

# I. Internalizing Awareness

## A. Quieting/Centering

### 3. Asatoma Prayer/Statement of Purpose

Asatoma sad gamaya Lead me from the unreal to the real  
Tamasoma Jyotir gamaya Lead me from darkness to light  
Mrityorma amritam gamaya Lead me from the timebound state of consciousness to the timeless state of being that we are.

Statement of Purpose could be something like:

During this time, I will participate wholeheartedly in this process and trust that whatever issues are in the way of my full realization will be released spontaneously and effortlessly. I let go of any struggle or effort to make anything happen.

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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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### 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.)

## B. Prana/Energy Awareness

### 1. Palming the Face

- Maintaining this inner awareness, gently begin rubbing the palms together.
- Now place your fingertips on your eyelids. The entire surface of the palms touching your face.

- Start now by massaging the face.
  - The fingers working from the eyebrows up to the hairline, moving out to the temples-- circling the fingers at the temples.
  - Moving down to the joint of the jaw, along the jawline to the chin.
  - Massage around the parentheses of the mouth, up to the bridge of the nose, around the orbits of the eyes.
  - Moving to the ears, pulling down in front of and behind the ears, and maybe even a gentle pull on the earlobes. Feeling tensions and holding melt away.
  - Squeeze the back of the neck, and maybe even the shoulders.
  - Now, place the entire surface of the palms on the face, fingertips on the eyelids.
  - Drop all expression from the face.
  - Take a deep breath in and let go.
  - Take another deep breath in and let go even more.
  - Release your arms to your sides.
  - Feel the impact flooding the whole body and the entire being. Bathe in the sensations.
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## 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 stop .....bring 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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## IV. Induction Techniques Phase II

### C. Conscious Awareness

#### 3. Prana Visualization

Prana Visualization:

- Bring your attention to a constricted or dense part of the body.
- Though you may not consciously recognize the cause of this feeling, the innate intelligence of your body knows how to resolve it.
- Breathe into this area.
- Make space for it.
- Give it room to move..... loosen.....disperse.

- Dissolving..... lightening.
  - The body releasing whatever it no longer needs.  
(pause.....)
  - Now sense the body's healing energy streaming towards this area.... as if it were attracting it like a magnet.
  - Watch this part of your body returning to wholeness...vitality...as it is surrounded by this healing light.
  - With each inhalation, begin to sense the body as more energy than density.
  - Until the whole body is felt as a pulsing, tingling, energy field.  
(pause....)
  - Any emotions, thoughts, and fears that may have contributed to the imbalance can now be released and resolved.
  - See and feel the whole body healed and whole.  
(pause....)
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## 4. Chakra Visualization

Chakra Visualization:

- Muladhara Chakra: Place all your attention at the Muladhara Chakra, located at the base of the spine. Feel this area begin to glow and pulse. Feel the earthly, dense quality of this chakra. Now let this grounding be a foundation for awakening into higher centers of consciousness. See the downward and outward flow of energy being reversed and converted to upward flow. Drawing up energy from the feet, legs into the perineum and up through the central energy canal -- the shushumna. Feel the first chakra open and relax.
- Swadistana Chakra: Located in the pelvis, the area of the reproductive organs and the sacral nerve plexus. Feel this area beginning to pulse and glow -- allowing this energy to nourish reproductive functions and sensuality -- but also Divine Shakti is freed, visualize your body filled with divine light and love.
- Manipura Chakra: Now bring your total awareness to the manipura chakra located at the navel -- associated with the solar plexus of nerves that nurtures all the abdominal organs of the area. Feel this area beginning to pulse and glow. Allow the primal forces of aggression and compulsion to dissolve in the light of your awareness -- and sense it being converted to clarity, confidence and strength. Facing all challenges with equanimity and dignity.
- Feel you are now free of all limitations. Your inner core feels vital and strong and connected to source. You lack absolutely nothing as you step into the next integrated state of being.  
Now bring your attention to:
- Anahata Chakra, the heart center -- connected with the cardiac plexus. Feel the area in the middle of the chest beginning to pulse and glow with green light. Experience the regenerative, restorative healing power activating health functioning of heart, lungs and thymus gland. See the heart center transmuting the energies of the lower chakras. Experience a deep sense of love and compassion. Let it change your perception of the world. Feel yourself becoming a beacon of love and light -- attracting the energies of the lower centers and transforming them at the heart.
- Visuddha Chakra: Bring your attention to the throat, the cervical nerve plexus. Feel the throat and thyroid gland glowing and pulsing with blue light. See yourself entering into the expansiveness of the throat chakra, from where you can reclaim your voice of wisdom. You are free from all inhibitions and limitations to awaken creative expression.
- Ajna Chakra: Bring your attention now to the Ajna Chakra -- the Third Eye. Feeling the area between the eyebrows and about three inches in towards the center of the brain begin to glow and

pulse with indigo light. Feel the pituitary and pineal glands being reactivated and rejuvenated deep inside the brain. Receive the time transcendant nectar of Amrit, dripping from the pineal gland penetrating and spreading through every cell of your being. Rest in awareness.

- If there is any chakra or corresponding area of your body that needs additional healing, bring your attention to that area now, see it bathed in healing light.

- Sahasrara Chakra: Now see a thousand petal lotus at the crown of the head. Feel all the chakras spontaneously and effortlessly aligned. See energy moving unimpeded upward towards the crown chakra. See the whole body surrounded and permeated by light. All boundaries and illusion of separateness disappearing. Dissolve and disappear into oneness.

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