

# 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.

hello old friend

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### 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.

hello moto

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# II. Induction Techniques Phase I

## A. Physical Relaxation

### 2. Deliberate Tension and Relaxation

We will move our awareness into the body to release trapped energy and move deeper into total relaxation.

Those with cardiac disease, hypertension, glaucoma should use caution. If you cannot have undue pressure in the head for any reason, it is important that you breathe normally as you tense the body.

Upper Body:

- As you inhale, make fists and deliberately induce stiffness and tension throughout your shoulders, arms and fists.
- Tighten...tighten...even more.
- Now let go completely. Relax.
- On your next exhalation, relax even more. Let go.
- Observe and feel the flood of energy in your arms.....

(pause.....)

Lower Body:

- This time as you inhale, deliberately induce stiffness and tension in hips, legs and feet.
- Tighten...tighten...hold..hold.
- Let go. Let go completely. Relax.
- Observe the flood of energy in your legs.....

(pause.....)

Whole Body:

- This time tighten and tense the entire body as you inhale: arms, hands, shoulders, feet, legs, face, buttocks.
- Tighten...tighten...hold hold.
- Now let go completely. Relax.
- On your next exhalation let go even more.
- Observe and the flood of energy extending to all the muscles, nerves and cells of your entire body.
- Let your whole body melt into the flood of energy you feel in your body.
- Let your body go limp.....like a rag doll...relax even more.
- Release any holding..... anywhere.

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## 4. Phrasing for the Second Half of the Pose

Allow the commentary of the mind to dissolve into sensation.

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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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### III. Instructions for Yoga Nidra

#### A. Instructions for Yoga Nidra

##### 1. Instructions for Yoga Nidra

As we enter this next phase of Yoga Nidra, remain as motionless as possible. If you need to move or make an adjustment, do so mindfully and return to stillness as soon as you are able.

- Resolve to remain awake, staying in touch with the sound of my voice.
- Simply allow your entire body to respond to my words directly and non-mentally.
- Allow any disturbances, external or internal, to draw you more deeply within.
- (pause)
- Now shift from thinking and doing to feeling and being.
- Do absolutely nothing from now on.
- (pause)

hello old friend

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### IV. Induction Techniques Phase II

#### 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... Hate and Love Violent and Tender ...Gradually allow visualization and accompanying sensations to fade as you bring your attention back to the Third Eye.

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##### 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).

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## 4. Chakra Visualization

Chakra Visualization:

- Muladhara Chakra: Place all your attention at the Muladhara Chakra, located at the base of the spine. Feel this area begin to glow and pulse. Feel the earthly, dense quality of this chakra. Now let this grounding be a foundation for awakening into higher centers of consciousness. See the downward and outward flow of energy being reversed and converted to upward flow. Drawing up energy from the feet, legs into the perineum and up through the central energy canal -- the shushumna. Feel the first chakra open and relax.
- Swadistana Chakra: Located in the pelvis, the area of the reproductive organs and the sacral nerve plexus. Feel this area beginning to pulse and glow -- allowing this energy to nourish reproductive functions and sensuality -- but also Divine Shakti is freed, visualize your body filled with divine light and love.
- Manipura Chakra: Now bring your total awareness to the manipura chakra located at the navel -- associated with the solar plexus of nerves that nurtures all the abdominal organs of the area. Feel this area beginning to pulse and glow. Allow the primal forces of aggression and compulsion to dissolve in the light of your awareness -- and sense it being converted to clarity, confidence and strength. Facing all challenges with equanimity and dignity.
- Feel you are now free of all limitations. Your inner core feels vital and strong and connected to source. You lack absolutely nothing as you step into the next integrated state of being.

Now bring your attention to:

- Anahata Chakra, the heart center -- connected with the cardiac plexus. Feel the area in the middle of the chest beginning to pulse and glow with green light. Experience the regenerative, restorative healing power activating health functioning of heart, lungs and thymus gland. See the heart center transmuting the energies of the lower chakras. Experience a deep sense of love and compassion. Let it change your perception of the world. Feel yourself becoming a beacon of love and light -- attracting the energies of the lower centers and transforming them at the heart.
- Visuddha Chakra: Bring your attention to the throat, the cervical nerve plexus. Feel the throat and thyroid gland glowing and pulsing with blue light. See yourself entering into the expansiveness of the throat chakra, from where you can reclaim your voice of wisdom. You are free from all inhibitions and limitations to awaken creative expression.
- Ajna Chakra: Bring your attention now to the Ajna Chakra -- the Third Eye. Feeling the area between the eyebrows and about three inches in towards the center of the brain begin to glow and pulse with indigo light. Feel the pituitary and pineal glands being reactivated and rejuvenated

deep inside the brain. Receive the time transcendant nectar of Amrit, dripping from the pineal gland penetrating and spreading through every cell of your being. Rest in awareness.

- If there is any chakra or corresponding area of your body that needs additional healing, bring your attention to that area now, see it bathed in healing light.

- Sahasrara Chakra: Now see a thousand petal lotus at the crown of the head. Feel all the chakras spontaneously and effortlessly aligned. See energy moving unimpeded upward towards the crown chakra. See the whole body surrounded and permeated by light. All boundaries and illusion of separateness disappearing. Dissolve and disappear into oneness.

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