



Inner balance - The mixing desk exercise

🔥 Preparation

Find a quiet place. Sit down comfortably and close your eyes. Breathe in and out deeply a few times. Allow yourself to listen within.

🎛️ Visualisation - the inner mixer

Imagine a large, illuminated mixing console in front of you - like in a recording studio.

Each control represents a part of your inner world:

- thoughts
- feelings
- energy
- fear
- Trust
- Control
- Intuition

- Body sensations
- Activity
- Silence

They all have a slider - some are set too high, others almost to zero.

The balancing process

Now go through the sliders slowly, slider by slider, with your inner attention:

1. which controls are overdriven?
2. which are too quiet, almost suppressed?
3. which one makes you feel tension?
4. which one is quiet?

Then start to move each regulator to the centre - gently, without pressure.

Not as much. Just so that it becomes calm. Centred. Evenly.

Imagine how a warm, clear sound emerges - a sound that describes you: your centre.

Feel & end

When all the controls are in the centre, stay in this silence for a moment.

Feel the calm. The balance. The wholeness.

Take a few deep breaths - and slowly open your eyes.