

Family centring

Why?

We can all get very used to the pace & speed of the world we currently live in. Sometimes we can stay connected to ourselves and others while navigating the world around us and sometimes we can disconnect.

Sometimes we are aware of this and sometimes we aren't.

And sometimes it's our children that remind us that we are not listening or seem to be elsewhere!

In these times we are therefore not fully equipt for meaningful family connection.

So, a simple practice of centring as a family will support you all in reconnecting to yourself and one another and demonstrate to all family members the importance of being centred & present.

How?

Simply cultivate a regular practice of family centring at times that suit your families schedule.

Maybe before dinner times

When returning from work or school

At the beginning of a day at the weekend

Before a family meeting

Before getting ready for a trip or leaving the house...

You can take 5-10 minutes (and build to a regular family meditation practice if you want to?)

Sit together comfortably (upright engaged position with feet flat on the floor), in close proximity

Choose one of you to guide the practice

Take 2-3 purposeful breaths together

Bring your attention inwards & connect In

Feel your feet on the floor

Feel & bring your attention to each part of your body that is in contact with whatever you are sitting on. Notice each in turn.

Create space
and connect in

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How?

Now bring your attention to us, our family. Feel our presence & connection
(you can speak to your values at this point)

Let that nourish you & centre you for a moment

What do you notice about it today?

What do you want to bring to it today? What's your contribution?

Have a moment of gratitude for our family

Breathe a deep energising breath into your body

Wriggle your feet, roll your shoulders

And open your eyes when you are ready

(you can adjust this according to the age of your children)

Photo by Tobias Tullius on Unsplash



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