

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.

3. Asatoma Prayer/Statement of Purpose

Asatoma sad gamaya Lead me from the unreal to the real

Tamasoma Jyotir gamaya Lead me from darkness to light

Mrityorma amritam gamaya Lead me from the timebound state of consciousness to the timeless state of being that we are.

Statement of Purpose could be something like:

During this time, I will participate wholeheartedly in this process and trust that whatever issues are in the way of my full realization will be released spontaneously and effortlessly. I let go of any struggle or effort to make anything happen.

II. Induction Techniques Phase I

A. Physical Relaxation

2. Deliberate Tension and Relaxation

We will move our awareness into the body to release trapped energy and move deeper into total relaxation.

Those with cardiac disease, hypertension, glaucoma should use caution. If you cannot have undue pressure in the head for any reason, it is important that you breathe normally as you tense the body.

Upper Body:

- As you inhale, make fists and deliberately induce stiffness and tension throughout your shoulders, arms and fists.

- Tighten...tighten...even more.

- Now let go completely. Relax.

- On your next exhalation, relax even more. Let go.

- Observe and feel the flood of energy in your arms.....

(pause.....)

Lower Body:

- This time as you inhale, deliberately induce stiffness and tension in hips, legs and feet.

- Tighten...tighten...hold..hold.

- Let go. Let go completely. Relax.

- Observe the flood of energy in your legs.....

(pause.....)

Whole Body:

- This time tighten and tense the entire body as you inhale: arms, hands, shoulders, feet, legs, face, buttocks.

- Tighten...tighten...hold hold.

- Now let go completely. Relax.

- On your next exhalation let go even more.

- Observe and the flood of energy extending to all the muscles, nerves and cells of your entire body.

- Let your whole body melt into the flood of energy you feel in your body.

- Let your body go limp.....like a rag doll...relax even more.

- Release any holding..... anywhere.

3. Asanas

Neck Rolls

- Keep the neck and head in alignment with the chest..... inhale fully and

- Exhaling, gently press your right ear towards the right shoulder.

- Be aware of any resistance, or tension, not choosing for or against. Just be aware of its presence.

- Inhaling, return to center; exhaling, press the left ear towards the left shoulder.

- Again just take notice of any sensation in the area.

- Inhaling, return to center....exhaling, slowly press the chin to the chest.

- Noticing any stretch in the back of the neck or top of the shoulders, breathe into it relax the muscles around the area, and let go...

- Inhaling, return to center and exhaling press the head back slowly feeling the stretch in the throat.

- Bring your awareness there and in the observing...let go...

- Inhaling, slowly return to center.

- And reverse. And repeat once again.

Seated Forward Bend

- Come to a sitting position with your legs extended out in front of you.

- Press the heels out and down.

- Feet close together, palms on thighs.

- Extend the palms in front of you, hands facing each other-shoulder width apart.

- Extend the arms overhead.

- Take a step back with both hips.

- Inhale and extend up through the fingers and the crown of the head.

- Exhale; press the chest forward, hinge at the hips, extend the torso forward and down.

- Arms are alongside the ears.

- Move the hands towards the ankles or feet, take hold of the feet.

- Do not pull or force. Breathe fully into sensations that arise in the body.

- Extend from your lower back.

- Let your stretching be deliberate and conscious; moving beyond your habitual limits.

- Pull the abdomen in and extend the chest and torso further forward.

- Move deeper into your body and discover the subtle layers of tension. Experience the release of trapped energy. Be deliberate as you move deeper into the experience.

- As you exhale, relax your head and lower your forehead towards your knees.
- Use breath to help you open your body fully and melt away stress in all its forms.
- Allow yourself to feel fully.
- To release, extend through the spine, arms and fingertips.
- Rise up slowly with arms extended overhead, palms facing each other.
- Extend your arms out in front of you and lower your palms to your thighs.
- Close your eyes and relax into sensation.
- Breathe fully and let go more deeply with each exhalation.
- Let your mind be deeply engaged and absorbed by the dynamic energy flooding through your whole body.
- Relax... and create an open psychic space for the energy field to expand and grow.
- Feel it flood the entire body.
- Energy follows attention...nurture it.

Spinal Rocking

- Sitting, clasp your hands below the knees.
- Inhale as you rock back, and exhale as you rock forward.
- Do this several times until asked to stop. (Pause.)
- Now rest on your back with your feet flat and knees bent.
- Pay attention to every sensation that comes and goes as you stretch in and out.
- Leave your mind and enter more fully into the sensations in the body. Relax.

Spinal Twist

- Bring yourself to a position lying on the floor.
- Extend both arms out to the side, at right angles to the body as much as possible.
- Inhale and bend both knees and bring them in towards the chest.
- Exhale and press both knees to the right.
- Turn your head to the left.
- Keep the shoulders pressed to the ground.
- Do not force.
- Use breath and breathe into any resistance felt in the body.
- Relax, and let go...
- Breathe deeply and let go even more....
- To release, bring the knees up, wrap the arms below the knees.
- Rock back and forth once or twice.

Repeat on the other side.

- Extend both arms out to the side, at right angles to the body as much as possible.
- Inhale and bend both knees and bring them in towards the chest.
- Exhale and press both knees to the left.
- Turn your head to the right.
- Keep the shoulders pressed to the ground.
- Do not force.
- Use breath and breathe into any resistance felt in the body. Relax, and let go...
- Breathe deeply and let go even more....
- To release, bring the knees up, wrap the arms below the knees.
- Rock once or twice.
- Extend your legs out in front of you and relax.
- Let your whole body melt into stillness....
- Release any holding anywhere in the body.
- Become aware of the energy that has been released in the body.
- Merge into this ocean of energy.

- Let it flow into any holdings in the body, physical, mental and emotional, bringing you into the deepest state of balance and relaxation. (Pause.)
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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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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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