

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

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.
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4. Phrasing for the Second Half of the Pose

- Submerge yourself into the sensations that are present in the posture.
 - Immerse yourself fully in the feeling that is present.
 - Remember that you are exercising your awareness and increasing your sensitivity as well as exercising your body.
 - As you encounter your physical boundary use it to discover the invisible psychic boundary that lies behind it.
 - Encounter your deliberate deepening stretch with detached attention.
 - Become more fully engaged in experiencing the stretch rather than resisting or reacting to it.
 - Breathe into the stretch, let it release defensive tension and create an opening for you to go deeper and release hidden tensions and blocks.
 - Sense all sensations, feel all that is revealed, resist nothing, hold onto nothing, remain witness to all that is in passing.
 - Pay close detached attention to every movement and every sensation that accompanies it.
 - Choice for or against what is present in the form of sensation creates tension and conflict. Choice creates duality; choiceless awareness creates unity.
 - When you are totally absorbed and fully engaged in the flood of energy, the Presence appears.
 - The posture is not a means to an end. It is the end in itself. It moves from moment to moment deeply engaged fulfilling movement from moment to moment.
 - Feel your feeling more fully. Do not think about it. Thinking makes it mind modified feeling and purity is lost.
 - The more you can focus on your feeling, the stronger and clearer it will become.
 - As your focus and feeling grows stronger and gains momentum it will penetrate and permeate every muscle, cell, nerve.
 - Bring your expanding field of sensitivity to the areas in your body that are depleted, starved and less sensitive.
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