

# I. Internalizing Awareness

## A. Quieting/Centering

### 1. Om

Option One:

- Close your eyes and allow your attention to turn inward.
- Bring your attention to the breath.
- Feel the body beginning to relax with each progressive exhalation.
- Let's take a deep breath in together and chant the sound of Om.
- (Om)
- Allow the vibrational impact of the sound to bring outwardly focused attention inward.

Option Two:

- Close your eyes and allow your attention to turn inward.
  - Bring your attention to the breath.
  - Feel the body beginning to relax with each progressive exhalation.
  - We will chant a continuous Om together.
  - As you chant, let the sound come from deep in your belly. When you run out of breath, take another full breath in and begin again. We will repeat three times.
  - Let's begin.
  - Take a full breath in (Om).
  - Come to silence.
  - Sense sound dissolving into silence.
  - Merge into that silent space.
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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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