

I. Internalizing Awareness

A. Quieting/Centering

2. Closing the Eyes and Being Present

Close your eyes and quiet your mind. Be still.

Let go of all thoughts, worry and tension.

Give yourself fully to a higher power. Relax, trust and let go... Breathe in fully and exhale with a deep sigh...

And again, breathe in fully and exhale with a deep sigh... And let go even more....

Feel a deep sense of contentment and peace in your heart.

II. Induction Techniques Phase I

A. Physical Relaxation

1. Stretching and Relaxation/Seated or Standing

- Facial exercise: tightening and relaxing the facial muscles, opening the mouth wide, extending the head upwards, stretching the neck muscles.
 - Head and neck rolls, described in script #1.
 - Shoulder rolls, forward and back.
 - Flexing hands and feet.
 - Inhaling, take the flat fingers of one hand and exhaling gently press all the fingers of the opposite hand backwards.
 - Opening and closing the hands into fists and curling the toes.
 - Lateral stretches: breathing in, straighten the body up through the spine, extend one arm along side the head with the opposite resting in the lap; exhale and gently lean to one side, return to center and repeat on the opposite side.
 - Leg raises: inhaling, flex and lift the leg. Exhale, gently pull it up and in toward the torso.
 - Inhale and clasp the hands behind the back, exhale and gently straighten the arms pressing the chest up and forward.
- See Phrasing for the 2nd half of the Posture (or use your own)
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B. Prana/Energy Awareness

2. Bumblebee Breath

I will guide you in the next phase to enter into deeper and subtler levels of relaxation through the bumblebee sound and breath.

- Use your thumbs to gently close your ears, just tight enough so that you can still hear me. Rest the remaining fingers on either side of the forehead.
 - Now, take a breath in and follow me.....Mmmmmmmmm (Allow up to 7 breaths.)
 - Now stopbring your arms by your side... and be still.
 - Bring your total undivided attention to your whole body.
 - Feel the stimulating impact of the vibrations extending throughout your whole body.
 - Notice how your attention feeds your energy.
 - Observe your energy field expand and grow, extending everywhere and filling every nerve and cell of your body...
 - Now bring your attention to the eyebrow center...
 - And empty your mind into the flood of energy.
 - Let it melt and merge into the experience of the energy body expanding beyond all boundaries.
 - Drop into complete silence and deep stillness.
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III. Instructions for Yoga Nidra

A. Instructions for Yoga Nidra

1. Instructions for Yoga Nidra

Maintaining this inner stillness, gently cover yourself and if you wish place the eye pillow over your eyes...

- Adjust your body in a comfortable position but do not fall asleep.
- Throughout this entire period remain relaxed and motionless, alert and conscious.
- Stay in touch with my guidance at all times.
- Allow any disturbances, external or internal, to draw you deeper within.

- In Yoga Nidra you enter the subconscious pranic field.
 - Let your mind merge and melt into the energy body and go beyond the boundaries of body and mind...
 - Now shift from thinking and doing to feeling and being...(pause).
 - Do absolutely nothing from now on. Simply relax.
 - Drop into the deepest state of tranquility, stillness and peace in the Third Eye.
 - Now your consciousness is in direct communion through your energy body.
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