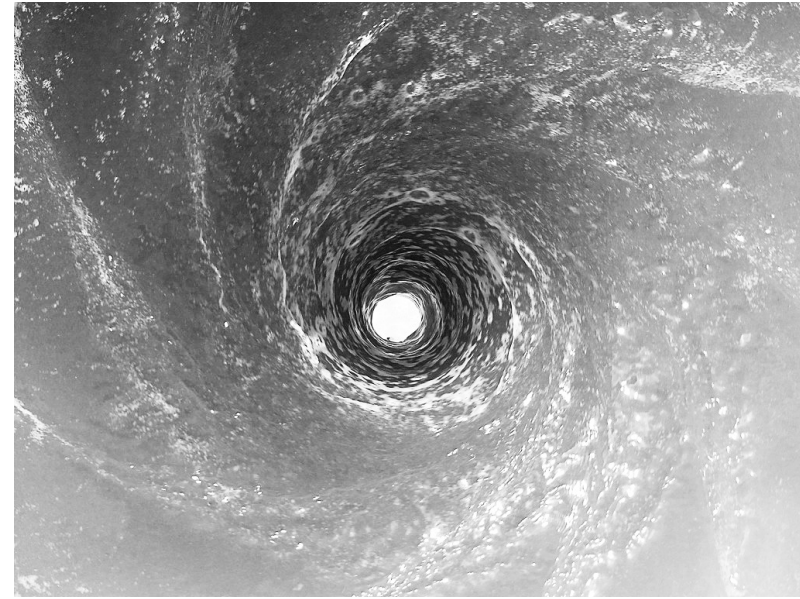


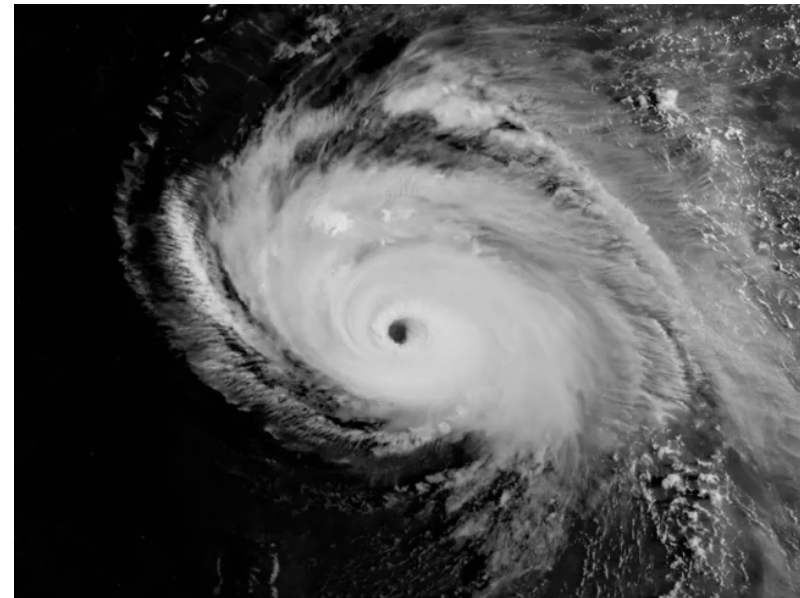


CENTERING
as a tool

Julia Aurora Guzmán



Living in a turmoil of events that unanchor us, centering is a tool that allows us to remain in the calmness of the whirlwind's eye.





This is a Centering process demonstrated by water, as a symbol of flexibility, and the ocean of which we're only a drop of.

We are transformed and balanced by bringing into center our personal wholeness; all of our sensations, our thinking, our emotions and our will: all the realities of our bodies and our souls. All the dark void in us of our undiscovered selves, all the small light of our discovered being. All the drive of our hungers, and our fairest and blackest dreams. All, all the elements come into center, into union with all other elements. And in such a state they become quite different in function than when they are separated and segregated and discriminated between or against. When we act out of our inner unity, when all of ourselves is present in what we do, then we can be said to be "on center".
- M.C. Richards



While seeking for our center, we seek the inner form that belongs to us individually as a living vessel.

The True Self

"Master, the disciple asked, "What exactly is the true self?"

The sage replied, "Ultimately, your true self is the Tao and the Tao is you."

The sage handed the disciple a bowl: "Go to the nearby river with this and use it to bring back some water then we'll continue the discussion."

The disciple carried out the order. When he came back, the sage looked at the bowl and replied "All kinds of fish swim in it, but I don't see any fish in this water. Numerous animals come to the river to drink from it, and yet I see no animals in this bowl. Many children from the village frolic in the shallows of the river, well, I see no children here either. Therefore, this cannot be the water from the river."

