, feeling the space behind you, inside of you, in front of you. Not pulling back, nor pushing forward. Feel the history of your relationship to your partner and financial issues, present opportunities to act from your commitments and values, feeling your future goals and longings. Bring past and future generations to your awareness. You are not alone in this process.
6. Center in Purpose. Speak your financial commitment to yourself in this relationship. Or Center into your life calling or longing for more.