

Amrit Method™ Yoga Nidra Script Cards



Directions on Using the Script Cards

The core elements that make up an Amrit Yoga Nidra sequence have been broken down in these script cards by number and color for your easy reference.

To use, all you need to do is choose ONE of each element (equivalent to one color/number) to come up with your own personalized Amrit Yoga Nidra experience. In other words, just choose one element in each color category to create a full Yoga Nidra experience.

We recommend that as you make adaptations for special needs, etc., add them into your cards “deck”, using blank cards and the proper color coding. Then, when you want to design your own Yoga Nidra, all your options will be at your fingertips.

Table of Contents

I. Internalizing Awareness

A. Quieting/Centering (choose up to three):

- 1. Om 4
- 2. Closing the eyes and being present 5
- 3. Asatoma Prayer or other statement of purpose..... 6

II. Induction Techniques Phase I

A. Physical Relaxation (choose one or two):

- 1. Stretching and relaxation/seated or standing 7
- 2. Alternately tensing and relaxing the entire body..... 8
- 3. Asanas..... 10
- 4. Phrasing for 2nd Half of the Posture..... 14

B. Prana/Energy Awareness (choose one):

- 1. Palming the Face..... 15
- 2. Bumblebee Breath 16

III. Instructions for Yoga Nidra

- Universal Instructions (choose) 17

IV. Induction Techniques Phase II

A. Breath Awareness (choose one):

- 1. Complete Yogic Breath 18
- 2. So Hum Spinal Breath 20

Table of Contents page 2

3. Sheetal Breath	21
4. Counted Breath	22
B. Body Awareness (choose one or two):	
1. 61 points	24
2. Toe to Head	26
3. Heavy and Light	27
4. Cold and Heat	30
C. Conscious Awareness (choose one or none):	
1. Opposites	32
2. Images	33
3. Prana Visualization	35
4. Chakra Visualization	36
 V. Integration/The Third Eye	
A. Integration/Resting in Awareness (choose one option)	38
B. Intention (choose one option or none)	40
C. Affirmations (choose one option or none)	42
 VI. Invocation of the Presence	
A. Personal Guides and Lineage (choose one or none):	
1. Higher Self and Spiritual Guide	44
2. Lineage: Dadaji, Bapuji and Gurudev	45
B. Externalizing Awareness (choose)	47

I. Internalizing Awareness

A. Quieting/Centering

1. Om

Option One:

- Close your eyes and allow your attention to turn inward.
- Bring your attention to the breath.
- Feel the body beginning to relax with each progressive exhalation.
- Let's take a deep breath in together and chant the sound of Om.
- (Om)
- Allow the vibrational impact of the sound to bring outwardly focused attention inward.

Option Two:

- Close your eyes and allow your attention to turn inward.
- Bring your attention to the breath.
- Feel the body beginning to relax with each progressive exhalation.
- We will chant a continuous Om together.
- As you chant, let the sound come from deep in your belly. When you run out of breath, take another full breath in and begin again. We will repeat three times.
- Let's begin.
- Take a full breath in (Om).
- Come to silence.
- Sense sound dissolving into silence.
- Merge into that silent space.



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.

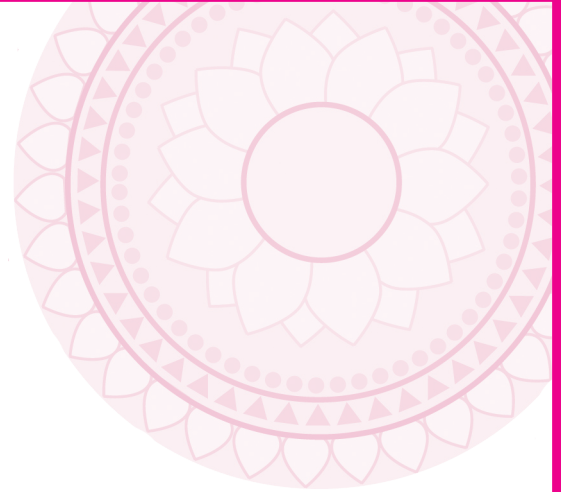
Give yourself fully to a higher power. Relax, trust and let go...

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.



I. Internalizing Awareness

A. Quieting/Centering

3. Asatoma Prayer/Statement of Purpose

Asatoma sad gamaya
Tamasoma Jyotir gamaya
Mrityorma amritam gamaya

Lead me from the unreal to the real
Lead me from darkness to light
Lead me from the timebound state of consciousness to
the timeless state of being that we are.

