

What is Centering Tools™?

Do you feel stressed, overwhelmed, anxious, even fearful about meeting current life challenges and the future? We all talk of needing to be “centered”. What does that mean?

To be centered is to feel a sense of personal power, awareness, and being able to maintain an inner sense of ease and wellbeing in life. We can't see, touch, smell, or hear our inner “center”, but we know very easily when we feel centered and when we don't.

Centering Tools™ are self-help wellness and empowerment tools I've developed and worked with most successfully since I first began my practice in 1987 to help you find and keep your “center” in any and all life challenges. They are simple and proven, and we all know how to do these with the right facilitation and willingness.

Centering Tools™ teaches you to relax, rise above what gets you down, access deeper insight, and help yourself stay centered no matter what you experience in this increasingly complex and rapidly-changing world. When centered we are able to trust, think creatively, let go and let be. We can accept, forgive, affirm and allow life to touch us, knowing we will survive. Being centered gives us the critical edge in a complex, chaotic, fast-changing world, a critical edge that depends on nothing in that world but developing yourself as your own best resource to:

- Achieve deep relaxation and self-hypnosis to sleep better and recharge
- Heal grief and emotional trauma that gets in the way of freely and well living your life
- Develop your intuition and greater insight to solve problems and create success
- Clarify motivation and know what you truly want, and create a plan that works to get it
- Learn simple techniques of Reiki and energy healing

We are designed to *be* – in states of integrated *ease*, not fragmented *dis-ease* – centered in order to *do* in our lives. *Imagine a place where there is no failure. All your efforts are successful. You are safe from judgment. This is your 'center'.*

It became clear to me in starting and developing my practice that our greatest immediate danger was being unprepared, unprotected and stressed by the constant demands of our lives through being externally focused. We are too easily consumed by the need for endless **doing**, where much is done but little is achieved. There is precious little satisfaction or hope in life without a real and authentic sense of self and integrity.

I believe each of us knows best how to balance and care for ourselves. When centered, we successfully find our way in the world and live a satisfying life of self-directed meaning and achievement, self-determined and directed vision, loving relationships, wellbeing and purpose.