

# 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

## A. Physical Relaxation

### 1. Stretching and Relaxation/Seated or Standing

- Facial exercise: tightening and relaxing the facial muscles, opening the mouth wide, extending the head upwards, stretching the neck muscles.
- Head and neck rolls, described in script #1.
- Shoulder rolls, forward and back.
- Flexing hands and feet.
- Inhaling, take the flat fingers of one hand and exhaling gently press all the fingers of the opposite hand backwards.
- Opening and closing the hands into fists and curling the toes.
- Lateral stretches: breathing in, straighten the body up through the spine, extend one arm along side the head with the opposite resting in the lap; exhale and gently lean to one side, return to center and repeat on the opposite side.
- Leg raises: inhaling, flex and lift the leg. Exhale, gently pull it up and in toward the torso.
- Inhale and clasp the hands behind the back, exhale and gently straighten the arms pressing the chest up and forward.

See Phrasing for the 2nd half of the Posture (or use your own)

---

### 4. Phrasing for the Second Half of the Pose

- Submerge yourself into the sensations that are present in the posture.
- Immerse yourself fully in the feeling that is present.
- Remember that you are exercising your awareness and increasing your sensitivity as well as exercising your body.
- As you encounter your physical boundary use it to discover the invisible psychic boundary that lies behind it.
- Encounter your deliberate deepening stretch with detached attention.
- Become more fully engaged in experiencing the stretch rather than resisting or reacting to it.
- Breathe into the stretch, let it release defensive tension and create an opening for you to go deeper and release hidden tensions and blocks.

- Sense all sensations, feel all that is revealed, resist nothing, hold onto nothing, remain witness to all that is in passing.
  - Pay close detached attention to every movement and every sensation that accompanies it.
  - Choice for or against what is present in the form of sensation creates tension and conflict. Choice creates duality; choiceless awareness creates unity.
  - When you are totally absorbed and fully engaged in the flood of energy, the Presence appears.
  - The posture is not a means to an end. It is the end in itself. It moves from moment to moment deeply engaged fulfilling movement from moment to moment.
  - Feel your feeling more fully. Do not think about it. Thinking makes it mind modified feeling and purity is lost.
  - The more you can focus on your feeling, the stronger and clearer it will become.
  - As your focus and feeling grows stronger and gains momentum it will penetrate and permeate every muscle, cell, nerve.
  - Bring your expanding field of sensitivity to the areas in your body that are depleted, starved and less sensitive.
-

