

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

4. Phrasing for the Second Half of the Pose

- Submerge yourself into the sensations that are present in the posture.
- Immerse yourself fully in the feeling that is present.
- Remember that you are exercising your awareness and increasing your sensitivity as well as exercising your body.
- As you encounter your physical boundary use it to discover the invisible psychic boundary that lies behind it.
- Encounter your deliberate deepening stretch with detached attention.
- Become more fully engaged in experiencing the stretch rather than resisting or reacting to it.
- Breathe into the stretch, let it release defensive tension and create an opening for you to go deeper and release hidden tensions and blocks.
- Sense all sensations, feel all that is revealed, resist nothing, hold onto nothing, remain witness to all that is in passing.
- Pay close detached attention to every movement and every sensation that accompanies it.
- Choice for or against what is present in the form of sensation creates tension and conflict. Choice creates duality; choiceless awareness creates unity.
- When you are totally absorbed and fully engaged in the flood of energy, the Presence appears.

- The posture is not a means to an end. It is the end in itself. It moves from moment to moment deeply engaged fulfilling movement from moment to moment.
 - Feel your feeling more fully. Do not think about it. Thinking makes it mind modified feeling and purity is lost.
 - The more you can focus on your feeling, the stronger and clearer it will become.
 - As your focus and feeling grows stronger and gains momentum it will penetrate and permeate every muscle, cell, nerve.
 - Bring your expanding field of sensitivity to the areas in your body that are depleted, starved and less sensitive.
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