

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

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 stopbring 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

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.
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IV. Induction Techniques Phase II

B. Body Awareness

4. Cold and Heat

Cold:

Bring the sensation of cold to each body part as I name it:

- Both feet...icy wet.
- Both knees...biting cold, piercing the skin.
- Thighs and hips...ice cold, penetrating, wet.
- Abdomen, chest, back...chilled to the very bone.
- Shoulders, arms and palms...frigid, shaking.
- Whole body ... cold.
- Chilled to the bone.
- Wind howling ... swirling snow.
- Shivering ... chattering.

(pause.....)

Heat:

Now shift your awareness and bring a sense of warmth to the whole body... as if you were sitting in front of a fire:

- Both feet...warm, dry.
- Both knees....glowing with heat from the closeness of the fire.
- Thighs and hips... warm, toasty.
- Abdomen, chest and back... radiating heat.
- Shoulders, arms and palms...heavy...throbbing with heat.
- Whole body warm ... lying in the sun ... no wind.

- The whole body radiating heat sun beating down.
 - Skin prickling with perspiration.
 - (pause.....)
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VI. Invocation of the Presence

A. Personal Guides and Lineage

1. Personal Guides and Lineage

Choose one of the techniques below that best suits your audience.

1. Higher Self and Spiritual Guide

- Establish yourself firmly in faith and trust to receive the grace, protection and guidance of the higher self within you.
- The more often you go to your source, the easier it will be to return there and longer you can stay there.
- Feel the presence of your own spiritual guides, surrounding you and blessing you...
- Accept their blessing and grace...embody it and spread it wherever you go...
- Now you have prepared the base from where you can carry out interactions with life and interpersonal relationships with the integrative power of love and the source within.
- You are the emissary of light and love.
- Carry it everywhere you go and to everyone you meet.

If you have an area that you feel needs healing, physical, mental or emotional allow this light and love to flow into that area now...(pause)

2. Lineage

- At this sacred moment, your whole being has made a major paradigm shift.
- Establish yourself in total trust and faith that remains free from any need to be in control.
- Feel totally unburdened and free to move in life with effortless ease.
- Feel the presence of our beloved Bapuji, Dadaji, and Gurudev...guide, protect and bless you.....
- Feel their energy and their grace fill you and surround you at all times.
- Reaffirm your intention once again.
- Do not hesitate, doubt or dispute it.
- Let it come naturally.

Return to the Third Eye, the seat of the Sadguru within you, where energies from all the meridians come into deep unification, integration, harmony, balance.

Establish a whole new relationship with reality, regardless of how it begins to show up in your life.

Knowing that you are Soul, you can witness life's experiences, and let them pass by. Right response and right actions will come through you.

With that clarity, keep your heart open to all conditions.

Now establish your connection with the Guru mantra:

Om namo bhagavate vasudevaya, Om namo bhagavate vasudevaya, Om namo bhagavate vasudevaya

Bring your forefinger and thumb together establishing the connection to the guru within, the Master you are connected to, the Lineage of the Masters, and the Guru mantra. This will reconnect you with the power of protection and guidance whenever you need it in everyday life.

B. Externalizing Awareness

1. Externalizing Awareness

- Now slowly feel yourself rising to the surface of awareness as if rising from the depths of a vast, deep ocean.
- (pause)
- Deepen your breath.
- (pause)
- Slowly begin to come back to awareness of your physical body.
- Feel the sensation of your body lying on the floor, the quality of the air as it touches your skin.
- (pause)
- When you feel the impulse, begin to move and stretch your body as if awakening from a restful sleep.
- If the impulse is to remain still, do so.
- When you are ready, gently roll onto your right side.
- Add in drop down option [Receiving your intention [space to insert customized intention]]. Change nothing.
- Regardless of what you consciously recognize that has or has not changed, know that something deep within has shifted.
- (pause)
- Slowly use the strength of the arms to bring yourself up to a comfortable seated position with the eyes closed.
- Continue to stay deep in this inner experience.
- Notice how relaxed the body isâ€¦
- How soft the breath isâ€¦
- How silent the mind isâ€¦
- Be still and be grateful. Know that you can easily return here again and again.
- Now you may gradually open your eyes.

Notice:

- How relaxed the body is...
 - How soft the breath 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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