

# 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.

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# 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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### **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**

#### **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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