Statement of Purpose could be something like:

During this time, I will participate wholeheartedly in this process and trust that whatever issues are in the way of my full realization will be released spontaneously and effortlessly. I let go of any struggle or effort to make anything happen.

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)

II. Induction Techniques Phase I

A. Physical Relaxation

2. Deliberate Tension and Relaxation (page 1 of 2)

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.....)*

II. Induction Techniques Phase I / A. Physical Relaxation / 2. Deliberate Tension and Relaxation (page 2 of 2)

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.

II. Induction Techniques Phase I

A. Physical Relaxation

3. Asanas (page 1 of 4)

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.

II. Induction Techniques Phase I / A. Physical Relaxation / 3. Asanas (page 2 of 4)

- 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.

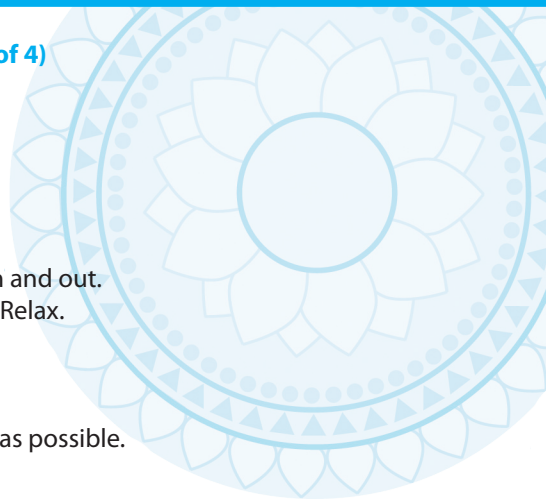
II. Induction Techniques Phase I / A. Physical Relaxation / 3. Asanas (page 3 of 4)

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

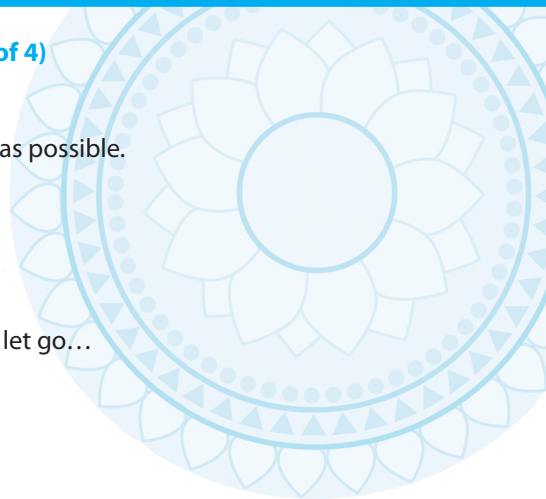
- Bring yourself to a position lying on the floor.
- Extend both arms out to the side, at right angles to the body as much as possible.
- Inhale and bend both knees and bring them in towards the chest.
- Exhale and press both knees to the right.
- Turn your head to the left.
- Keep the shoulders pressed 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.



II. Induction Techniques Phase I / A. Physical Relaxation / 3. Asanas (page 4 of 4)

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.)*



II. Induction Techniques Phase I

A. Physical Relaxation

4. Phrasing for the Second Half of the Pose

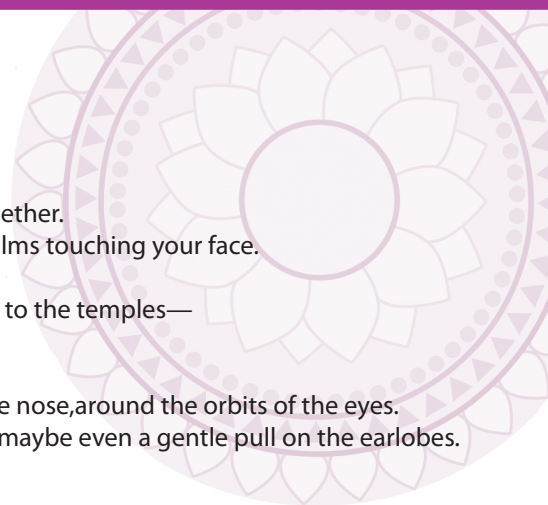
- Submerge yourself into the sensations that are present in the posture.
- Immerse yourself fully in the feeling that is present.
- Remember that you are exercising your awareness and increasing your sensitivity as well as exercising your body.
- As you encounter your physical boundary use it to discover 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.

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.



