

I. Internalizing Awareness

A. Quieting/Centering

1. Om

- 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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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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III. Instructions for Yoga Nidra

A. Instructions for Yoga Nidra

1. Instructions for Yoga Nidra

As we enter this next phase of Yoga Nidra, remain as motionless as possible. If you need to move or make an adjustment, do so mindfully and return to stillness as soon as you are able.

- Resolve to remain awake, staying in touch with the sound of my voice.
- Simply allow your entire body to respond to my words directly and non-mentally.
- Allow any disturbances, external or internal, to draw you more deeply within.
- (pause)
- Now shift from thinking and doing to feeling and being.
- Do absolutely nothing from now on.
- (pause)

intention here

IV. Induction Techniques Phase II

A. Breath Awareness

3. Shetali 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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