

II. Induction Techniques Phase I

A. Physical Relaxation

3. Asanas

Neck Rolls

- Keep the neck and head in alignment with the chest..... inhale fully and
- Exhaling, gently press your right ear towards the right shoulder.
- Be aware of any resistance, or tension, not choosing for or against. Just be aware of its presence.
- Inhaling, return to center; exhaling, press the left ear towards the left shoulder.
- Again just take notice of any sensation in the area.
- Inhaling, return to center....exhaling, slowly press the chin to the chest.
- Noticing any stretch in the back of the neck or top of the shoulders, breathe into it relax the muscles around the area, and let go...
- Inhaling, return to center and exhaling press the head back slowly feeling the stretch in the throat.
- Bring your awareness there and in the observing...let go...
- Inhaling, slowly return to center.
- And reverse. And repeat once again.

Seated Forward Bend

- Come to a sitting position with your legs extended out in front of you.
- Press the heels out and down.
- Feet close together, palms on thighs.
- Extend the palms in front of you, hands facing each other-shoulder width apart.
- Extend the arms overhead.
- Take a step back with both hips.
- Inhale and extend up through the fingers and the crown of the head.
- Exhale; press the chest forward, hinge at the hips, extend the torso forward and down.
- Arms are alongside the ears.
- Move the hands towards the ankles or feet, take hold of the feet.
- Do not pull or force. Breathe fully into sensations that arise in the body.
- Extend from your lower back.
- Let your stretching be deliberate and conscious; moving beyond your habitual limits.
- Pull the abdomen in and extend the chest and torso further forward.
- Move deeper into your body and discover the subtle layers of tension. Experience the release of trapped energy. Be deliberate as you move deeper into the experience.
- As you exhale, relax your head and lower your forehead towards your knees.
- Use breath to help you open your body fully and melt away stress in all its forms.
- Allow yourself to feel fully.
- To release, extend through the spine, arms and fingertips.
- Rise up slowly with arms extended overhead, palms facing each other.
- Extend your arms out in front of you and lower your palms to your thighs.
- Close your eyes and relax into sensation.
- Breathe fully and let go more deeply with each exhalation.
- Let your mind be deeply engaged and absorbed by the dynamic energy flooding through your whole body.
- Relax... and create an open psychic space for the energy field to expand and grow.

- Feel it flood the entire body.
- Energy follows attention...nurture it.

Spinal Rocking

- Sitting, clasp your hands below the knees.
- Inhale as you rock back, and exhale as you rock forward.
- Do this several times until asked to stop. (Pause.)
- Now rest on your back with your feet flat and knees bent.
- Pay attention to every sensation that comes and goes as you stretch in and out.
- Leave your mind and enter more fully into the sensations in the body. Relax.

Spinal Twist

- Bring yourself to a position lying on the floor.
- Extend both arms out to the side, at right angles to the body as much as possible.
- Inhale and bend both knees and bring them in towards the chest.
- Exhale and press both knees to the right.
- Turn your head to the left.
- Keep the shoulders pressed to the ground.
- Do not force.
- Use breath and breathe into any resistance felt in the body.
- Relax, and let go...
- Breathe deeply and let go even more....
- To release, bring the knees up, wrap the arms below the knees.
- Rock back and forth once or twice.

Repeat on the other side.

- Extend both arms out to the side, at right angles to the body as much as possible.
- Inhale and bend both knees and bring them in towards the chest.
- Exhale and press both knees to the left.
- Turn your head to the right.
- Keep the shoulders pressed to the ground.
- Do not force.
- Use breath and breathe into any resistance felt in the body. Relax, and let go...
- Breathe deeply and let go even more....
- To release, bring the knees up, wrap the arms below the knees.
- Rock once or twice.
- Extend your legs out in front of you and relax.
- Let your whole body melt into stillness....
- Release any holding anywhere in the body.
- Become aware of the energy that has been released in the body.
- Merge into this ocean of energy.
- Let it flow into any holdings in the body, physical, mental and emotional, bringing you into the deepest state of balance and relaxation. (Pause.)

B. Prana/Energy Awareness

1. Palming the Face

- Maintaining this inner awareness, gently begin rubbing the palms together.
- Now place your fingertips on your eyelids. The entire surface of the palms touching your face.
- Start now by massaging the face.