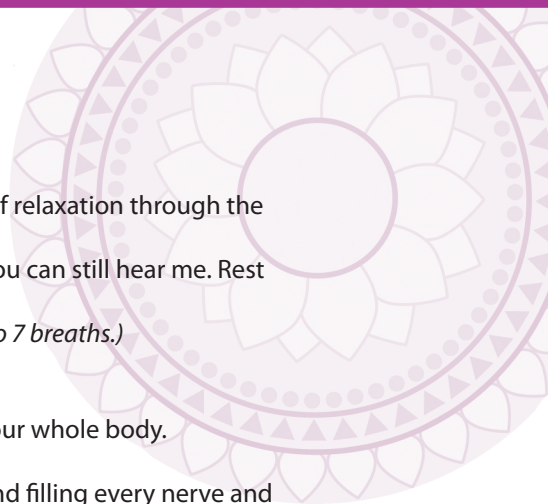
II. Induction Techniques Phase I

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.

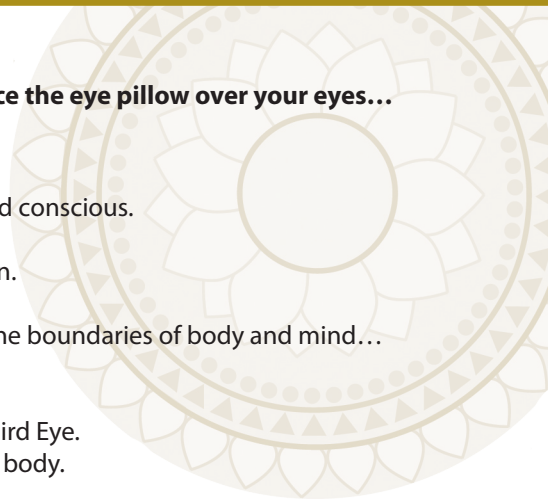
- Use your thumbs to gently close your ears, just tight enough so that you can still hear me. Rest the remaining fingers on either side of the forehead.
- Now, take a breath in and follow me.....Mmmmmmmmm (*Allow up to 7 breaths.*)
- Now stopbring your arms by your side... and be still.
- Bring your 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.



III. 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.



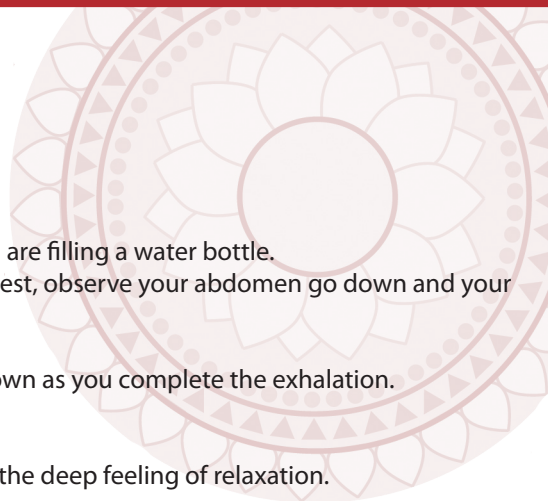
IV. Induction Techniques Phase II

A. Breath Awareness:

1. Complete Yogic Breath (page 1 of 2)

Now follow my guidance as we begin the **relaxation breath**...

- Breathing in deeply fill your lungs from the bottom to the top as if you are filling a water bottle.
- Feel your abdomen expand first, and as your breath moves into the chest, observe your abdomen go down and your chest lift up.
- As you breathe out empty your lungs from the top to the bottom...
- And observe the chest going down first, then your abdomen going down as you complete the exhalation.
- Let your breath be slow and steady.
- Observe the movement of your abdomen and chest.
- Stay connected to the wonderful feeling of the release of tension and the deep feeling of relaxation.
- Let this feeling extend to every part of your body.
- Let this entire process of breathing be the vehicle for deepening your relaxation.
- Now re-direct your full attention to your breath.
- Create no struggle around breathing; use the breath to release any tensions.
- Slowly deepen your inhalations and exhalations.
- Let the exhalation be longer than the inhalation.
- Let the flow of your breath be steady and uniform as much as possible.
- Bring your undivided attention to the movement of your abdomen and chest as you breathe in and out
(Pause.....)
- With each breath out, release any tension held in your body and anticipations in your mind.....let go...
- With each breath in, fill every nerve and cell with pulsating, healing energy.
- Relax.....(pause for a few breaths).



IV. Induction Techniques Phase II / A. Breath Awareness: / 1. Complete Yogic Breath (page 2 of 2)

- Breathing out, let go of holding anywhere in your body; let go even more.
- With the next breath in visualize your body renewed and revitalized with new life.
- Empty your body and mind and enter deeper levels of stillness and silence.
- (Pause.....)
- Now breathe normally and be still...

Bring your total attention to the pulsating energy field felt in the form of sensations in your body.

Observe how your attention feeds the expansion of the pulsating energy field.

