

II. Induction Techniques Phase I

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 stopbring 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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IV. Induction Techniques Phase II

B. Body Awareness

3. Heavy and Light

(Choose one)

Heavy:

- As I name the body part bring your total attention accompanied by a feeling of heaviness...sinking.....like a stone in water....
- Both feet...heavy....like stones....
- Calves and knees.....heavysinking...deeper
- Thighs and hipsvery heavy....like lead...
- Abdomen, chest and back...gravity pulling you down...deeper....
- Shoulders, arms and palms..... Very,.... very heavy
- Feel your entire head... heavy like a stone
- Give your body completely and totally to the omnipresent field of gravity (.....pause....)
- Now experience your whole body heavy like a rock.
- Feel your whole body sinking...deeper and deeper....

- Totally let go... into the pull of gravity,
- Sinking.....sinking..... heavy like a stone
- Sinking deeper into stillness and silent awareness.
- (pause.....)

Light:

Now shift your awareness and as I name the part of the body let all the heaviness drain away

- Let your body be buoyant..... and light...like a fluffy cloud...
- Both feet.....limp and light..
- Calves and knees...empty and free.....feel it
- Thighs and hips.....hollow, weightless
- Abdomen, chest and back..... light and empty
- Shoulders and arms and palms.....floating...
- Head....hollow.....empty
- Feel your whole body; empty...light and hollow
- Sense the emptiness of your body, and silence of your mind
- pause.....

Energy Body:

- Be free of all inhibitions and boundaries of your body and mind, past and future.
- Embrace the light of the spirit, feel the feathery lightness of your energy body.
- Enter the power of presence and protection of your energy body.
- Feel completely safe and secure.
- Give yourself permission and freedom to float out of your physical body and drift.
- Enter and experience the freedom of this new dimension.
- Feel yourself getting lighter and lighter until you begin to float in the air.
- Release your energy body from your physical body.
- Let it freely float like a cloud in the sky.
- Experience being released and freed from identification with your body and mind.
- Witness your body completely at peace resting in stillness.
- Recognize you are the spirit separate from the physical body.
- Enjoy the spirit freed from all limitations.
- Experience your entire body and being, freed from fear of pain, hurt and suffering.
- Feel the innate healing wisdom of the body, liberated and functioning optimally.
- Feel your body being purified for it to be an ideal temple for spirit to manifest.
- Experience and embrace life with the freshness and newness of beginners mind.
- Embody the spirit so completely that it accompanies you everywhere you go, everyone you meet, everything you do.
- (Pause).
- Now re-enter your body. Remain deeply established in your connection with spirit in deep faith and trust.

Bring your forefinger and thumb together establishing your physical connection with the

protection and guidance of inner presence.

This gesture will help you restore inner presence, peace and restore your objectivity in all stressful situations.

(Or)

It will reconnect you to your inner guide for guidance, protection and solutions to problems you encounter in everyday life. (pause.....)
