Yoga Nidra – 6 Week Course

Yours in Yoga – Debbie Avani
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YOGA NIDRA - 6 WEEK COURSE

This outline can be used as a template to offer a six-week course introducing students to Yoga Nidra in a systematic way. It leads students through the core concepts of the practice and to understand the importance of each one – Inner Resource – Intention & Heartfelt Desires – Body Sensing – Feelings & Emotions – Beliefs – Joy/Equanimity – and Integration ...

I wouldn’t suggest that you follow it verbatim, rather understand the flow and importance of each and translate the practices into your own words ...

**WEEK 1**

**Introduce** - Basic Core Concepts

**Introduce** - Body Sensing

**Develop** - Inner Resource

**WEEK 2**


**Introduce** - Intention and Heartfelt Desire

**Introduce** - Breath Sensing

**WEEK 3**


**Introduce** - Opposites of Feelings and Emotions

**WEEK 4**

**Review** - Core Concepts: Sankalpa, Body Sensing and Breath Sensing, Feelings & Emotions

**Introduce** - Opposites of Beliefs (Thoughts, Images, Memories)

**WEEK 5**

**Review** - Core Concepts: Sankalpa, Body Sensing and Breath Sensing, Feelings & Emotions, Beliefs

**Introduce** Joy/Equanimity/Sense of OK-ness

**WEEK 6**


**Introduce** Witnessing & Pure Awareness
The practice of Yoga Nidra offers you tools that you can use throughout your lifetime to deal with difficult situations skillfully, and to develop a deep and secure sense of well-being.

Yoga Nidra or any meditation/reflective practice is a process, which begins the moment you make a commitment to practice and each time you practice, the process deepens.

While you may experience immediate changes in your life, it is just as likely that change will happen gradually. In either case you allow the process to unfold by either attending teacher led sessions or listening to an audio recording of Yoga Nidra as a home practice.

Yoga Nidra helps you discover a state that exists between sleep and wakefulness where deep healing takes place. During the process you learn to remain awake and alert, even as the body sleeps. At times during Yoga Nidra, you may fall completely asleep. This is normal. Gradually, however, you will find that with practice you remain alert, even as the body sleeps soundly.

You don’t need any previous experience to practice Yoga Nidra because there’s no right or wrong way to do this practice. Simply remain at ease, follow the instructors voice, while letting your experience be just as it is.
BODY SENSING – during Yoga Nidra

What is Body Sensing?

During Body Sensing, you rotate your attention throughout your physical body and observe physical and energetic sensations that are present. In some places you may feel comfort or pleasure, in other places you may feel discomfort or pain, while in other areas of the body you may feel nothing at all. During Body Sensing, as in all phases of Yoga Nidra, you aren’t trying to “change” or “fix” anything. You are simply observing what is present. If sensation is especially strong, you are learning to simply observe it, as it is.

During Yoga Nidra, you learn to welcome and allow everything to arise just as it is. You have no intention to fight with or “go beyond” anything that arises. Even when resistance does arise, that too is welcomed to be here. When you allow something to rise without resistance, it bubbles up and dissolves, just like bubbles rising up to the surface of the lake.

Yoga Nidra draws its strength from the understanding that everything you welcome and allow to arise in awareness, you go beyond.

Why do we practice Body Sensing?

Body Sensing is soothing to the nervous system and helpful for focusing attention and bringing deep relaxation and the feeling of well-being to both the body and the mind. As such, it is a form of mindfulness training. It helps develop your mind’s ability to remain undistracted for longer and longer periods of time, which helps concentration and one-pointedness of attention.

There are literally trillions of things occurring in our body at any given moment and yet we rarely take time to ‘check-in’ with how we are feeling. Our body is constantly sending us “messengers” that are informing us of how we are feeling, or what we need to do.

You may feel pleasure in one area of your body while feeling pain in another area of your body. Imagine yourself getting a shoulder massage. Your shoulders may be feeling very good while at the same time you have pain in your knee. Pleasure and pain can be present at the same time.

Sometimes the body “turns up the volume” in an attempt to get us to notice something. If you grab a hot pan off the stove, you may quickly jerk your hand away, “Ouch, that is hot!” Our body is constantly sending us messengers, many of which we miss because we haven’t taken the time to see how our body is feeling. Eventually, it may have to shout by providing severe physical or mental symptoms, such as chronic pain or depression.

