

I. Internalizing Awareness

A. Quieting/Centering

3. Asatoma Prayer/Statement of Purpose

Asatoma sad gamaya Lead me from the unreal to the real
Tamasoma Jyotir gamaya Lead me from darkness to light
Mrityorma amritam gamaya Lead me from the timebound state of consciousness to the timeless state of being that we are.

Statement of Purpose could be something like:

During this time, I will participate wholeheartedly in this process and trust that whatever issues are in the way of my full realization will be released spontaneously and effortlessly. I let go of any struggle or effort to make anything happen.

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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IV. Induction Techniques Phase II

B. Body Awareness

4. Cold and Heat

Cold:

Bring the sensation of cold to each body part as I name it:

- Both feet...icy wet.
- Both knees...biting cold, piercing the skin.

- Thighs and hips...ice cold, penetrating, wet.
 - Abdomen, chest, back...chilled to the very bone.
 - Shoulders, arms and palms...frigid, shaking.
 - Whole body ... cold.
 - Chilled to the bone.
 - Wind howling ... swirling snow.
 - Shivering ... chattering.
- (pause.....)

Heat:

Now shift your awareness and bring a sense of warmth to the whole body... as if you were sitting in front of a fire:

- Both feet...warm, dry.
 - Both knees....glowing with heat from the closeness of the fire.
 - Thighs and hips... warm, toasty.
 - Abdomen, chest and back... radiating heat.
 - Shoulders, arms and palms...heavy...throbbing with heat.
 - Whole body warm ... lying in the sun ... no wind.
 - The whole body radiating heat sun beating down.
 - Skin prickling with perspiration.
- (pause.....)

C. Conscious Awareness

1. Opposites

In this deep state of awareness, allow the following polar experiences and their associations to arise and dissolve...simply allowing all experiences to move through without preference, labels or judgment. By remaining witness you are releasing your identification with pre-programmed thoughts and feelings. Maintain detached awareness as though dispassionately observing a movie... Agitation and Calmness Hate and Love Violent and Tender ...Gradually allow visualization and accompanying sensations to fade as you bring your attention back to the Third Eye.

2. Images

Choose up to five images.

Resting in witness consciousness, allow yourself to receive the following images and experiences.

Judge nothing, remaining unconditionally open and present to all that passes in the field of awareness.

Church bells ringing snow capped mountains

A hive of honey bees the flame of a candle

torrential rain swimming pool

swan gliding on a placid lake golden spider web

phoenix rising out of its own ashes dark night

your breath rolling hills

a coiled serpent a pink rose

sunrise on a desert crescent moon
a tiger ocean waves
sunset on the ocean a skeleton
endless desert dawn of day
a star in the sky coffin beside a grave
morning dew laughing Buddha
lions and lambs resting together a cocoon
soaring flock of birds butterflies
bonfire at night waves crashing on shore
a crocodile a deer
symbol for Om a cave
inverted red triangle 6-pointed star
And now be still.....still in that black space behind the forehead and observe what passes.....witnessing unattached to all that passes.....if nothing appears, just be aware of that.....
Be totally present.....completely absorbed.....(pause 5-7 breaths).

3. Prana Visualization

Prana Visualization:

- Bring your attention to a constricted or dense part of the body.
 - Though you may not consciously recognize the cause of this feeling, the innate intelligence of your body knows how to resolve it.
 - Breathe into this area.
 - Make space for it.
 - Give it room to move..... loosen.....disperse.
 - Dissolving..... lightening.
 - The body releasing whatever it no longer needs.
(pause.....)
 - Now sense the body's healing energy streaming towards this area.... as if it were attracting it like a magnet.
 - Watch this part of your body returning to wholeness...vitality...as it is surrounded by this healing light.
 - With each inhalation, begin to sense the body as more energy than density.
 - Until the whole body is felt as a pulsing, tingling, energy field.
(pause....)
 - Any emotions, thoughts, and fears that may have contributed to the imbalance can now be released and resolved.
 - See and feel the whole body healed and whole.
(pause.....)
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V. Integration/The Third Eye

C. Affirmations--More in Appendix

1. Affirmations

Allow your entire self to respond spontaneously and effortlessly to what I say.... \r I sense the

peaceful stillness at my center. \r I dwell in the changeless state of being. \r I remain present and unattached to memories of the past and outcomes of the future.

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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