Energy follows attention.

Feel all the tension in your mind and tightness in your muscles melt away.

Let all the tension simply melt, drain away and dissolve in the expanding energy field.

Bring your attention to your eyebrow center....

Recognize your deep connection to the original source of life force...

The life energy that sustains your life.

And is an extension of your soul....

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....

IV. Induction Techniques Phase II

A. Breath Awareness:

3. Sheetali Breath

- As you breathe in through your nose, fill your lungs fully and completely without straining.
- Now start exhaling through softly pursed lips as if you are blowing through a straw.
- Let it be a prolonged, steady stream of breath and empty your lungs completely.
- As you inhale, fill your heart with joy.
- Each time you exhale, empty your mind of all anticipations and empty your body of all tensions.
- Each time you inhale, drop into a deeper level of silent awareness and experience the balancing and relaxing impact of the parasympathetic nervous system.
- Continue to breathe with constant awareness and detached attention
- Return to your normal breathing and turn your attention inward.
- Experience the powerful impact of vibratory energetic pulsations in the form of sensations in your body.
- Let your detached awareness embrace all experiences unconditionally, let your mind melt and merge into it ...

Now bring your total undivided attention to the eyebrow center and drop into the deepest level of silent stillness

IV. Induction Techniques Phase II

A. Breath Awareness:

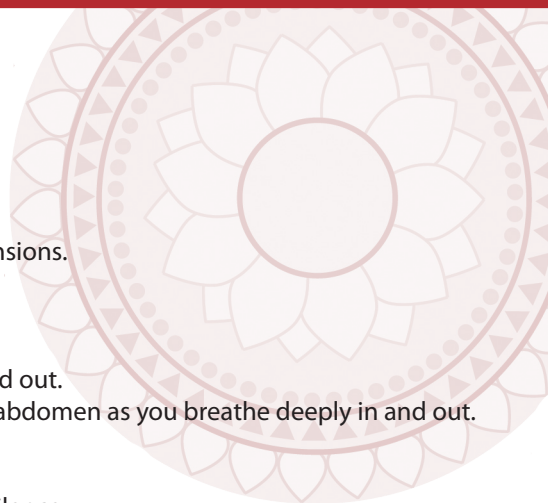
4. Counted Breath (page 1 of 2)

Now direct your full attention to your breath.

- Create no struggle around breathing; use the breath to release any tensions.
- Slowly deepen your inhalations and exhalations,
- Let your breath flow in a steady, uniform, unbroken stream.
- Continue until asked to stop.
- Let your attention be totally connected to your breath as it flows in and out.
- Bring all of your awareness on the expansion and contraction of your abdomen as you breathe deeply in and out.
- With each exhalation, release all tension held in your body. Let go.
- Breathe out any holdings in the body.
- Use your breath to progressively enter a deeper level of stillness and silence.
- We will continue with 5 more slow deep breaths.
- Count them like this 5..... I am breathing in...(pause)
- 5, I am breathing out...(pause.)
- 4, I am breathing in...(pause...)
- 4, I am breathing out and continue until asked to stop. (Long pause.)

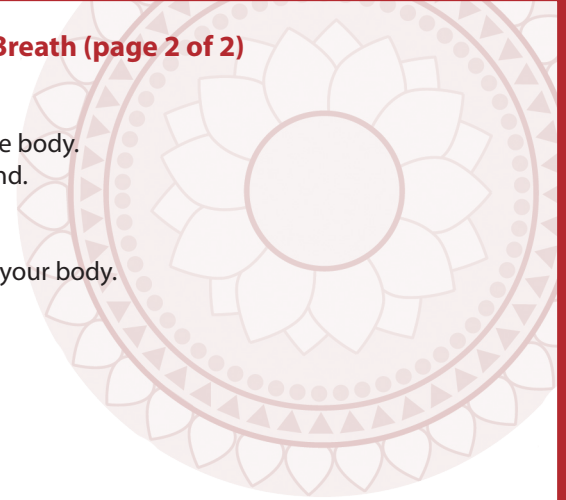
While they are deep breathing, use the following as guidance.

- Be absorbed in the sound of your own breath.
- Let yourself be more relaxed and peaceful with each breath.



IV. Induction Techniques Phase II / A. Breath Awareness: / 4. Counted Breath (page 2 of 2)

- Now allow your breath to return to normal.
- Feel the energetic impact of the breath in the form of pulsations in the body.
- Your awareness allows the energy field in the body to grow and expand.
- Experience it.
- Energy follows attention.....
- Let your mind melt and merge in the river of energy flowing through your body.



