

WORKSHEET – Centering Yourself Before a Session

Stand or sit up tall in your chair.

Plant your feet on the floor

Close your eyes

Feel the earth below you

Find your Center, put your hand on your solar plexus

Notice your breathing

Let the breath flow in and out from your Center

Imagine you are gathering the molecules of yourself together

Fill yourself up with energy

Become firm and unshakeable

Open your eyes and welcome in your clients