

II. Induction Techniques Phase I

A. Physical Relaxation

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.)

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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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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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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C. Conscious Awareness

3. Prana Visualization

Prana Visualization:

- Bring your attention to a constricted or dense part of the body.
 - Though you may not consciously recognize the cause of this feeling, the innate intelligence of your body knows how to resolve it.
 - Breathe into this area.
 - Make space for it.
 - Give it room to move..... loosen.....disperse.
 - Dissolving..... lightening.
 - The body releasing whatever it no longer needs.
 - (pause.....)
 - Now sense the body's healing energy streaming towards this area.... as if it were attracting it like a magnet.
 - Watch this part of your body returning to wholeness...vitality...as it is surrounded by this healing light.
 - With each inhalation, begin to sense the body as more energy than density.
 - Until the whole body is felt as a pulsing, tingling, energy field.
 - (pause....)
 - Any emotions, thoughts, and fears that may have contributed to the imbalance can now be released and resolved.
 - See and feel the whole body healed and whole.
 - (pause....)
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V. Integration/The Third Eye

A. Integration/Resting in Awareness

1. Integration/Resting in Awareness

Choose one of the techniques below that best suits your audience.

Incorporate a few breaths of silence between each line or two, with a space of 8-10 breaths at the deepest point of your integration.

Option One (General):

- Bring your attention to the center between your eyebrows and drop into the deepest level of relaxation...
 - Here, there remains nothing to do or achieve, you have entered the domain of grace.
 - In this domain of integration, you are witness of all that is happening but doing nothing to make it happen.
 - All that can never be done by your doing can happen only in the non-doing presence of your being.
 - Feel completely safe and comfortable as you hand yourself over to the power and protection of the Presence.
 - Feel it.... experience it....be it....
 - Hand over all fear, apprehension and anxiety about all that you want to change control and managelet go of all doing...
 - Replace it with trust and faith in the Higher Power.
 - Let your mind merge and melt into the presence and enter the sanctuary of silence.
 - Remain empty and free from all doing.
 - Feel yourself as time-transcendent presence, right now.....
 - Let your attention shift, and focus your inward gaze on the Third Eye and remain focused and steady in Ajna chakra consciousness.
 - You have entered the sacred space of Shiva consciousness, where unmanifest potentiality has become manifest actuality.....
 - Establish yourself in the unmanifest part of your being.
 - And allow the duality of mind to merge into the oneness of spirit.
 - Settle into the silent source of your being.
 - Let go in the experience so totally that you become the experience.
 - Now bring your attention to back Ajna chakra, the command center.
 - Feel the energy of Ida and Pingala, Shiva and Shakti, merging into the unified state of Oneness...
 - Bring your attention to the pineal gland and activate the elixir of immortality...Amrita.
 - Feel as it floods your entire nervous system, bathing every cell in the luminous, healing light of divine Presence.
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