

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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VI. Invocation of the Presence

B. Externalizing Awareness

1. Externalizing Awareness

- Now slowly feel yourself rising to the surface of awareness as if rising from the depths of a vast, deep ocean.
- (pause)
- Deepen your breath.
- (pause)
- Slowly begin to come back to awareness of your physical body.
- Feel the sensation of your body lying on the floor, the quality of the air as it touches your skin.
- (pause)
- When you feel the impulse, begin to move and stretch your body as if awakening from a restful sleep.
- If the impulse is to remain still, do so.
- When you are ready, gently roll onto your right side.
- Add in drop down option [Receiving your intention [space to insert customized intention]]. Change nothing.
- Regardless of what you consciously recognize that has or has not changed, know that something deep within has shifted.
- (pause)
- Slowly use the strength of the arms to bring yourself up to a comfortable seated position with the

eyes closed.

- Continue to stay deep in this inner experience.
- Notice how relaxed the body isâ€
- How soft the breath isâ€
- How silent the mind isâ€
- Be still and be grateful. Know that you can easily return here again and again.
- Now you may gradually open your eyes.

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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