

Path of Peace Training

Step 2

Center

Move consciousness to align with the higher good.

As your intuitive abilities increase, you become capable of attuning to more complex and universal truths. However, since we exist in a world of dualities, as you attune to higher energies, you also touch your own shadow and experience the depth of shadow operating in the world. It then becomes easy to lose your center, to re-attach to your ego, and you may then easily and unconsciously identify with the energy of the other, whether a person, group, thought, etc. To manage this polarity of intuition, it is essential to stabilize your energy through conscious centering. We do this through intuitive centering. Intuitive centering involves one's conscious ability to maintain or restore a calm receptive state during an intuitive flash or experience.

Signs of Balance:

- ❖ clear access to your emotions
- ❖ trusting your gut sense when you believe it leads to the higher good for all concerned
- ❖ taking positive action in the present on your dreams and goals
- ❖ being present in the moment while gathering wisdom from the past and dreaming of the future for successful or helpful action
- ❖ having a consistent flow of conscious energy in your thoughts, feelings, and actions
- ❖ *I AM* consciousness centers you



Signs of Imbalance:

- ❖ emotional confusion
- ❖ addictive attachment to the knowledge and wisdom of outside of self
- ❖ panic over not knowing what to do with your life
- ❖ obsession with the past or the future while feeling empty or dissatisfied in the present
- ❖ over-extension of thoughts, feelings, or actions
- ❖ *other* consciousness defines you

Create the Centering Heart

A centered chakra expands to a beautiful spiral of light energy.

Unlike other practices such as mind-centering meditation, spiritual practice centering, or physical centering practices like yoga or tai chi, this step focuses on the energy of your intuitive knowingness and how to be calm and centered when accessing it.

Just as the grounding heart connects you to Earth, creating the Centering Heart connects you to your intuitive self in a loving way. Intuitives are often knocked off center when they feel another's pain; or have a knowingness of another's inner state of negativity; or when they have a gut sense about someone not being truthful; or an event about to happen. These intuitive flashes make it hard sometimes to accept that being aware is safe and that it isn't always necessary to carry the burden of understanding the energy that is affecting you.

As presented in the Grounding step, we will use a chakra as a focusing tool in creating the Centering Heart. The following guided imagery presents a tool to activate this Centering Heart. It is designed to train your feeling about being a sensitive from trepidation to peace when accessing soul wisdom—to know what is going on without holding the burden of it or feel the need to control the outcome.

From a centered **I AM** chakra, you become a loving witness who reflects peace and balance in any situation.

In this training, we learn to center in the solar plexus chakra—the place of **I AM** energy. Intuition experienced in this chakra often demonstrates in a flash of emotional knowing, or gut sense, as well as kinetic or sensory activity. When you respond to such an intuitive flash with reaction rather than consciousness, you might contract- physically, emotionally, mentally- or withdraw from the intensity of your experience by metaphorically curling up in a safe place inside yourself, or you might energetically fly away from your body into what feels like an expansive space. Rather than managing the intuitive flash from a calm, centered energy, you are now controlled by a reactionary pattern within yourself.

The following guided imagery aims to imprint the pattern of a centered, life-embracing self.

*I use a few deep, slow breaths to move my attention to the top of my Grounding Heart. The light and love of Earth flows up from my Grounding Heart to my solar plexus chakra right at the my belly button. I accept this love into my **IAM** center; I become aware of the pulse of light in my core center.*

I scan to see if any part of me has contracted. I breathe into the place of contraction and send the energy back to the center point. I then scan outward to see if a part of me has slipped away into an expanded place. I use my breath to guide my energy back to center. Holding a full sense of self in my center I am ready to create my Centering Heart.

I breathe into the light of my center chakra. After a few moments of enjoying this light, I set the intention that the light flows upward and inward through both sides of my body. I create the heart by seeing beams of light energize my kidneys— adrenal glands—intestines—pancreas--liver and gallbladder--and stomach. The light moves to a point just under the middle of my diaphragm. This forms the top point of a heart right in the middle of my body. I activate the Centering Heart. This heart holds calmness, peace and assuredness for me.

I enjoy my Centering Heart energy, glowing with the golden light my being. I affirm:

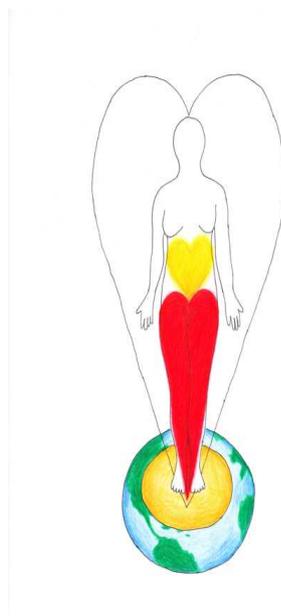
“I am peaceful in the center of myself and enjoy tuning into the world around me.”

“From my peaceful center, I know truth.”

“From the wisdom of the Centering Heart, I know what to do to create the greater good for all in my actions.”