The good news is that the practice of Yoga Nidra reawakens our innate capacity for hearing even the subtlest cues the body is sending. When we can
acknowledge and welcome the body's subtle cues, we will be able to respond and take appropriate action long before our body becomes sick.

This is one of the many advantages to practicing Yoga Nidra.

**Why do we spend more time on certain areas of the body than others?**

Certain parts of our body have more nerves endings, and therefore more sensation than others. The mouth, for example, is packed with nerves. The entire head (including the ears, nose and eyes), the hands and the feet are all filled with nerves, so we spend more time here, than in places like the shins or forearms, where there are fewer nerves endings. The way we rotate our attention through the body is important too. It relates to where and how the brain perceives certain areas through the motor and sensory cortex. There is a science behind the Yoga Nidra process!

**What do we have to do during Body Sensing?**

Nothing at all! Just observe what is present without censoring or trying to change what you come upon. Consider Body Sensing a time to ‘check in’ with your body, getting to know it in new ways. You may be surprised what you find. There is a symphony of sensations constantly occurring when we take the time to notice. Most of all: Enjoy!

**What are the difference between body sensing and other types of meditation?**

What differentiates body sensing from most forms of meditation are the somatic inquiries that point to the Awakeness that is already present, rather than something that needs to be cultivated. Regardless of whether thoughts are present or not, wakefulness is already here. The very act of seeking something takes you away from this truth.

Body sensing can have profound implications with our daily lives. As we become more attuned to and trusting of our body's natural awakeness and intelligence, we come to be more spontaneous and responsive to our experiences. This might get expressed initially by speaking up for ourselves or another, when me might not have in the past, or making choices that are more authentic for ourselves, rather than over riding them for the sake of keeping the peace or conforming.

As pure awareness expresses through us, uninhibited by conditioned patterns, there is a greater sense of freedom and of Being Lived. While their can still be a sense of self with a personality and a life story, it is enjoyed as the beauty and awareness of life expressing itself through our unique constitution. We become as both the pristine consciousness of Siva (thought) and the creative manifestation of Shakti (action) in the divine dance of life.
MEDITATION PRACTICE – BODY SENSING/WELCOMING SENSATIONS

Thinking diminishes as we activate perception of sensation.

By doing this we de-activate the default network in our brain which is the part responsible for limiting beliefs, stories and habitual patterns – and activate the present centred network which encourages feelings of equanimity and harmony.

The practice of body sensing enables us to shift channels.

To move out of our Blah Blah mind state towards our essential nature, which is beyond, the constraints of time space and story!

The following script is also recorded for use as personal practice should you wish …

WELCOMING SENSATIONS

Allow yourself to settle and get comfortable ... make any adjustments you need and take a few long deep breaths.

Now begin to observe the feeling of the body ... just as it is ... sense your surroundings ... the feeling of the temperature of the air on your skin ... noticing any sounds or smells around you ... any sense of taste you may have in your mouth ... allow all the five senses to be wide open ... receiving what is present in this moment.

Bring to mind a place that you feel calm, nourished and safe ... it could be an actual place you've visited or an imaginary one ... whatever place you bring to mind let all your senses open up to this place ... what does it look like ... notice anything about this place that might bring comfort and safety.

Notice how you may be feeling more relaxed whilst sensing this place ... the breath is slow and steady and the body is relaxed ...

As you attention begins to turn from the outer world begin to welcome the various sensations that are drawing your attention in your body ...

Just let you attention wander around your body – being called by a sensation here or there.

Watch how you mind may wish to name it!

As much as possible – let go of naming and simply allow sensing ...

Welcome sensation ...

Let my voice become your voice is I direct you to different areas of your body.

Bring your attention to your jaw – welcome sensations of the jaw

The mouth ... the ears
Take a moment to sense your left ear … your right ear … both ears at the same time.

Welcome the sensation of the skin of your face … the nose … and eyes.

Welcome the sensation of the crown of the head … the back of the neck and the shoulders.

Bring attention into your arms and hands.

Welcoming sensation first into your left arm … and left hand … the sensation of your right arm … and right hand … now both hands at the same time.

