

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

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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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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V. Integration/The Third Eye

C. Affirmations--More in Appendix

1. Affirmations

(You can combine categories, however use up to three affirmations in total.)

General Affirmations: (give time to let these be absorbed)

Allow your entire self to respond spontaneously and effortlessly to what I say....

- I am released from my self-image to explore, expand and experience the infinite potential unfolding from within me.
- My source is silent stillness. I rest in peace.
- I am the non-participative observer, separate from my thoughts and emotions that come and go.
- I hold no one responsible for all that has happened in the past. I am free and clear of all that has happened in the past.
- I go to the source within that heals all conflicts and restores my health and peace of mind
- I am at peace with myself as I am, and the world as it is.

Health and Healing Affirmations: (give time to let these be absorbed)

Allow your entire self to respond spontaneously and effortlessly to what I say....

- I return to the innate wisdom of my body to heal itself. I remain in restful awareness.
- I relax so completely and let go so fully that the inner healing blueprint of my body functions freely and optimally.
- I am linked to the self-healing cosmic power of prana, restoring my health and wellbeing.
- Now that I have entered the deepest levels of letting go, I have entered a complete state of synergy and balance.
- I let the radiant light of love melt and disperse the energy blocks in my body and mind and I replace them with total acceptance and forgiveness.
- I feel my burden is lifted. I feel complete freedom from managing, controlling or needing anything outside of my Self.
- I reconnect with my inner source of healing and surround those areas in my body in need of healing.
- I return to my inner self-healing source of deep stillness and relaxation.
- I disengage from all memory pain held in my body and mind.
- Every cell in my body is filled with the radiant healing light from within.

- I enter into silent receptivity and remain unconditionally open to enter into the omnipresent field of mysterious healing forces.
- As I focus on the spot between my eyebrows, the healing, transformative power of the pineal gland is reactivated.
- I shift out of reactive feelings and allow myself to accept and feel what is in my body. I embrace what is present.

Spiritual Affirmations:

Allow your entire self to respond spontaneously and effortlessly to what I say....

- I am the seer, the witness of all that is seen, unaffected by all that is in perpetual change.
 - In silent witness I am at peace in the midst of chaos. I am stillness in action. I remain changeless in the midst of change.
 - I experience all events of my life undistorted by my personal bias. I am at peace with myself as I am and the world as it is.
 - I am liberated from all becoming and live in the power of being that I am.
 - I reside in restful awareness, I am completely at peace with myself
 - I am a clear channel for the free flow of divine guidance.
 - I am presence. I see, feel and experience all things as they are.
 - I am at peace with myself as I am and the world as it is.
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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 silent the mind 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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