

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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