IV. Induction Techniques Phase II

B. Body Awareness:

1. 61 Points (page 1 of 2)

Follow my guidance as we move our awareness through different parts of the body.

- Let your detached attention release the dormant healing power trapped in the meridians and connected organs to carry out the healing from within.
- Let the penetrating power of consciousness instantly dissolve any blockages and holdings as you move through different areas of your body.
- *Use for spiritual only:* Let the interplay of Shiva and Shakti do the work, as you simply rest in silent non-doing awareness....

As I guide you rapidly from point to point, remain in non-doing, silent awareness
Resolve to yourself that you will stay alert and awake....

Now bring your undivided attention to:

- | | |
|-------|--|
| 1 | brow center (Third Eye) |
| 2-5 | pit of the throat, right shoulder, elbow, wrist, |
| 6-10 | thumb, index finger, middle finger, ring finger, and little finger..... |
| 11-13 | wrist, elbow, shoulder |
| 14-25 | pit of the throat, left shoulder, elbow, wrist, thumb, index finger, middle finger, ring finger, and little finger, wrist, elbow, shoulder |

IV. Induction Techniques Phase II / B. Body Awareness / 1. 61 Points (page 2 of 2)

- 26 pit of the throat
- 27-28 middle of the chest, right nipple (right side of the chest)
- 29-30 middle of the chest, left nipple (left side of the chest)
- 31 middle of the chest
- 32 navel point
- 33-36 middle of the pubic bone...right hip...knee....., ankle.....
- 37-41 big toe... 2nd toe... third toe... 4th toe...and 5th toe.....
- 42-44 ankle..... knee..... hip.....
- 45-48 middle of the pubic bone, left hip, knee, ankle,
- 49-53 big toe... 2nd toe... third toe... 4th toe... and 5th toe....
- 54-56 ankle, knee, hip
- 57 middle of the pubic bone
- 58 navel point
- 59 middle of the chest
- 60 pit of the throat
- 61 and back to the brow center (Third Eye).

Gather your awareness at the brow center (ajna chakra), let the non-doing presence fully manifest in your brow center (Third Eye).

Observe the vast stillness and silence (*.....pause.....*).

Resting in this vastness, allow whatever comes into your field of awareness to be present without judgment or comment, witness it as it floats by like clouds in the sky (*pause 5-7 breaths*).

IV. Induction Techniques Phase II

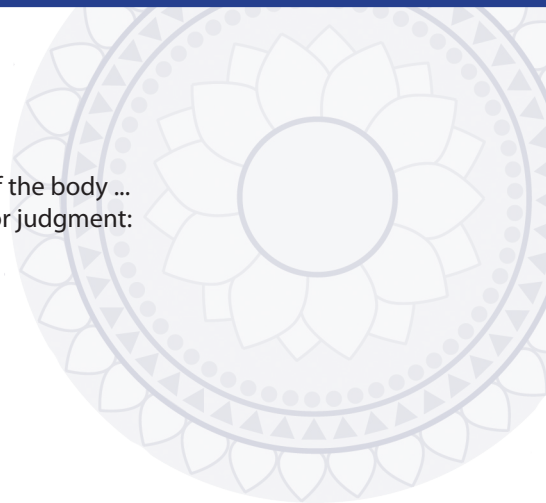
B. Body Awareness:

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



IV. Induction Techniques Phase II

B. Body Awareness: (Choose one below)

3. Heavy and Light (page 1 of 3)

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*.....)



IV. Induction Techniques Phase II / B. Body Awareness / 1. Heavy and Light (page 2 of 3)

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.

IV. Induction Techniques Phase II / B. Body Awareness / 1. Heavy and Light (page 3 of 3)

- 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.....)*

IV. Induction Techniques Phase II

B. Body Awareness

4. Cold and Heat (page 1 of 2)

Cold:

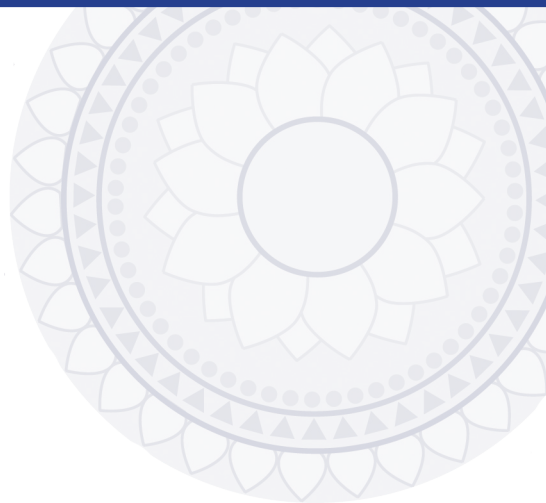
Bring the sensation of cold to each body part as I name it:

