

# 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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# 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)

You are now complete.

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# IV. Induction Techniques Phase II

## B. Body Awareness

### 1. 61 Points

Follow my guidance as we move our awareness through different parts of the body.

- Let your detached attention release the dormant healing power trapped in the meridians and connected organs to carry out the healing from within.
- Let the penetrating power of consciousness instantly dissolve any blockages and holdings as you move through different areas of your body.
- Use for spiritual only: Let the interplay of Shiva and Shakti do the work, as you simply rest in silent non-doing awareness....

As I guide you rapidly from point to point, remain in non-doing, silent awareness. Resolve to yourself that you will stay alert and awake....

Now bring your undivided attention to:

1 brow center (Third Eye)

2-5 pit of the throat, right shoulder, elbow, wrist,

6-10 thumb, index finger, middle finger, ring finger, and little finger..... 11-13 wrist, elbow, shoulder

14-25 pit of the throat, left shoulder, elbow, wrist, thumb, index finger, middle finger, ring finger, and little finger, wrist, elbow, shoulder

26 pit of the throat

27-28 middle of the chest, right nipple (right side of the chest) 29-30 middle of the chest, left nipple (left side of the chest)

31 middle of the chest

32 navel point

33-36 middle of the pubic bone...right hip...knee..., ankle.....

37-41 big toe... 2nd toe... third toe... 4th toe...and 5th toe..... 42-44 ankle..... knee..... hip.....

45-48 middle of the pubic bone, left hip, knee, ankle,

49-53 big toe... 2nd toe... third toe... 4th toe... and 5th toe.... 54-56 ankle, knee, hip

57 middle of the pubic bone

58 navel point

59 middle of the chest

60 pit of the throat

61 and back to the brow center (Third Eye).

Gather your awareness at the brow center (ajna chakra), let the non-doing presence fully manifest in your brow center (Third Eye).

Observe the vast stillness and silence (.....pause.....).

Resting in this vastness, allow whatever comes into your field of awareness to be present without judgment or comment, witness it as it floats by like clouds in the sky (pause 5-7 breaths).

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## V. Integration/The Third Eye

### B. Intention

#### 1. Intention

- Here your intention and your affirmations are actualized and fulfilled with effortless ease.

Now bring your intention into your awareness...

You are now complete.

- Repeat your intention now three times.....(pause)
  - If you do not have an intention, just remain silent and let spirit, who knows what is best, do it for you...
  - If you have self-defeating patterns or habits that are holding you back that you want to be freed from, make that your intention now.....(allow time).
  - Allow it to go to the deepest levels of recognition with no hesitation.
  - Know that your higher self recognizes, honors and accepts your intention.
  - Have faith and trust that it has been heard and is being acted upon by a higher power of the source within you.
  - There is no need for you to do anything about it...
  - Bring your attention back to the center between the eyebrows and feel all the energies of your body from all meridians activated, purified and balanced.
  - All channels are open and the life force is flowing freely, healing the body and calming the mind...open your heart and feel content...
  - Just experience (....pause...).
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