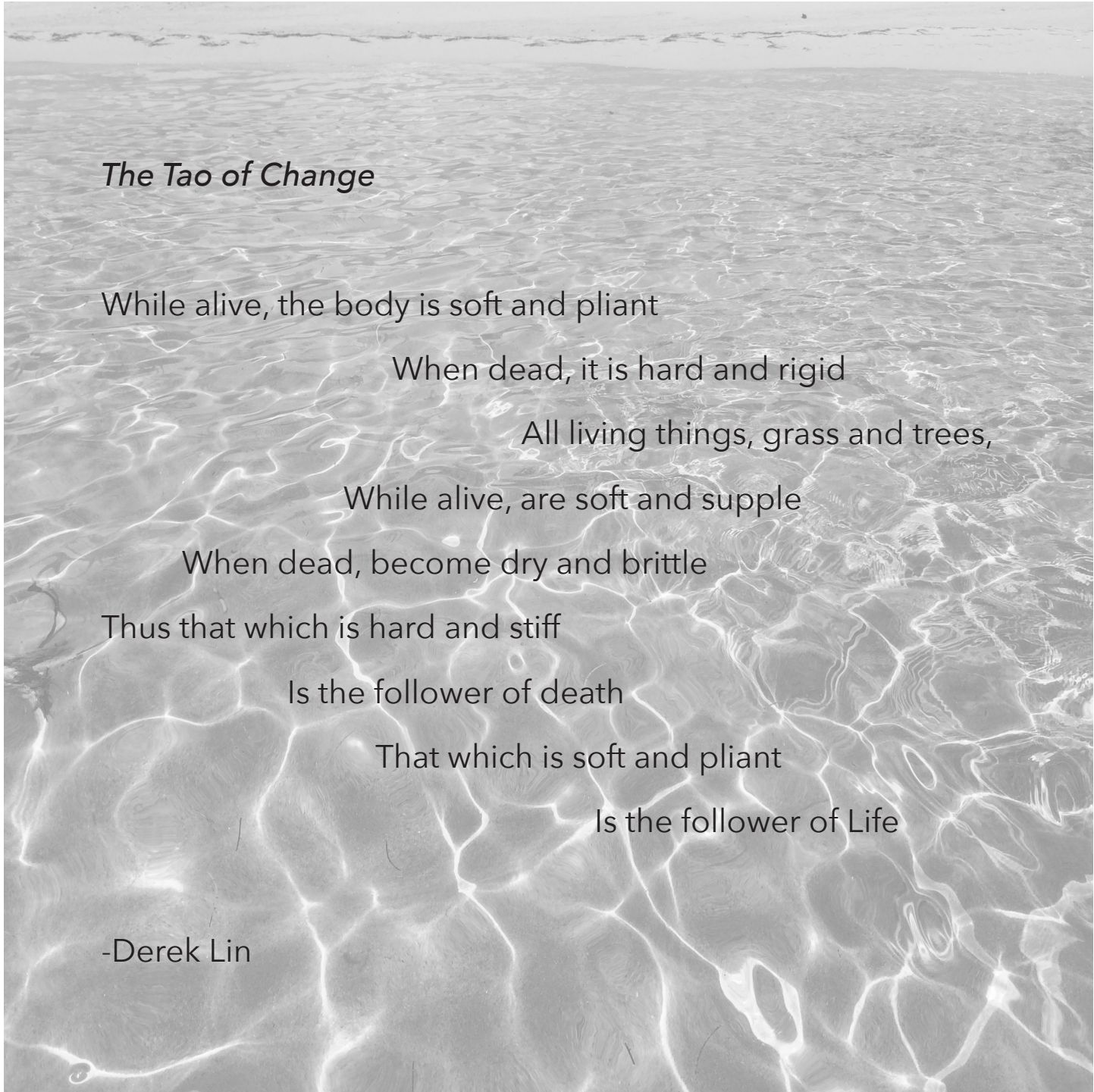
"Master, it is only a small amount of water: of course it cannot contain all those things!"

"Well, in that case, pour the water back into the river and see that the separation of the water from the river was only a temporary condition."

"The eternal truth is that our innermost nature comes from, and ultimately returns to, the Tao. When all is said and done, we and the Tao are one." - Derek Lin

“Just
as a bowl contains
water, we have physical bodies that con-
tain our true selves. The water remains the same no
matter what container it occupies. Similarly, when the body
is no longer a suitable vessel, the true self it contains must return
to the source. Just as the water becomes one with the river,
the true self merges with the Tao. That’s when we realize that
feelings of isolation and separation are illusory. You and I are
never truly isolated or separated from the divine source
of universal creation. We are never truly alone.
Oneness, the Tao that unifies all, is the
ultimate reality ... of the true self.”

