

## **McDonald & Kimball PLC - Counseling Services**

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### **A Meditation Technique for Self Centering**

- For reducing stress and slowing down the aging process -

- For individual use.

In preparation, some advise to remove any point of pressure on your body, i.e. loose your belt and take off your jewelry, etc. You do not want to try to mediate on a full stomach, because your metabolism will slow down rather drastically.

Sit comfortably with your back resting against the back of your chair and your feet flat on the floor.

Close your eyes and put your hands on your lap or thighs. [Some recommend the left hand be palm up, in a *receiving* position.]

Take a very deep breath – filling your lungs to capacity.

Now let it all out slowly, pursing your lips slightly. [Some recommend doing this three times instead of one.]

From here on, breathe through your nose.

Give your complete attention now to the sounds around you: in the room, traffic noises, clocks, the furnace, movement within the building, outside sounds, etc.

Now, on an outbreath, hear yourself say “let go of that” - and think back over this day – from the time you got up to this present moment. Whatever was for you the most tension-filled time, bring that back to mind: how you were feeling, who else was involved, what was said, etc.

Now, on an outbreath, again hear yourself say “let go of that” - and think forward through the rest of your day, or your immediate future. What events, persons, places, stresses, will be involved? Note your feelings about these events.

Let go of them now, and consider anything else that is pressing into your consciousness. Give it your attention.

Now let go of that, and begin to be aware of yourself breathing.

Do not alter the rate of your breathing – just become aware of yourself breathing. As you take in the breath of life and let it out. Taking it in ... Letting it out...

Allow the rhythm of your own breathing to relax you.

If you can (do not strain to do this), hear your heart beat. Feel that pump deep within.

Now allow your mind to flow into a stream of consciousness – taking you wherever it wants to go. Thoughts will surface. Give them your attention and then let them go. For a little while now, no one will disturb you – just let yourself go with this flow.

(After twenty minutes, or so)

Now take five slow deep breaths, counting back from five to one. Then awaken your eyes and senses to be here and now.