

# 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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### 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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### IV. Induction Techniques Phase II

#### B. Body Awareness

##### 1. 61 Points

Follow my guidance as we move our awareness through different parts of the body.

- Let your detached attention release the dormant healing power trapped in the meridians and connected organs to carry out the healing from within.
- Let the penetrating power of consciousness instantly dissolve any blockages and holdings as you move through different areas of your body.
- Use for spiritual only: Let the interplay of Shiva and Shakti do the work, as you simply rest in silent non-doing awareness....

As I guide you rapidly from point to point, remain in non-doing, silent awareness. Resolve to yourself that you will stay alert and awake....

Now bring your undivided attention to:

1 brow center (Third Eye)

2-5 pit of the throat, right shoulder, elbow, wrist,

6-10 thumb, index finger, middle finger, ring finger, and little finger..... 11-13 wrist, elbow, shoulder

14-25 pit of the throat, left shoulder, elbow, wrist, thumb, index finger, middle finger, ring finger,

and little finger, wrist, elbow, shoulder

26 pit of the throat

27-28 middle of the chest, right nipple (right side of the chest) 29-30 middle of the chest, left nipple (left side of the chest)

31 middle of the chest

32 navel point

33-36 middle of the pubic bone...right hip...knee....., ankle.....

37-41 big toe... 2nd toe... third toe... 4th toe...and 5th toe..... 42-44 ankle..... knee..... hip.....

45-48 middle of the pubic bone, left hip, knee, ankle,

49-53 big toe... 2nd toe... third toe... 4th toe... and 5th toe.... 54-56 ankle, knee, hip

57 middle of the pubic bone

58 navel point

59 middle of the chest

60 pit of the throat

61 and back to the brow center (Third Eye).

Gather your awareness at the brow center (ajna chakra), let the non-doing presence fully manifest in your brow center (Third Eye).

Observe the vast stillness and silence (.....pause.....).

Resting in this vastness, allow whatever comes into your field of awareness to be present without judgment or comment, witness it as it floats by like clouds in the sky (pause 5-7 breaths).

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## C. Conscious Awareness

### 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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## V. Integration/The Third Eye

### B. Intention

#### 1. Intention

Choose one of the techniques below that best suits your audience.

Option One (General):

- Here your intention and your affirmations are actualized and fulfilled with effortless ease.
- 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...).

Option Two (Yogic):

- Go deeper into the Third Eye, the mysterious command center and let it carry out your intentions, prayers and affirmations.
  - Hold your intention firmly and clearly with deep feeling and faith.
  - Establish it at the altar of your heart.
  - Repeat your intention with the conviction of it being received by the Sadguru that guides you from darkness to light.
  - Know that you are established in that part of your being where your intentions are actualized and fulfilled with effortless ease.
  - In the Third Eye you are empowered to create what you pray for, visualize, and affirm.
  - Your prayers and intentions are carried out at the deepest core of your being.
  - Feel your intention is now being assimilated and adopted by all levels of your body and your being.
  - Completely integrated, totally digested and fully actualized.
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