

## 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.

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### 3. Asanas

#### 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.
- 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.

## 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.

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.)
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## IV. Induction Techniques Phase II

### A. Breath Awareness

#### 4. Counted Breath

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.
- 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.
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## 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
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