- The fingers working from the eyebrows up to the hairline, moving out to the temples-- circling the fingers at the temples.
 - Moving down to the joint of the jaw, along the jawline to the chin.
 - Massage around the parentheses of the mouth, up to the bridge of the nose, around the orbits of the eyes.
 - Moving to the ears, pulling down in front of and behind the ears, and maybe even a gentle pull on the earlobes. Feeling tensions and holding melt away.
 - Squeeze the back of the neck, and maybe even the shoulders.
 - Now, place the entire surface of the palms on the face, fingertips on the eyelids.
 - Drop all expression from the face.
 - Take a deep breath in and let go.
 - Take another deep breath in and let go even more.
 - Release your arms to your sides.
 - Feel the impact flooding the whole body and the entire being. Bathe in the sensations.
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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)
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IV. Induction Techniques Phase II

A. Breath Awareness

2. So Hum Spinal Breath

From that very relaxed unified state follow my guidance as we begin So-Hum breath....

- Now start breathing in through the nostrils and guide your breath and attention steadily from the Third Eye along the spine ending at the base of the spine.
- As you exhale guide your breath and attention upwards along the length of the spine to the Third Eye.
- Continue with this breath...
- Stay focused and feel the energy follow your attention along the spine (pause for repetitions).
- Now we will integrate this breath with the non-vocal sound of so-hum.
- Now with each inhalation feel the sound of "so" as the breath flows from the Third Eye to the

base of the spine.

- And with each exhalation feel the sound of "hum" flowing up the base of the spine to the Third Eye.
 - Remain totally absorbed in the subtle vibration of sound and energy moving along the spine.
 - Sound... breath, sensation and attention in complete synchronicity.....
 - Experience it.....
 - Be totally engaged in the sacred Presence of... "That I Am"...
 - Be deeply engaged, totally absorbed... and completely merge into Oneness
 - "That I Am" "That I Am" "I Am That"
 - Now breathe normally ...
 - Bring your attention to rest in the Third Eye and bathe your whole body and being in the, unified experience of so hum sound and breath(pause)
 - Experience a deep stillness extending everywhere.....
 - Feel your whole body lying still....
 - Feel safe and comfortable.
 - Give yourself the permission to enter the deepest level of relaxation right now. Let go.... let go completely....
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C. Conscious Awareness

3. Prana Visualization

Prana Visualization:

- Bring your attention to a constricted or dense part of the body.
 - Though you may not consciously recognize the cause of this feeling, the innate intelligence of your body knows how to resolve it.
 - Breathe into this area.
 - Make space for it.
 - Give it room to move..... loosen.....disperse.
 - Dissolving..... lightening.
 - The body releasing whatever it no longer needs.
 - (pause.....)
 - Now sense the body's healing energy streaming towards this area.... as if it were attracting it like a magnet.
 - Watch this part of your body returning to wholeness...vitality...as it is surrounded by this healing light.
 - With each inhalation, begin to sense the body as more energy than density.
 - Until the whole body is felt as a pulsing, tingling, energy field.
 - (pause....)
 - Any emotions, thoughts, and fears that may have contributed to the imbalance can now be released and resolved.
 - See and feel the whole body healed and whole.
 - (pause....)
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V. Integration/The Third Eye

A. Integration/Resting in Awareness

1. Integration/Resting in Awareness

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

Incorporate a few breaths of silence between each line or two, with a space of 8-10 breaths at the deepest point of your integration.

- Now allow yourself to enter the deepest state of letting go right now.
 - Nothing to do or achieve.
 - Open..empty.
 - (pause)
 - Feel yourself as a vast, spacious, sky of awareness.
 - Rest into and as this space.
 - (pause)
 - Thoughts, images, sensations passing by like clouds on a clear blue sky.
 - Be the space in which it is all happening.
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B. Intention

1. Intention

- Here your intention and your affirmations are actualized and fulfilled with effortless ease.
Now bring your intention into your awareness...

- 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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C. Affirmations--More in Appendix

1. Affirmations

Allow your entire self to respond spontaneously and effortlessly to what I say.... \r I am at peace with myself as I am and the world as it is.

VI. Invocation of the Presence

B. Externalizing Awareness

1. Externalizing Awareness

- Now gradually, you can move, as if you are waking from a restful sleep.
- Bend your knees and pull them closer to your chest, rock sideways gently.
- Take your time; do not hurry.
- Then just turn onto your right side and curl into a fetal position.....feel the safety, comfort and protection of the womb of existence.
- Bring your intention into your awareness again. Change nothing.
- Every time you find yourself in reaction, you are empowered to replace it with your intention.
- Now you can gradually move and begin to sit up with your eyes closed.
- Continue to stay deep in this deep inner experience.
- Regardless of what you consciously recognize that has or has not changed, know that something deep within has shifted to connect you with your intention.
- Become aware of your body...and bring a deep sense of peace and contentment with you as you bring awareness back to the body...

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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