

Title:

Conflict and Change: Managing Emotional Energy

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658

Summary:

The beginning of a new year, like the beginning of anything, brings with it thoughts of change

Keywords:

centering, emotion management, ability to change, new year's resolutions, emotional intelligence, a

Article Body:

The beginning of a new year, like the beginning of anything, brings with it thoughts of change

There's a great difference between wanting to change and actually doing it. It's one t

Can we change our patterning? I think so. With an awareness of the desire to change, we are al

An important capacity in emotional intelligence is the ability to bring awareness to our em

Scientists say that any object has a center of gravity--a very small point upon which that obj

If practiced consistently, the art and skill of centering can change the way we respond to

Tried and true ways to begin your practice of centering include:

- **Center now.** You can train yourself to center by standing in a relaxed posture and dir

- **Start your day centered.** Physical exercise, deep breathing, meditation, prayer, and c

- **Create triggers.** Triggers are objects, behaviors, people, or events that remind you t

Remember that our awareness is always in training. We can learn and practice new skills that

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