

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

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).