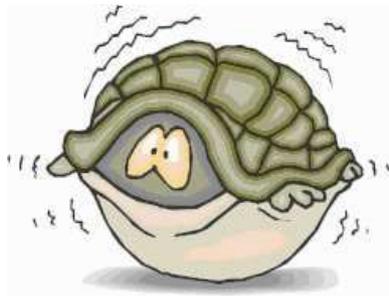
“Whatever I intuit from my gut sense, I choose an appropriate response.”

Trusting the calm in my center, I come back to outer focus, stretch my body and smile.



Identify Your Reactionary Pattern

Are you an Innie? If so, you tend to contract inside yourself, inside your body, to get away from the intense energy, rather like a turtle reacting to danger.

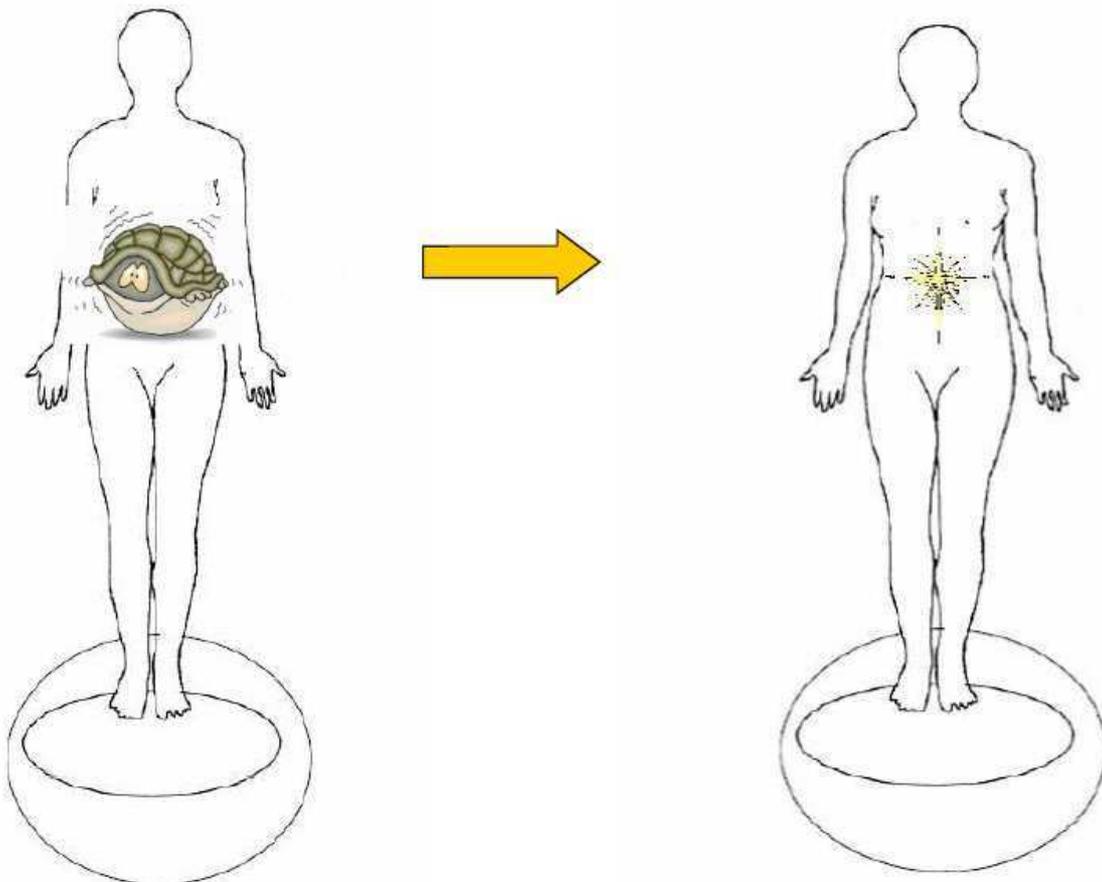


Are you an Outie? If so, you tend to move your focus away from the intensity of emotion, kinetic pain, or knowingness by spinning your energy away from your body where you can detach from the intensity of the intuitive flash.

