

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.
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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)

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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III. Instructions for Yoga Nidra

A. Instructions for Yoga Nidra

1. 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.
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