

II. Induction Techniques Phase I

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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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

3. Heavy and Light

(Choose one)

Heavy:

- As I name the body part bring your total attention accompanied by a feeling of heaviness...
.....sinking.....like a
stone in water....
- Both feet...heavy....like stones....
- Calves and knees.....heavysinking...deeper
- Thighs and hipsvery heavy....like lead...
- Abdomen, chest and back...gravity pulling you down...deeper....
- Shoulders, arms and palms..... Very,.... very heavy
- Feel your entire head... heavy like a stone
- Give your body completely and totally to the omnipresent field of gravity (.....pause....)
- Now experience your whole body heavy like a rock.
- Feel your whole body sinking...deeper and deeper....
- Totally let go... into the pull of gravity,
- Sinking.....sinking..... heavy like a stone
- Sinking deeper into stillness and silent awareness.
- (pause.....)

Light:

Now shift your awareness and as I name the part of the body let all the heaviness drain away

- Let your body be buoyant..... and light...like a fluffy cloud...
- Both feet.....limp and light..
- Calves and knees...empty and free.....feel it
- Thighs and hips.....hollow, weightless
- Abdomen, chest and back..... light and empty
- Shoulders and arms and palms.....floating...
- Head....hollow.....empty
- Feel your whole body; empty...light and hollow
- Sense the emptiness of your body, and silence of your mind
- pause.....

Energy Body:

- Be free of all inhibitions and boundaries of your body and mind, past and future.
- Embrace the light of the spirit, feel the feathery lightness of your energy body.
- Enter the power of presence and protection of your energy body.
- Feel completely safe and secure.

- Give yourself permission and freedom to float out of your physical body and drift.
 - Enter and experience the freedom of this new dimension.
 - Feel yourself getting lighter and lighter until you begin to float in the air.
 - Release your energy body from your physical body.
 - Let it freely float like a cloud in the sky.
 - Experience being released and freed from identification with your body and mind.
 - Witness your body completely at peace resting in stillness.
 - Recognize you are the spirit separate from the physical body.
 - Enjoy the spirit freed from all limitations.
 - Experience your entire body and being, freed from fear of pain, hurt and suffering.
 - Feel the innate healing wisdom of the body, liberated and functioning optimally.
 - Feel your body being purified for it to be an ideal temple for spirit to manifest.
 - Experience and embrace life with the freshness and newness of beginners mind.
 - Embody the spirit so completely that it accompanies you everywhere you go, everyone you meet, everything you do.
 - (Pause).
 - Now re-enter your body. Remain deeply established in your connection with spirit in deep faith and trust.
- Bring your forefinger and thumb together establishing your physical connection with the protection and guidance of inner presence.
- This gesture will help you restore inner presence, peace and restore your objectivity in all stressful situations.
- (Or)
- It will reconnect you to your inner guide for guidance, protection and solutions to problems you encounter in everyday life. (pause.....)
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C. Conscious Awareness

4. Chakra Visualization

Chakra Visualization:

- Muladhara Chakra: Place all your attention at the Muladhara Chakra, located at the base of the spine. Feel this area begin to glow and pulse. Feel the earthly, dense quality of this chakra. Now let this grounding be a foundation for awakening into higher centers of consciousness. See the downward and outward flow of energy being reversed and converted to upward flow. Drawing up energy from the feet, legs into the perineum and up through the central energy canal -- the shushumna. Feel the first chakra open and relax.
- Swadistana Chakra: Located in the pelvis, the area of the reproductive organs and the sacral nerve plexus. Feel this area beginning to pulse and glow -- allowing this energy to nourish reproductive functions and sensuality -- but also Divine Shakti is freed, visualize your body filled with divine light and love.
- Manipura Chakra: Now bring your total awareness to the manipura chakra located at the navel -- associated with the solar plexus of nerves that nurtures all the abdominal organs of the area. Feel this area beginning to pulse and glow. Allow the primal forces of aggression and compulsion to dissolve in the light of your awareness -- and sense it being converted to clarity, confidence and strength. Facing all challenges with equanimity and dignity.
- Feel you are now free of all limitations. Your inner core feels vital and strong and connected to source. You lack absolutely nothing as you step into the next integrated state of being.

Now bring your attention to:

- Anahata Chakra, the heart center -- connected with the cardiac plexus. Feel the area in the middle of the chest beginning to pulse and glow with green light. Experience the regenerative, restorative healing power activating health functioning of heart, lungs and thymus gland. See the heart center transmuting the energies of the lower chakras. Experience a deep sense of love and compassion. Let it change your perception of the world. Feel yourself becoming a beacon of love and light -- attracting the energies of the lower centers and transforming them at the heart.
 - Visuddha Chakra: Bring your attention to the throat, the cervical nerve plexus. Feel the throat and thyroid gland glowing and pulsing with blue light. See yourself entering into the expansiveness of the throat chakra, from where you can reclaim your voice of wisdom. You are free from all inhibitions and limitations to awaken creative expression.
 - Ajna Chakra: Bring your attention now to the Ajna Chakra -- the Third Eye. Feeling the area between the eyebrows and about three inches in towards the center of the brain begin to glow and pulse with indigo light. Feel the pituitary and pineal glands being reactivated and rejuvenated deep inside the brain. Receive the time transcendent nectar of Amrit, dripping from the pineal gland penetrating and spreading through every cell of your being. Rest in awareness.
 - If there is any chakra or corresponding area of your body that needs additional healing, bring your attention to that area now, see it bathed in healing light.
 - Sahasrara Chakra: Now see a thousand petal lotus at the crown of the head. Feel all the chakras spontaneously and effortlessly aligned. See energy moving unimpeded upward towards the crown chakra. See the whole body surrounded and permeated by light. All boundaries and illusion of separateness disappearing. Dissolve and disappear into oneness.
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