

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.

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.)
-

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)

I'm praying for this to work!

IV. Induction Techniques Phase II

B. Body Awareness

3. Heavy and Light

(Choose one)

Heavy:

- As I name the body part bring your total attention accompanied by a feeling of heaviness...
.....sinking.....like a
stone in water....
- Both feet...heavy....like stones....
- Calves and knees.....heavysinking...deeper
- Thighs and hipsvery heavy....like lead...
- Abdomen, chest and back...gravity pulling you down...deeper....
- Shoulders, arms and palms..... Very,.... very heavy
- Feel your entire head... heavy like a stone
- Give your body completely and totally to the omnipresent field of gravity (.....pause....)
- Now experience your whole body heavy like a rock.
- Feel your whole body sinking...deeper and deeper....
- Totally let go... into the pull of gravity,
- Sinking.....sinking..... heavy like a stone
- Sinking deeper into stillness and silent awareness.

- (pause.....)

Light:

Now shift your awareness and as I name the part of the body let all the heaviness drain away

- Let your body be buoyant..... and light...like a fluffy cloud...
- Both feet.....limp and light..
- Calves and knees...empty and free.....feel it
- Thighs and hips.....hollow, weightless
- Abdomen, chest and back..... light and empty
- Shoulders and arms and palms.....floating...
- Head....hollow.....empty
- Feel your whole body; empty...light and hollow
- Sense the emptiness of your body, and silence of your mind
- pause.....

Energy Body:

- Be free of all inhibitions and boundaries of your body and mind, past and future.
- Embrace the light of the spirit, feel the feathery lightness of your energy body.
- Enter the power of presence and protection of your energy body.
- Feel completely safe and secure.
- Give yourself permission and freedom to float out of your physical body and drift.
- Enter and experience the freedom of this new dimension.
- Feel yourself getting lighter and lighter until you begin to float in the air.
- Release your energy body from your physical body.
- Let it freely float like a cloud in the sky.
- Experience being released and freed from identification with your body and mind.
- Witness your body completely at peace resting in stillness.
- Recognize you are the spirit separate from the physical body.
- Enjoy the spirit freed from all limitations.
- Experience your entire body and being, freed from fear of pain, hurt and suffering.
- Feel the innate healing wisdom of the body, liberated and functioning optimally.
- Feel your body being purified for it to be an ideal temple for spirit to manifest.
- Experience and embrace life with the freshness and newness of beginners mind.
- Embody the spirit so completely that it accompanies you everywhere you go, everyone you meet, everything you do.
- (Pause).
- Now re-enter your body. Remain deeply established in your connection with spirit in deep faith and trust.

Bring your forefinger and thumb together establishing your physical connection with the protection and guidance of inner presence.

This gesture will help you restore inner presence, peace and restore your objectivity in all stressful situations.

(Or)

It will reconnect you to your inner guide for guidance, protection and solutions to problems you encounter in everyday life. (pause.....)

V. Integration/The Third Eye

B. Intention

1. Intention

- Here your intention and your affirmations are actualized and fulfilled with effortless ease.
Now bring your intention into your awareness...

Trying something different

- Repeat your intention now three times.....(pause)
 - If you do not have an intention, just remain silent and let spirit, who knows what is best, do it for you...
 - If you have self-defeating patterns or habits that are holding you back that you want to be freed from, make that your intention now.....(allow time).
 - Allow it to go to the deepest levels of recognition with no hesitation.
 - Know that your higher self recognizes, honors and accepts your intention.
 - Have faith and trust that it has been heard and is being acted upon by a higher power of the source within you.
 - There is no need for you to do anything about it...
 - Bring your attention back to the center between the eyebrows and feel all the energies of your body from all meridians activated, purified and balanced.
 - All channels are open and the life force is flowing freely, healing the body and calming the mind...open your heart and feel content...
 - Just experience (....pause...).
-

C. Affirmations--More in Appendix

1. Affirmations

(You can combine categories, however use up to three affirmations in total.)

General Affirmations: (give time to let these be absorbed)

Allow your entire self to respond spontaneously and effortlessly to what I say....

- I am released from my self-image to explore, expand and experience the infinite potential unfolding from within me.
- My source is silent stillness. I rest in peace.
- I am the non-participative observer, separate from my thoughts and emotions that come and go.
- I hold no one responsible for all that has happened in the past. I am free and clear of all that has happened in the past.
- I go to the source within that heals all conflicts and restores my health and peace of mind
- I am at peace with myself as I am, and the world as it is.

Health and Healing Affirmations: (give time to let these be absorbed)

Allow your entire self to respond spontaneously and effortlessly to what I say....

- I return to the innate wisdom of my body to heal itself. I remain in restful awareness.
- I relax so completely and let go so fully that the inner healing blueprint of my body functions freely and optimally.
- I am linked to the self- healing cosmic power of prana, restoring my health and wellbeing.
- Now that I have entered the deepest levels of letting go, I have entered a complete state of synergy and balance.
- I let the radiant light of love melt and disperse the energy blocks in my body and mind and I replace them with total acceptance and forgiveness.
- I feel my burden is lifted. I feel complete freedom from managing, controlling or needing anything outside of my Self.

- I reconnect with my inner source of healing and surround those areas in my body in need of healing.
- I return to my inner self-healing source of deep stillness and relaxation.
- I disengage from all memory pain held in my body and mind.
- Every cell in my body is filled with the radiant healing light from within.
- I enter into silent receptivity and remain unconditionally open to enter into the omnipresent field of mysterious healing forces.
- As I focus on the spot between my eyebrows, the healing, transformative power of the pineal gland is reactivated.
- I shift out of reactive feelings and allow myself to accept and feel what is in my body. I embrace what is present.

Spiritual Affirmations:

Allow your entire self to respond spontaneously and effortlessly to what I say....

- I am the seer, the witness of all that is seen, unaffected by all that is in perpetual change.
 - In silent witness I am at peace in the midst of chaos. I am stillness in action. I remain changeless in the midst of change.
 - I experience all events of my life undistorted by my personal bias. I am at peace with myself as I am and the world as it is.
 - I am liberated from all becoming and live in the power of being that I am.
 - I reside in restful awareness, I am completely at peace with myself
 - I am a clear channel for the free flow of divine guidance.
 - I am presence. I see, feel and experience all things as they are.
 - I am at peace with myself as I am and the world as it is.
-

