

I. Internalizing Awareness

A. Quieting/Centering

1. Om

Option One:

- Close your eyes and allow your attention to turn inward.
- Bring your attention to the breath.
- Feel the body beginning to relax with each progressive exhalation.
- Let's take a deep breath in together and chant the sound of Om.
- (Om)
- Allow the vibrational impact of the sound to bring outwardly focused attention inward.

Option Two:

- Close your eyes and allow your attention to turn inward.
 - Bring your attention to the breath.
 - Feel the body beginning to relax with each progressive exhalation.
 - We will chant a continuous Om together.
 - As you chant, let the sound come from deep in your belly. When you run out of breath, take another full breath in and begin again. We will repeat three times.
 - Let's begin.
 - Take a full breath in (Om).
 - Come to silence.
 - Sense sound dissolving into silence.
 - Merge into that silent space.
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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)

B. Prana/Energy Awareness

1. Palming the Face

- Maintaining this inner awareness, gently begin rubbing the palms together.
 - Now place your fingertips on your eyelids. The entire surface of the palms touching your face.
 - Start now by massaging the face.
 - The fingers working from the eyebrows up to the hairline, moving out to the temples-- circling the fingers at the temples.
 - Moving down to the joint of the jaw, along the jawline to the chin.
 - Massage around the parentheses of the mouth, up to the bridge of the nose, around the orbits of the eyes.
 - Moving to the ears, pulling down in front of and behind the ears, and maybe even a gentle pull on the earlobes. Feeling tensions and holding melt away.
 - Squeeze the back of the neck, and maybe even the shoulders.
 - Now, place the entire surface of the palms on the face, fingertips on the eyelids.
 - Drop all expression from the face.
 - Take a deep breath in and let go.
 - Take another deep breath in and let go even more.
 - Release your arms to your sides.
 - Feel the impact flooding the whole body and the entire being. Bathe in the sensations.
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IV. Induction Techniques Phase II

A. Breath Awareness

2. So Hum Spinal Breath

From that very relaxed unified state follow my guidance as we begin So-Hum breath....

- Now start breathing in through the nostrils and guide your breath and attention steadily from the Third Eye along the spine ending at the base of the spine.
- As you exhale guide your breath and attention upwards along the length of the spine to the Third Eye.
- Continue with this breath...
- Stay focused and feel the energy follow your attention along the spine (pause for repetitions).
- Now we will integrate this breath with the non-vocal sound of so-hum.
- Now with each inhalation feel the sound of "so" as the breath flows from the Third Eye to the base of the spine.
- And with each exhalation feel the sound of "hum" flowing up the base of the spine to the Third Eye.
- Remain totally absorbed in the subtle vibration of sound and energy moving along the spine.
- Sound... breath, sensation and attention in complete synchronicity.....
- Experience it.....
- Be totally engaged in the sacred Presence of... "That I Am"...
- Be deeply engaged, totally absorbed... and completely merge into Oneness
- "That I Am" "That I Am" "I Am That"
- Now breathe normally ...
- Bring your attention to rest in the Third Eye and bathe your whole body and being in the, unified

experience of so hum sound and breath(pause)

- Experience a deep stillness extending everywhere.....
 - Feel your whole body lying still....
 - Feel safe and comfortable.
 - Give yourself the permission to enter the deepest level of relaxation right now. Let go.... let go completely....
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B. Body Awareness

3. Heavy and Light

(Choose one)

Heavy:

- As I name the body part bring your total attention accompanied by a feeling of heaviness...
.....sinking.....like a
stone in water....
- Both feet...heavy....like stones....
- Calves and knees.....heavysinking...deeper
- Thighs and hipsvery heavy....like lead...
- Abdomen, chest and back...gravity pulling you down...deeper....
- Shoulders, arms and palms..... Very,.... very heavy
- Feel your entire head... heavy like a stone
- Give your body completely and totally to the omnipresent field of gravity (.....pause....)
- Now experience your whole body heavy like a rock.
- Feel your whole body sinking...deeper and deeper....
- Totally let go... into the pull of gravity,
- Sinking.....sinking..... heavy like a stone
- Sinking deeper into stillness and silent awareness.
- (pause.....)

Light:

Now shift your awareness and as I name the part of the body let all the heaviness drain away

- Let your body be buoyant..... and light...like a fluffy cloud...
- Both feet.....limp and light..
- Calves and knees...empty and free.....feel it
- Thighs and hips.....hollow, weightless
- Abdomen, chest and back..... light and empty
- Shoulders and arms and palms.....floating...
- Head....hollow.....empty
- Feel your whole body; empty...light and hollow
- Sense the emptiness of your body, and silence of your mind
- pause.....

Energy Body:

- Be free of all inhibitions and boundaries of your body and mind, past and future.
- Embrace the light of the spirit, feel the feathery lightness of your energy body.
- Enter the power of presence and protection of your energy body.
- Feel completely safe and secure.
- Give yourself permission and freedom to float out of your physical body and drift.
- Enter and experience the freedom of this new dimension.

- Feel yourself getting lighter and lighter until you begin to float in the air.
- Release your energy body from your physical body.
- Let it freely float like a cloud in the sky.
- Experience being released and freed from identification with your body and mind.
- Witness your body completely at peace resting in stillness.
- Recognize you are the spirit separate from the physical body.
- Enjoy the spirit freed from all limitations.
- Experience your entire body and being, freed from fear of pain, hurt and suffering.
- Feel the innate healing wisdom of the body, liberated and functioning optimally.
- Feel your body being purified for it to be an ideal temple for spirit to manifest.
- Experience and embrace life with the freshness and newness of beginners mind.
- Embodiment the spirit so completely that it accompanies you everywhere you go, everyone you meet, everything you do.
- (Pause).
- Now re-enter your body. Remain deeply established in your connection with spirit in deep faith and trust.

Bring your forefinger and thumb together establishing your physical connection with the protection and guidance of inner presence.

This gesture will help you restore inner presence, peace and restore your objectivity in all stressful situations.

(Or)

It will reconnect you to your inner guide for guidance, protection and solutions to problems you encounter in everyday life. (pause.....)
