

Basic Balancing and Centering

(individual)

Balancing and centering is the foundation for all Leonard Energy Training work. By viewing the body as both a part of and a metaphor for your life, your way of being in the world, you can lay the foundation for creating a well-balanced and centered life.

You'll need space around you, so please stand and take what we call the spread formation. This means you're far enough away from other people or objects so that you can extend your arms straight out to the sides and rotate at the hips, allowing the arms to swing freely, without touching anyone or anything. . . .

Stop rotating and drop your arms to your sides. . . . Stand with your feet slightly farther apart than your shoulders. . . . Now bend your knees slightly, maybe an inch or so. . . . With your arms and shoulders relaxed, raise your hands waist high and about six inches out from your body. . . . Keeping the wrists limp, begin shaking your hands vigorously, as if you were shaking water off of them. Shake them so hard that your entire body vibrates. Make any sound you wish. Note that the sound of your voice is also pulsating.

(After ten to fifteen seconds of shaking out the hands, the reader continues.)

Now drop your arms to your sides and stand straight. . . . Keeping the arms relaxed and fully extended, very slowly let them rise upward directly in front of you as if they are floating up in warm, salty water. As the arms rise toward a horizontal position, lower your body by bending the knees slightly. The trunk should remain upright. Once the arms become horizontal, quickly cock the wrists up so your palms face forward as if you were gently pushing a beach ball on the surface of the water. Make sure your shoulders are relaxed (Figure 1). . . .

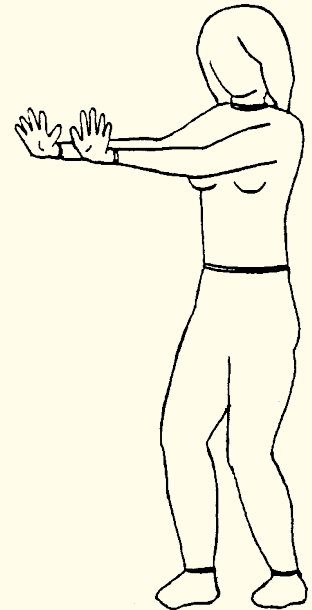


Figure 1

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Feel free to move your feet as you comfortably sweep the hands steadily from side to side as if you could scan, sense or “see” by means of your palms. How would it be if you could sense heat, light, objects or people through your palms? Scan back and forth past light from a window or lamp and past an object or person and see how it would feel if you could sense at a distance with your palms. . . .

(After some twenty seconds of scanning, the reader continues.) Once again, shake out your hands. Shake them vigorously.

. . . Now drop your arms to your sides and close your eyes. . . . Your feet should be slightly farther apart than your shoulders, with your trunk in an upright position. . . . Your knees are not locked and not bent. . . . Using your left hand, take the tips of the middle and fourth fingers and touch a spot an inch or two below your navel. . . . Press in firmly. . . . This is your center, your body’s physical center of mass. Located in the center of your abdomen, it is the point at which the body is perfectly balanced and centered. The Japanese call this spot the hara. For them, the hara is the vital source of all human life energy. Now drop your hand to your side. . . .

Have you ever taken time to focus on your breathing? Please do so now by becoming aware of its process. Let air enter your nostrils. Follow it downward through your body as if it were going directly to your hara, then up and out your nose. . . . As you inhale, let the abdomen expand outward from your center to the front, . . . to the rear, . . . to the sides, . . . to the floor of the pelvis. . . .

Your weight should be evenly distributed between your left and right foot. If it isn’t, fine-tune your body by shifting slightly from side to side so you become evenly balanced. . . . Now check and see if your weight is evenly balanced between the heels and balls of your feet. If it isn’t, rock slightly forward and back until you feel balanced. . . .

Keeping your eyes closed, move your head slightly forward and back and side to side to find the point at which it balances on your spine with the least amount of muscular effort What about all the parts of your head and neck? Relax your temples and forehead, . . . your jaw, . . . your tongue, . . . the muscles around your eyes, . . . the throat muscles. . . .

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Now become aware of your shoulders and arms. Let them melt downward, like soft, warm chocolate. With each outgoing breath, let them melt down a little farther. If this is difficult for you, first raise and tense your shoulders as you take in a breath, then exhale as you let the shoulders drop and melt downward. Do this a few times if necessary. . . .

As you continue to breathe from center in a relaxed manner, check to see if your chest muscles are at ease. . . . Now become aware of your stomach. Is it relaxed? How about the lower abdomen and pelvic areas? Are they at ease? If not, relax these areas. . . .

Now relax your thighs as your legs continue to support your upper body. Check your knees. Remember, they should be not locked and not bent. Let your calf muscles relax. Let your ankles relax. Loosen any tension in your feet as you sense the ground beneath you with the entire soles of your feet, from heels to toes. With each outgoing breath, let your entire body relax.

Most of us pay little attention to the back half of our bodies. How would it be if you could sense what's behind you? Imagine yourself having "sensors" over the entire back half of your body. Become aware of what's behind you by sensing with the sensors at the small of your back, at the back of your knees, at the back of your neck. How would you experience life if you could sense things from the back of your heels? How would the world look from that angle?

Now that you're pretty well balanced and centered, send a beam of awareness throughout your entire body, seeking out any area that might be tense, rigid, or numb. Simply illuminate that area by focusing on it. Awareness alone often takes care of these problems.

(After thirty seconds, the reader continues.)

Once again, concentrate on your breathing. On the second incoming breath after the reader claps his hands, slowly open your eyes. (Reader claps his hands.)

With eyes softly open, begin walking around the room or area you're in at a normal pace while maintaining the balanced and relaxed state. Let your physical center or hara be

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your center of awareness by focusing your attention on your center as you walk about. . . . Can you entertain the possibility of your center also being the center of the universe? What would happen to your state of consciousness if this were so? Actually, as we'll discover later, in one sense it is. . . .

(After one minute, the reader continues.)

"When I clap my hands, please glide to a stop." . . . (Reader claps his hands.)

(SHARING)

As you go through the rest of the day, you might recreate the balancing and centering process at various times. Remember, the body is both a part of and a metaphor for your way of being. Your work, your relationships, your life itself can be balanced and centered. And when you're knocked off center in one way or another, you always have the possibility of returning to the balanced and centered condition so long as you stay fully aware of your body and way of being.

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