

# 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

### 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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