- Derek Lin



The Tao of Change

While alive, the body is soft and pliant

When dead, it is hard and rigid

All living things, grass and trees,

While alive, are soft and supple

When dead, become dry and brittle

Thus that which is hard and stiff

Is the follower of death

That which is soft and pliant

Is the follower of Life

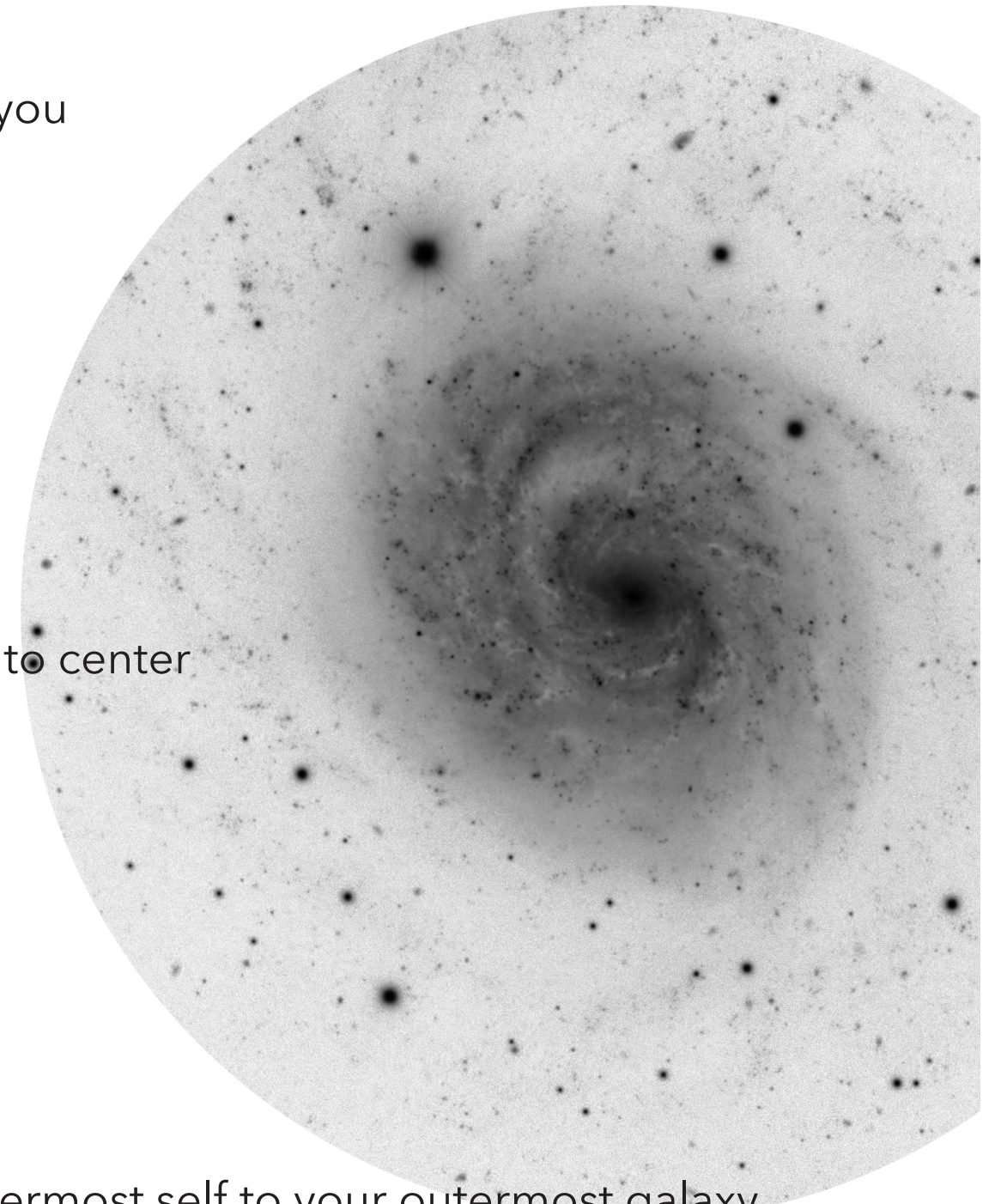
-Derek Lin

Nourishing flexibility, fluidity and flow, we are better able to deal with ongoing change and transformations around us.

this tool is
from me to you

from center to center

from my innermost self to your outermost galaxy



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SINDICATO

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Text pulled and referenced from:

'Centering in Pottery, Poetry and the Person'

by M.C. Richards

&

'The Tao of Daily Life'

by Derek Lin

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juliaurora.com
