

## Four Steps for Centering

1. **Preparing:** choose a word or phrase to repeat
2. **Centering:** repeat that word or phrase several times silently (softly) and slowly
3. **Dealing with distraction:** As you become aware that your attention has wandered, remind yourself of your word or phrase
4. **Returning:** slowly bring yourself back to the world by stretching, opening your eyes and beginning to focus on the space around you