- Both feet...icy wet.
 - Both knees...biting cold, piercing the skin.
 - Thighs and hips...ice cold, penetrating, wet.
 - Abdomen, chest, back...chilled to the very bone.
 - Shoulders, arms and palms...frigid, shaking.
 - Whole body ... cold.
 - Chilled to the bone.
 - Wind howling ... swirling snow.
 - Shivering ... chattering.
- (pause....)*

Heat:

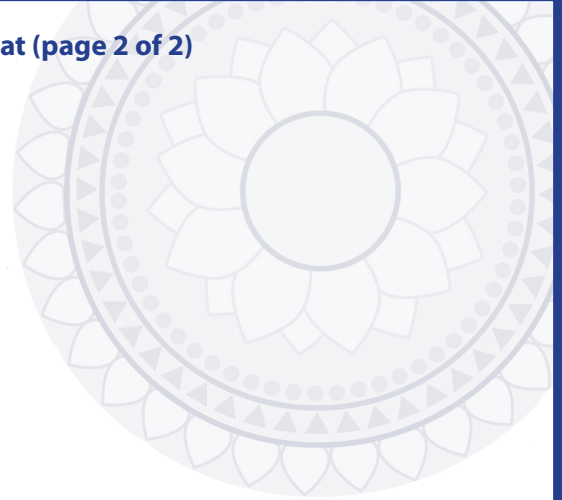
Now shift your awareness and bring a sense of warmth to the whole body... as if you were sitting in front of a fire:

- Both feet...warm, dry.
- Both knees....glowing with heat from the closeness of the fire.
- Thighs and hips... warm, toasty.
- Abdomen, chest and back... radiating heat.
- Shoulders, arms and palms...heavy...throbbing with heat.



IV. Induction Techniques Phase II / B. Body Awareness / 2. Cold and Heat (page 2 of 2)

- Whole body warm ... lying in the sun ... no wind.
- The whole body radiating heat sun beating down.
- Skin prickling with perspiration.
- *(pause.....)*



IV. Induction Techniques Phase II

C. Conscious Awareness

1. Opposites

Choose up to four pairs of opposites.

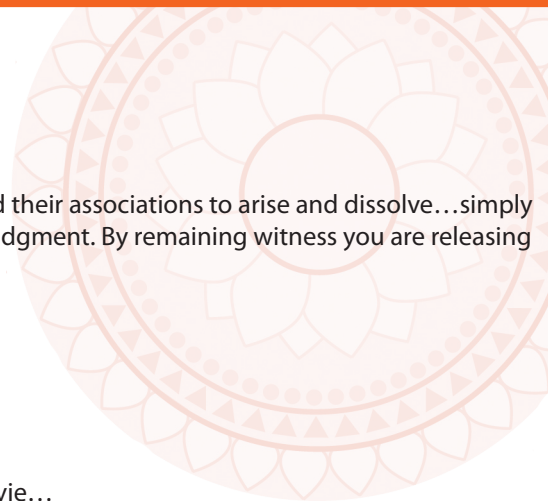
In this deep state of awareness, allow the following polar experiences and their associations to arise and dissolve...simply allowing all experiences to move through without preference, labels or judgment. By remaining witness you are releasing your identification with pre-programmed thoughts and feelings.

Pain and Pleasure
Anger and Peace
Sadness and Joy
Crying and laughter

Maintain detached awareness as though dispassionately observing a movie...

Fear and safety
Agitation and calmness
Sad and Happy
Hate and Love
Violent and tender
Helpless and powerful
Suspicious and trusting
Disgusted and delighted

...Gradually allow visualization and accompanying sensations to fade as you bring your attention back to the Third Eye.



IV. Induction Techniques Phase II

C. Conscious Awareness

2. Images (page 1 of 2)

Choose up to five images.

Resting in witness consciousness, allow yourself to receive the following images and experiences.

Judge nothing, remaining unconditionally open and present to all that passes in the field of awareness.

Church bells ringing
A hive of honey bees
torrential rain
swan gliding on a placid lake
phoenix rising out of its own ashes
your breath
a coiled serpent
sunrise on a desert
a tiger
sunset on the ocean
endless desert
a star in the sky
morning dew
lions and lambs resting together
soaring flock of birds

snow capped mountains
the flame of a candle
swimming pool
golden spider web
dark night
rolling hills
a pink rose
crescent moon
ocean waves
a skeleton
dawn of day
coffin beside a grave
laughing Buddha
a cocoon
butterflies

IV. Induction Techniques Phase II / C. Conscious Awareness / 2. Images (page 2 of 2)

bonfire at night
a crocodile
symbol for Om
inverted red triangle

waves crashing on shore
a deer
a cave
6-pointed star

And now be still.....still in that black space behind the forehead and observe what passes.....witnessing unattached to all that passes.....if nothing appears, just be aware of that.....

