








## 101 Coaching Supervision Techniques, Approaches, Enquiries and Experiments.

Transpersonal Chapter: Technique 92 (pages 322-324)

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### Centring

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Where can this be used?					Typical Level of Supervisee Experience Required	
 Individual Supervision	 Group Supervision	 Peer Supervision	 Independent Reflection	 All levels		

#### When is this used?

Whenever anyone (supervisor, coach or client) desires to be present, resourceful and gain a non-judgemental and fresh perspective. It is particularly useful as preparation for a session or when stuck or stressed.

#### What is the technique?

Centring can be described as a neutral state that supports an open mind for clear perception, an open heart for compassion to self and other, and a strong and confident core. It is connected to what is often known as a 'flow state' (Huang, 2011). Centring is not a self-contained insulating experience, it is defined as "placing something in the centre of something else" (Lexico, 2019) and is a relational process.

Centring offers a state change, balancing our nervous system through physical and energetic reorganisation. We all naturally have a sense of what it is to be centred. It is part of our human evolutionary inheritance. Sometimes the mind cannot change the mind. The body can lead the way.

When stressed, stuck or troubled we typically hold increased levels of tension, we are contracted in body and mind and are emotionally negative. Centring is a body-based practice to physically, psychologically and emotionally resource us. When we are centred, we are grounded, uplifted and expanded, connected within and open to all that is around us. The body leads the way towards a shift in state and relationship to the context at hand. The way we organise the body impacts the way we perceive and behave.



**Step 1:** Sitting with feet fully on the ground and weight evenly balanced, breathe in as if from the base of the spine, up the back and out of the top of the head, giving a sense of lengthening uplift.

**Step 2:** Breathe out with a feeling of the breath moving down the front of the body and a sense of softening and lengthening downwards. Make the outbreath twice as long as the inbreath. The inbreath is an enlivening breath, activating the sympathetic nervous system, the outbreath stimulates the relaxation phase of the parasympathetic nervous system. Typically, we are 'switched on' by challenging situations. The emphasis on a longer outbreath helps to regulate and balance the nervous system.

**Step 3:** Expand your awareness from the centre of your being to all directions around you including who and what is within that space.

**Step 4:** Let your energy settle and quieten as you repeat Steps 1-3. Open, expanded, uplifted and grounded, centred in your core and the space around. Allow a sense of spaciousness outside and inside. Physically and energetically feel your length, breadth and depth.

**Step 5:** Your centred, open and expanded self can embrace the context with compassion to oneself and to others. You have shifted from being contracted and threatened in some way to a creative relational and resourceful state.

### **How to work with the technique...**

Centring takes practice for it to be embodied and quickly accessible, especially to be able to do so when stressed or emotionally disturbed. With practice the process of centring can be streamlined and anchored for an individual to have access to being centred quickly, whenever wanted.

Centring utilises the power of how we organise our breath and body shaping to impact our psychological and emotional state to resource oneself in relationship to the context. Each psychological and emotional state has a uniquely associated physiological pattern of use and shape. Particularly under stress and trauma the deep patterns held in the body win out.

### **What else might need attention?**

Working directly with the body as well as a client's thinking and emotions should be clearly contracted for. Some deep patterns are held in the body out of consciousness awareness.

### **A word of caution.**

People are used to wanting quick wins, the body learns slower than the mind, it takes time and practice to embed new patterns.



### **What other uses are there for this technique?**

Centring is a state into which we can invite resources from inside and outside. Inviting a quality that you already have or one you associate with an inspiring source, human or otherwise. Ask yourself what would it be like if you embodied just 2% more of that quality.

Note: The body works best through small changes. When the body experiences big changes it triggers a sense of threat.

### **References:**

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### **Further reading:**

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