

I. Internalizing Awareness

A. Quieting/Centering

1. Om

- 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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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.

V. Integration/The Third Eye

A. Integration/Resting in Awareness

1. Integration/Resting in Awareness

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.....
 - 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.
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VI. Invocation of the Presence

B. Externalizing Awareness

1. 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.
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