Be totally present.....completely absorbed.....(*pause 5-7 breaths*).

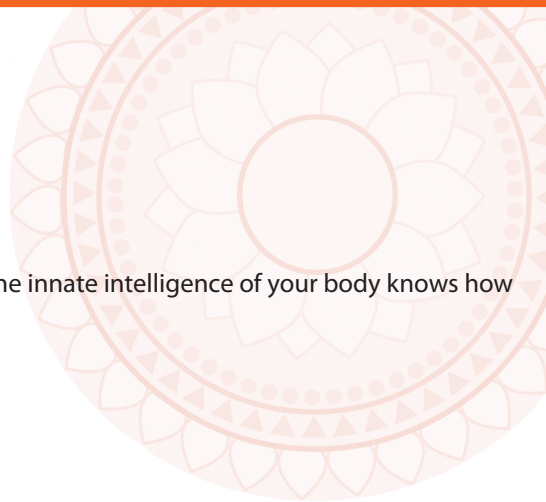
IV. Induction Techniques Phase II

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....)



IV. Induction Techniques Phase II

C. Conscious Awareness

4. Chakra Visualization (page 1 of 2)

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.

IV. Induction Techniques Phase II / C. Conscious Awareness / 4. Chakra Visualization (page 2 of 2)

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.

V. Integration/The Third Eye

A . Integration/Resting in Awareness (page 1 of 2)

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.....

V. Integration/The Third Eye / A. Integration/Resting in Awareness (page 2 of 2)

Option Two (Yogic)

- 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.

V. Integration/The Third Eye

B . Intention (page 1 of 2)

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

Option One (General):

- Here your intention and your affirmations are actualized and fulfilled with effortless ease.
- Repeat your intention now three times.....(*pause*)
- If you do not have an intention, just remain silent and let spirit, who knows what is best, do it for you...
- If you have self-defeating patterns or habits that are holding you back that you want to be freed from, make that your intention now.....(*allow time*).
- Allow it to go to the deepest levels of recognition with no hesitation.
- Know that your higher self recognizes, honors and accepts your intention.
- Have faith and trust that it has been heard and is being acted upon by a higher power of the source within you.
- There is no need for you to do anything about it...
- Bring your attention back to the center between the eyebrows and feel all the energies of your body from all meridians activated, purified and balanced.
- All channels are open and the life force is flowing freely, healing the body and calming the mind...open your heart and feel content...
- Just experience (...*pause*...).

V. Integration/The Third Eye / B. Intention (page 2 of 2)

Option Two (Yogic):

- Go deeper into the Third Eye, the mysterious command center and let it carry out your intentions, prayers and affirmations.
- Hold your intention firmly and clearly with deep feeling and faith.
- Establish it at the altar of your heart.
- Repeat your intention with the conviction of it being received by the Sadguru that guides you from darkness to light.
- Know that you are established in that part of your being where your intentions are actualized and fulfilled with effortless ease.
- In the Third Eye you are empowered to create what you pray for, visualize, and affirm.
- Your prayers and intentions are carried out at the deepest core of your being.
- Feel your intention is now being assimilated and adopted by all levels of your body and your being.
- Completely integrated, totally digested and fully actualized.

V. Integration/The Third Eye

C . Affirmations—More in Appendix (page 1 of 2)

(You can combine categories, however use up to three affirmations in total.)

General Affirmations: *(give time to let these be absorbed)*

Allow your entire self to respond spontaneously and effortlessly to what I say....

- I am released from my self-image to explore, expand and experience the infinite potential unfolding from within me.
- My source is silent stillness. I rest in peace.
- I am the non-participative observer, separate from my thoughts and emotions that come and go.
- I hold no one responsible for all that has happened in the past. I am free and clear of all that has happened in the past.
- I go to the source within that heals all conflicts and restores my health and peace of mind
- I am at peace with myself as I am, and the world as it is.

Health and Healing Affirmations: *(give time to let these be absorbed)*

Allow your entire self to respond spontaneously and effortlessly to what I say....

- I return to the innate wisdom of my body to heal itself. I remain in restful awareness.
- I relax so completely and let go so fully that the inner healing blueprint of my body functions freely and optimally.
- I am linked to the self- healing cosmic power of prana, restoring my health and wellbeing.
- Now that I have entered the deepest levels of letting go, I have entered a complete state of synergy and balance.
- I let the radiant light of love melt and disperse the energy blocks in my body and mind and I replace them with total acceptance and forgiveness.