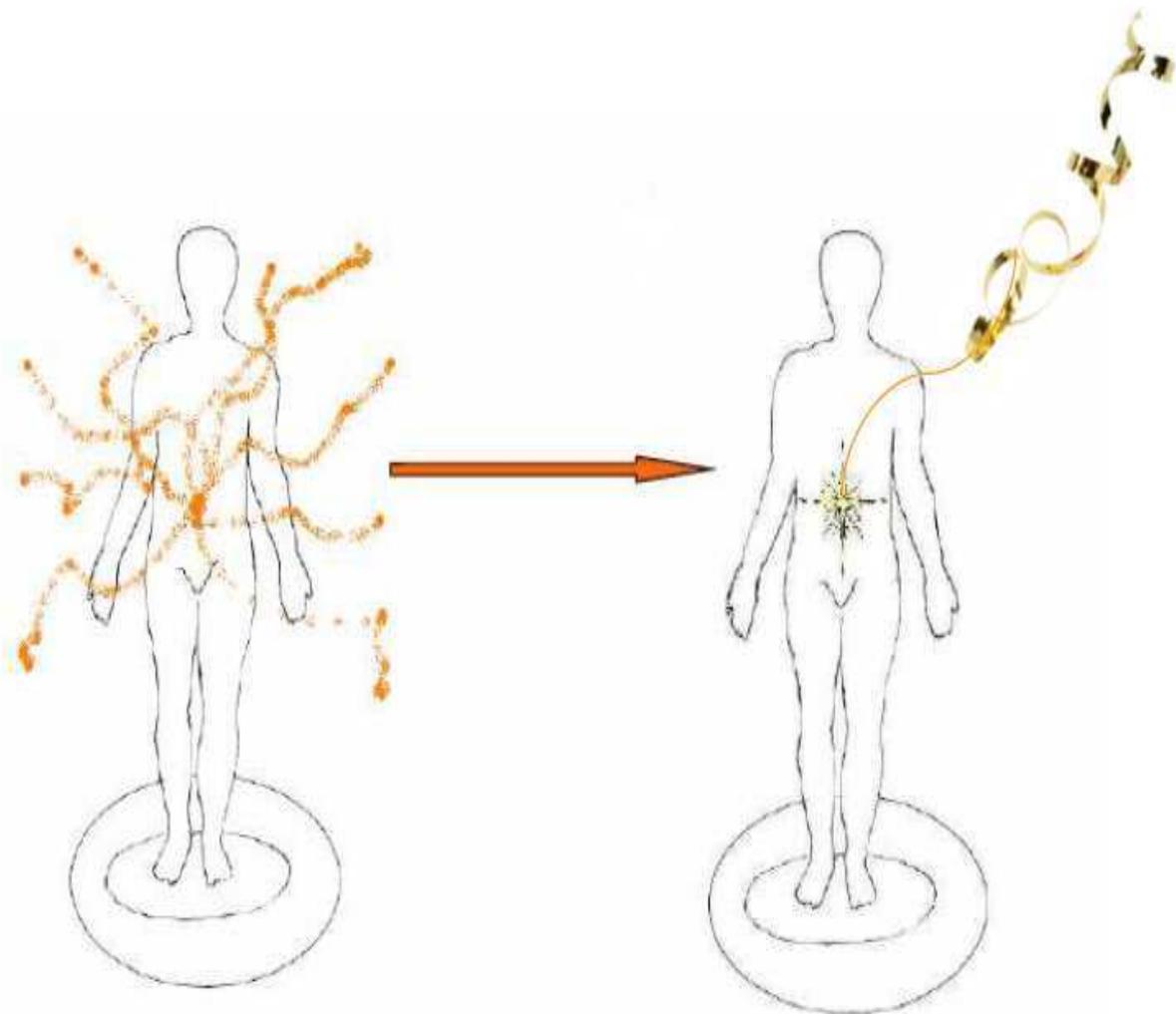


Quick and Easy Methods

For **Innies**: notice the place where your energy is contracted. It might feel like a heavy mass somewhere in your body or mind. It might feel like tightness in your muscles or an ache in your head. Once you pin-point the place of contraction, breathe into it and as you exhale, imagine the tight energy loosening and the area around the contraction relaxing. Breathe and with your exhale, keep opening the flow of energy. Imagine the light getting brighter and lighter as it moves back to the solar plexus chakra in the center of your body. Be aware that the **I AM** centering energy activates a calm sense of knowing and connection with your conscious self.



For **Outies**: when you have an intense intuitive flash, notice how your energy spins out away from where you felt the flash. You might feel disconnected from your body; or the energy might seem to become a spiral of images or thoughts spinning around in your mind or aura. Let your focus drift to the most expanded place in your aura and breathe. Imagine the energy gathering into a ribbon-like image. As you inhale, follow the energy to the outermost point, and as you exhale, move the ribbon of energy back toward the body. When it gets close to the body, take inhale and as you exhale, open a path for the ribbon of energy to move through your body, responding to a magnetic pull of the core-self centered in the solar plexus.



Play with Being Centered:

Stand and swirl around several times, waving your hands. Imagine you are the center point of a swirling spiral.

Walk around in a big circle and continue walking in a smaller and smaller circle until you are the circle and the center all at once. Breathe and take in the sensation of this merging into the center chakra.

Tape a small crystal to your bellybutton and during the day, feel it and make an affirmation like, “The light in my center reminds of being peaceful.”

Review Points:

1. The Centering Heart rises up from the Grounding Heart.
2. The Centering Heart helps maintain a place of balance between the part of yourself that reacts to intuitive flashes and the part that stays open and calm.
3. Clear positive action is supported by clear, positive centering.
4. Sometimes you might have an INNIE reaction and contract.
5. Sometimes you might have an OUTIE reaction and detach from the body.
6. Using your intention and breath can always bring you back to center and clarity.