

# 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

### 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)

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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 stop .....bring 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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## V. Integration/The Third Eye

### B. Intention

#### 1. Intention

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

Phoebe's intention

- 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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