

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

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

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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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

2. Toe to Head

Follow my guidance as we move our awareness through different parts of the body ... Let your attention rest on each body part as I name it without comment or judgment:

- All ten toes
 - Both ankles
 - Both knees
 - Pelvis
 - Chest
 - Shoulders
 - Throat
 - Chin
 - Face
 - Head
 - Back of Head
 - Shoulder blades
 - Back
 - Buttocks
 - Calves
 - Heels
 - Whole Body ... Feel the whole body contained the in vast spacious awareness
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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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