

Centering by Brad L. Surette, BA, RMT

Imagine a white ball of light far away, deep into the Universe. It is far brighter than the Sun but it does not hurt your eyes. It is calming and comforting.



Imagine this light traveling down through space, into the solar system, into the orbit of the earth, into the Earth's atmosphere. Let the light return down through the air, through the roof, through the ceiling, down into the top of your head.

Next visualize and feel the light flowing throughout your body as energy.



Imagine what it sounds like.

Feel the energy spread throughout your entire body.

Let it fill you, and let it change color to a light blue, like a gas flame.



Fill yourself with this blue fire, and feel how you are the link between that which is above and that which is below.

Gently pull this energy in from your extremities into the center of your body. Gather all the energy in your body to a nice round ball in what you feel is the center of your body. Find a center point in yourself and feel the ball of energy settling there. It is steady and calm. You are steady and calm. You are now centered.

- Brad L. Surette, BA, RMT