Notice how your thinking mind may come into this practice … gently guide it to noticing the sensation in your hands.

Welcome sensations in your torso … the upper, middle and lower torso … welcome sensation into the front of the torso … the back of the torso

Allow your attention to move throughout the buttocks, pelvis and hips … and notice the sensation of the left leg … the left foot … the right leg … and the right foot … bring attention into both legs at the same time.

Bring attention into both legs and the pelvis

Bring attention into both legs … the pelvis … torso … arms and hands at the same time. As well as the shoulders … neck … and head … the whole body at the same time

Welcome the sensation of the whole body as one … and let you attention not only rest on the whole body but also the space around the body as if the field of sensation that is your body is radiating out in front … behind … left … right … below … and above.

Feel the whole body as radiating sensation …

As you are doing this notice how thinking may slow down of stop altogether … the sense of yourself … your story … notice how it begins to let go …

Attention is present … sensation is present … activate your attention so that you can feel every part of your body at the same time.

Notice how it may feel to experience opposite sensations at the same time …

Feel your left hand … feel your right hand … now feel them both at the same time.

By feeling opposites of sensation we de-activate the default network, the story telling part of ourselves … and so it begins to fall away. We begin to enter into a more present centred and relaxed state of being.

If your eyes are closed take a moment to slowly open them … not all the way but partially … keep them opened for a few moments … then gently close them again.

Can you continue to sense your body?
Maybe open and close your eyes several times so that you can keep a sense of your body as you shift from an outer to an inner sense of being ...

Let the eyes remain closed and spend the last moments of your practice welcoming sensations ... keeping attention focused ... and inviting sensation into opposite parts of the body.

The left foot ... the right foot ... both feet at the same time

The left hand ... the right hand ... both hands at the same time

The left shoulder ... the right shoulder ... both shoulders at the same time

The left eye ... the right eye ... both eyes at the same time

Notice the quiet sense of presence this practice encourages ...

Rest in the stillness of your body for some moments ... simply enjoy the quiet space ...

Slowly and gently begin to return to a waking state of consciousness ... begin by feeling the temperature on your skin ... notice any sounds or smells around you ... feel the body coming to life ... take some deep breaths and begin to slowly move the fingers and toes ... stretch into the body and bring yourself into a seated position when you are ready ...

**Recording and PDF available to download online**
INNER RESOURCE

Handouts:
- Inner Resource Worksheet - (download from the portal)

Spend time discussing and working through the worksheets to ascertain what each student’s Inner Resource may be to them.

YOGA NIDRA PRACTICE SCRIPT – INNER RESOURCE

The theme of today’s practice session is the Inner Resource, a meditative tool that helps you experience a sense of well being whatever your life circumstance. Your Inner Resource is a personal ‘safe haven’ where you feel secure, safe, at ease, and experience a sense of well-being and peace of mind. It can be a real or imagined place, so feel free to use images to help you develop your inner resource.

For instance, you might include people, animals, favorite things, meaningful symbols, scenes in nature, or simply the feeling of well being as you develop and put your Inner Resource into place.

Your Inner Resource is unique to you. Please use all of your five senses, to develop and experience it including images, sensations, sounds, smells, and even tastes. As you practice, note in your body where you feel these sensory experiences in your body, and how they help invite into your body sensations and feelings such as warmth and relaxation.

As you spend time imagining your Inner Resource, feel it blossoming into a powerful and effective tool you can use at a moments notice. Remember to bring your Inner Resource to mind when you practice iRest and during your daily life, whenever you begin to feel overwhelmed by an emotion, thought, memory, or situation, or when you wish to invite into your body the feeling of relaxation and well-being. It's purpose is to support you to feel calm, secure, and at ease, in every moment of your life.

SETTLING IN (1 minute)

Begin your practice by finding a comfortable lying or seated position...... feeling supported by the surface your body is resting upon...... allowing your eyes to remain open, or gently closed...... taking time to settle into a position that feels just right...... (Pause)

During Yoga Nidra, you are guided to notice and feel physical sensations, the breath, emotions, thoughts, and feelings of well-being or joy, and to experience
yourself as the witness of all of these comings and goings......

