

# 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.

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# II. Induction Techniques Phase I

## A. Physical Relaxation

### 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.)
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## **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 stop .....bring 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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## **III. Instructions for Yoga Nidra**

### **A. Instructions for Yoga Nidra**

#### **1. Instructions for Yoga Nidra**

Maintaining this inner stillness, gently cover yourself and if you wish place the eye pillow over your eyes...

- Adjust your body in a comfortable position but do not fall asleep.
  - Throughout this entire period remain relaxed and motionless, alert and conscious.
  - Stay in touch with my guidance at all times.
  - Allow any disturbances, external or internal, to draw you deeper within.
  - In Yoga Nidra you enter the subconscious pranic field.
  - Let your mind merge and melt into the energy body and go beyond the boundaries of body and mind...
  - Now shift from thinking and doing to feeling and being...(pause).
  - Do absolutely nothing from now on. Simply relax.
  - Drop into the deepest state of tranquility, stillness and peace in the Third Eye.
  - Now your consciousness is in direct communion through your energy body.
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