

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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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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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.
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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).

C. Conscious Awareness

4. Chakra Visualization

Chakra Visualization:

- Muladhara Chakra: Place all your attention at the Muladhara Chakra, located at the base of the spine. Feel this area begin to glow and pulse. Feel the earthly, dense quality of this chakra. Now let this grounding be a foundation for awakening into higher centers of consciousness. See the downward and outward flow of energy being reversed

and converted to upward flow. Drawing up energy from the feet, legs into the perineum and up through the central energy canal -- the shushumna. Feel the first chakra open and relax.

- Swadistana Chakra: Located in the pelvis, the area of the reproductive organs and the sacral nerve plexus. Feel this area beginning to pulse and glow -- allowing this energy to nourish reproductive functions and sensuality -- but also Divine Shakti is freed, visualize your body filled with divine light and love.

- Manipura Chakra: Now bring your total awareness to the manipura chakra located at the navel -- associated with the solar plexus of nerves that nurtures all the abdominal organs of the area. Feel this area beginning to pulse and glow. Allow the primal forces of aggression and compulsion to

dissolve in the light of your awareness -- and sense it being converted to clarity, confidence and strength. Facing all challenges with equanimity and dignity.

- Feel you are now free of all limitations. Your inner core feels vital and strong and connected to source. You lack absolutely nothing as you step into the next integrated state of being.

Now bring your attention to:

- Anahata Chakra, the heart center -- connected with the cardiac plexus. Feel the area in the middle of the chest beginning to pulse and glow with green light. Experience the regenerative, restorative healing power activating health functioning of heart, lungs and thymus gland. See the heart center transmuting the energies of the lower chakras. Experience a deep sense of love and compassion. Let it change your perception of the world. Feel yourself becoming a beacon of love and light -- attracting the energies of the lower centers and transforming them at the heart.

- Visuddha Chakra: Bring your attention to the throat, the cervical nerve plexus. Feel the throat and thyroid gland glowing and pulsing with blue light. See yourself entering into the expansiveness of the throat chakra, from where you can reclaim your voice of wisdom. You are free from all inhibitions and limitations to awaken creative expression.

- Ajna Chakra: Bring your attention now to the Ajna Chakra -- the Third Eye. Feeling the area between the eyebrows and about three inches in towards the center of the brain begin to glow and pulse with indigo light. Feel the pituitary and pineal glands being reactivated and rejuvenated deep inside the brain. Receive the time transcendent nectar of Amrit, dripping from the pineal gland penetrating and spreading through every cell of your being. Rest in awareness.

- If there is any chakra or corresponding area of your body that needs additional healing, bring your attention to that area now, see it bathed in healing light.

- Sahasrara Chakra: Now see a thousand petal lotus at the crown of the head. Feel all the chakras spontaneously and effortlessly aligned. See energy moving unimpeded upward towards the crown chakra. See the whole body surrounded and permeated by light. All boundaries and illusion of separateness disappearing. Dissolve and disappear into oneness.
