

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.

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.

intention for kids

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
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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.....)

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.

V. Integration/The Third Eye

C. Affirmations--More in Appendix

1. Affirmations

(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.
- 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.
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