

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

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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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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