V. Integration/The Third Eye / C. Affirmations (page 2 of 2)

- I feel my burden is lifted. I feel complete freedom from managing, controlling or needing anything outside of my Self.
- I reconnect with my inner source of healing and surround those areas in my body in need of healing.
- I return to my inner self-healing source of deep stillness and relaxation.
- I disengage from all memory pain held in my body and mind.
- Every cell in my body is filled with the radiant healing light from within.
- I enter into silent receptivity and remain unconditionally open to enter into the omnipresent field of mysterious healing forces.
- As I focus on the spot between my eyebrows, the healing, transformative power of the pineal gland is reactivated.
- I shift out of reactive feelings and allow myself to accept and feel what is in my body. I embrace what is present.

Spiritual Affirmations:

Allow your entire self to respond spontaneously and effortlessly to what I say...

- I am the seer, the witness of all that is seen, unaffected by all that is in perpetual change.
- In silent witness I am at peace in the midst of chaos. I am stillness in action. I remain changeless in the midst of change.
- I experience all events of my life undistorted by my personal bias. I am at peace with myself as I am and the world as it is.
- I am liberated from all becoming and live in the power of being that I am.
- I reside in restful awareness, I am completely at peace with myself
- I am a clear channel for the free flow of divine guidance.
- I am presence. I see, feel and experience all things as they are.
- I am at peace with myself as I am and the world as it is.

VI. Invocation of the Presence

A. Personal Guides and Lineage (page 1 of 3)

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

1. Higher Self and Spiritual Guide

- Establish yourself firmly in faith and trust to receive the grace, protection and guidance of the higher self within you.
- The more often you go to your source, the easier it will be to return there and longer you can stay there.
- Feel the presence of your own spiritual guides, surrounding you and blessing you...
- Accept their blessing and grace...embody it and spread it wherever you go...
- Now you have prepared the base from where you can carry out interactions with life and interpersonal relationships with the integrative power of love and the source within.
- You are the emissary of light and love.
- Carry it everywhere you go and to everyone you meet.

If you have an area that you feel needs healing, physical, mental or emotional allow this light and love to flow into that area now...(pause)

2. Lineage

- At this sacred moment, your whole being has made a major paradigm shift.
- Establish yourself in total trust and faith that remains free from any need to be in control.
- Feel totally unburdened and free to move in life with effortless ease.
- Feel the presence of our beloved Bapuji, Dadaji, and Gurudev...guide, protect and bless you.....
- Feel their energy and their grace fill you and surround you at all times.
- Reaffirm your intention once again.
- Do not hesitate, doubt or dispute it.
- Let it come naturally.

VI. Invocation of the Presence / A. Personal Guides and Lineage (page 3 of 3)

Return to the Third Eye, the seat of the Sadguru within you, where energies from all the meridians come into deep unification, integration, harmony, balance.

Establish a whole new relationship with reality, regardless of how it begins to show up in your life.

Knowing that you are Soul, you can witness life's experiences, and let them pass by. Right response and right actions will come through you.

With that clarity, keep your heart open to all conditions.

Now establish your connection with the Guru mantra:

Om namo bhagavate vasudevaya,

Om namo bhagavate vasudevaya,

Om namo bhagavate vasudevaya

Bring your forefinger and thumb together establishing the connection to the guru within, the Master you are connected to, the Lineage of the Masters, and the Guru mantra. This will reconnect you with the power of protection and guidance whenever you need it in everyday life.

VI. Invocation of the Presence

B. Externalizing Awareness

- Now gradually, you can move, as if you are waking from a restful sleep.
- Bend your knees and pull them closer to your chest, rock sideways gently,
- Take your time; do not hurry.
- Then just turn onto your right side and curl into a fetal position.....feel the safety, comfort and protection of the womb of existence.
- Bring your intention into your awareness again. Change nothing.
- Every time you find yourself in reaction, you are empowered to replace it with your intention.
- Now you can gradually move and begin to sit up with your eyes closed.
- Continue to stay deep in this deep inner experience.
- Regardless of what you consciously recognize that has or has not changed, know that something deep within has shifted to connect you with your intention.
- Become aware of your body...and bring a deep sense of peace and contentment with you as you bring awareness back to the body...

Notice:

- How relaxed the body is...
- How soft the breath is...
- How silent the mind is...
- How quiet the heartbeat is...
- Be still...and be grateful.
- Know that you can easily enter here again and again.
- Now, you may gradually open your eyes.