

# 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

### 2. Deliberate Tension and Relaxation

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.....)

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.
- 

## **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 stop .....bring 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**

### **A. Instructions for Yoga Nidra**

#### **1. Instructions for Yoga Nidra**

As we enter this next phase of Yoga Nidra, remain as motionless as possible. If you need to move or make an adjustment, do so mindfully and return to stillness as soon as you are able.

- Resolve to remain awake, staying in touch with the sound of my voice.
- Simply allow your entire body to respond to my words directly and non-mentally.
- Allow any disturbances, external or internal, to draw you more deeply within.
- (pause)
- Now shift from thinking and doing to feeling and being.
- Do absolutely nothing from now on.
- (pause)

My intention

---

## **V. Integration/The Third Eye**

### **B. Intention**

#### **1. Intention**

- Go deeper into the Third Eye, the mysterious command center and let it carry out your intentions, prayers and affirmations.

Now bring your intention into your awarenessâ€¦!

My intention

- 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.
- 

## C. Affirmations--More in Appendix

### 1. Affirmations

Allow your entire self to respond spontaneously and effortlessly to what I say.... \r My first priority is caring for my peace, health and happiness. \r The healing mechanism of my body is now functioning optimally. \r I release the need to manage or control anything outside of myself. \r I experience my body as an ocean of healing energy. \r I allow the root of any symptoms to be dissolved at this time.

---

