

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

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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B. Prana/Energy Awareness

2. Bumblebee Breath

I will guide you in the next phase to enter into deeper and subtler levels of relaxation through the bumblebee sound and breath.

- Use your thumbs to gently close your ears, just tight enough so that you can still hear me. Rest the remaining fingers on either side of the forehead.
 - Now, take a breath in and follow me.....Mmmmmmmmm (Allow up to 7 breaths.)
 - Now stopbring your arms by your side... and be still.
 - Bring your total undivided attention to your whole body.
 - Feel the stimulating impact of the vibrations extending throughout your whole body.
 - Notice how your attention feeds your energy.
 - Observe your energy field expand and grow, extending everywhere and filling every nerve and cell of your body...
 - Now bring your attention to the eyebrow center...
 - And empty your mind into the flood of energy.
 - Let it melt and merge into the experience of the energy body expanding beyond all boundaries.
 - Drop into complete silence and deep stillness.
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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

A. Breath Awareness

1. Complete Yogic Breath

Now follow my guidance as we begin the relaxation breath...

- Breathing in deeply fill your lungs from the bottom to the top as if you are filling a water bottle.
- Feel your abdomen expand first, and as your breath moves into the chest, observe your abdomen go down and your chest lift up.
- As you breathe out empty your lungs from the top to the bottom...
- And observe the chest going down first, then your abdomen going down as you complete the exhalation.
- Let your breath be slow and steady.
- Observe the movement of your abdomen and chest.
- Stay connected to the wonderful feeling of the release of tension and the deep feeling of relaxation.
- Let this feeling extend to every part of your body.
- Let this entire process of breathing be the vehicle for deepening your relaxation.
- Now re-direct your full attention to your breath.
- Create no struggle around breathing; use the breath to release any tensions.
- Slowly deepen your inhalations and exhalations.
- Let the exhalation be longer than the inhalation.
- Let the flow of your breath be steady and uniform as much as possible.
- Bring your undivided attention to the movement of your abdomen and chest as you breathe in and out

(Pause.....)

- With each breath out, release any tension held in your body and anticipations in your mind.....let go...
- With each breath in, fill every nerve and cell with pulsating, healing energy.
- Relax.....(pause for a few breaths).
- Breathing out, let go of holding anywhere in your body; let go even more.
- With the next breath in visualize your body renewed and revitalized with new life.
- Empty your body and mind and enter deeper levels of stillness and silence.
- (Pause.....)
- Now breathe normally and be still...

Bring your total attention to the pulsating energy field felt in the form of sensations in your body. Observe how your attention feeds the expansion of the pulsating energy field.

Energy follows attention.

Feel all the tension in your mind and tightness in your muscles melt away.

Let all the tension simply melt, drain away and dissolve in the expanding energy field. Bring your attention to your eyebrow center....

Recognize your deep connection to the original source of life force... The life energy that sustains your life.

And is an extension of your soul....

3. Sheetali Breath

- As you breathe in through your nose, fill your lungs fully and completely without straining.
- Now start exhaling through softly pursed lips as if you are blowing through a straw.
- Let it be a prolonged, steady stream of breath and empty your lungs completely.
- As you inhale, fill your heart with joy.

- Each time you exhale, empty your mind of all anticipations and empty your body of all tensions.
 - Each time you inhale, drop into a deeper level of silent awareness and experience the balancing and relaxing impact of the parasympathetic nervous system.
 - Continue to breathe with constant awareness and detached attention
 - Return to your normal breathing and turn your attention inward.
 - Experience the powerful impact of vibratory energetic pulsations in the form of sensations in your body.
 - Let your detached awareness embrace all experiences unconditionally, let your mind melt and merge into it ...
- Now bring your total undivided attention to the eyebrow center and drop into the deepest level of silent stillness
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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).
