

Centering into Your Quiet Place For Pine Tree Hospice Volunteers

Thank you, Volunteer, for all that you do
Let us take time to become clear and centered
Take a moment to settle yourself comfortably in your chair
Adjust your clothing, if you wish
Adjust your arms, and your legs, and your feet, until they are supported and comfortable
Close your eyes Place your hands in your lap... palms up toward the sky
Gently sway your upper body, just a little bit, from side to side and from front to back
until you have found a place of balance
When you have found that place of balance... stay there... and take a slow, easy breath
Place your tongue on the roof of your mouth behind your front teeth
Breathe in slowly through your nose, if that is comfortable for you
Purse your lips slightly, and quietly blow the breath out through your mouth
Breathe gently... at your own pace... and as deeply as you wish
in... and out... with your tongue on the roof of your mouth
As you breathe out... Feel tension leaving your muscles
As you breathe in... Feel healing energy flowing through your body, from your crown
to the soles of your feet
As you breathe out... Feel worries and concerns flowing out of your thoughts
As you breathe in... Feel unconditional love filling and your heart and embracing your being
Take a few moments now, to select your "quiet place"
Your quiet place is a real place... It is a place where you have been in your life
Your quiet place is peaceful Your quiet place is safe
Your quiet place may be from your distant past... or it can be in your present life
When you have found your peaceful... safe... quiet place, go there with your mind's eye
then turn your hands over, palms resting on your lap, or by your side, facing the earth
You are in your quiet place You are safe You feel at peace
With your mind's eye, look around you
Look at the colors that surround you
Listen to the subtle sounds
Notice any gentle movement
Stay settled in your quiet place for now Enjoy the feeling
In your quiet place, you are clear and you are centered You are at ease You are free
You are free to show compassion
You are free to be of service
You are free to feel and share joy
You are in your power
You have the power to listen with attention
You have the power to discern meaning
You have the power to respond correctly
You can go to your quiet place at any time and in any situation
simply place your tongue on the roof of your mouth
then take a slow easy breath in... and a slow easy breath out
Any time and in any situation you can recapture your feelings of confidence... peace... and... joy
Come back... open your eyes... stretch your arms
You are clear... you are centered... *you are ready*

Sherry Peirce Corbin February 28, 2017