

Universal Center

In a standing position, with soft eyes, go through your balancing and centering process. Now go through your balancing and centering process. Pay special attention to your center as you breathe. Take a few moments to do this. You may touch your center with your hand or do anything you wish as a way to increase your awareness of your center. Also, be sure that your shoulders and arms are totally relaxed.

Leaving your feet planted firmly on the floor, begin rotating at the hips first all the way to the left and then back to the right, focusing your attention on your center as you do so. As you swing back and forth, let your center lead the rotating process, allowing the arms to follow and be totally relaxed, swinging out from your body under the influence of centrifugal force. With your center being the focal point of the rotating process, the arms will follow naturally. If your arms don't swing out from your body as you rotate, check to see if your shoulders are tense or tight. If they are, allow them to relax. If they are relaxed, then just stay with the rotating process and your arms will eventually begin to swing out naturally from your body. Continue for 30 seconds or so.

Let your head swing freely with the rotating movement. If you start to get dizzy, this means you're probably focusing more up in your head than down in your center. See if you can get rid of the dizziness by focusing on your center.

Also, by using soft eyes as your head swings from side to side, you can sweep the entire field of vision almost effortlessly while computing the relationship of everything in view. Notice how your peripheral vision increases with soft eyes, how you can see all the way around behind you. You might note any increase in the depth of field and the intensity of colors. Continue this motion for a few moments.

As you continue to rotate one way then the other, using soft eyes and letting your center lead the motion, imagine that this movement is going on with absolutely no effort on your part. How would you feel if this motion were something that was already going on, a motion you just happened to step into?

Consider the planets circling the sun without effort. And the moon —it takes no work or heat or expenditure of energy to keep the moon in its orbit. Stars, planets, and moons are lighter than feathers as they move. Let your arms swing with the same effortless power, the same inevitability. Consider yourself a part of this cosmic motion. What would it be like if you were connected to the orbit of the planets? Can you imagine your center also being the center of the universe, with the movement of your head, arms, and shoulders rotating around you like celestial bodies? How would you feel if you were our solar system or even the universe itself?

Just imagine: What if this motion is all you'll ever do for the rest of your life? This is it. The remainder of your existence will be spent doing this exercise and nothing else. From this perspective, can you stay totally in the present, not becoming bored and not wondering if and when the rotating will stop? Is it possible to transcend space and time, to experience effortless motion in the here and now? Take a few minutes to see if you can get a feel for this. Then gradually let the movement wind down and come to a stop.

Stay motionless and relaxed for a few seconds. Focus on how you feel right now.

Just be with this feeling.