Whatever you experience is perfect, just as it is......

Now simply rest at ease and follow my guidance...allowing my voice to become your voice......

**WELCOMING MESSENGERS (1 minute)**

During Yoga Nidra welcome every experience as a messenger that is inviting you to explore sensations, emotions and thoughts, without trying to change, fix, or make anything happen...... (Pause)......

As you welcome whatever is arising, your body and mind are learning to remain at ease...... while you discover the place within that is always at ease and peaceful...... experiencing yourself to be unchanging well-being...... witnessing presence that is welcoming everything......

Now feel your body settling completely into stillness...... (Pause)......

**SENSES WIDE OPEN (1 minute)**

Bring attention to your senses...... notice the taste in your mouth...... (Pause)...... the sounds around you...... (Pause)...... smells...... (Pause)...... images or colors behind your eyelids...... (Pause)...... the touch of the air on your skin...... (Pause)...... your senses open and alive...... (Pause)......

**INTENTION (2 minutes)**

Bring to mind your Intention for today's practice...... How would you like to feel during, and as a result of your practice?...... (Pause)...... Perhaps a sense of inner peace, joy, or well-being...... (Pause)...... perhaps relief from physical discomfort, habitual patterns or emotional pain...... (Pause)......

Your Intention may be as simple as to remain alert throughout this entire practice...... but whatever it is, allow your Intention to emerge fully...... (Pause)...... feeling your Intention as an ally, supporting you to be focused and alert throughout your practice and in your daily life...... affirming this and the feeling of your Intention with your entire body and mind...... (Pause)...... noticing how it supports you during your practice, and in your daily life...... (Pause)......

**HEARTFELT DESIRE (2 minutes)**

Allow your heart’s deepest desire to arise within...... something that you want more than anything else in life...... (Pause)......
This may be a desire for yourself, for another, or for the world around you...... Whatever it is allow this longing to rise up naturally as your deepest heartfelt longing...... (Pause)...... perhaps it’s the feeling of being whole, healed, and healthy, the feeling of deep self-acceptance, peace, or wellbeing...... (Pause)......

Whatever it is welcome and affirm your Heartfelt desire in the present tense with your entire body as if it’s true right now...... (Pause)...... Then, set your desire aside and notice how it returns at the end of practice, or as you go about your daily life...

**INNER RESOURCE (2 minutes)**

Now allow your Inner Resource to emerge...... a special place where you feel secure and at ease...... (Pause)......

Perhaps a room...... or a place in nature...... an image of a favorite symbol......or the feeling of deep peace......

Whatever your Inner Resource is... imagine it using all of your senses......noticing sounds...... (Pause)...... smells...... (Pause)...... tastes...... (Pause)...... colors...... (Pause)...... shapes that are present...... (Pause)...... sensing feelings of security, ease, and well-being as you imagine your Inner Resource...... (Pause)...... experiencing feelings of security within you that are always available at a moments notice......

As you do this note in your body where you feel warm and relaxed...... knowing that you can to return to this secure place of well-being at anytime during your practice, or during daily life...... whenever you need to feel secure, calm, and at ease...

**SHEATH OF SENSATION (5 minutes)**

Now, let the sound of my voice be your guide and support you in experiencing sensations throughout your body......

As I name each area you may feel sensations that are present, or nothing in particular, but whatever you experience is just as it is in this moment......

Mouth......bring attention to sensations inside the mouth...... roof of the mouth...... floor...... inside cheeks, left......and right...... back of the throat...... tongue...... the entire mouth a field of sensation...... (Pause)

The ears, left ear...... right ear...... sensing both ears at the same time...... (Pause)

Welcoming the breath as pure sensation in the nose...... left nostril...... right nostril...... both nostrils at the same time......
The eyes...... left eye ...... right eye...... both eyes together...... a field of radiant sensation......

Sensing forehead...... scalp...... back of the head and neck...... inside the throat......

Left shoulder...... left upper arm...... forearm...... wrist...... left palm...... and fingers...... the entire left arm...... right shoulder...... right upper arm...... forearm...... wrist...... right palm...... and fingers...... the entire right arm...... both arms together as one field of sensation......

Upper chest...... upper back...... middle chest...... middle back...... abdomen...... lower back...... the entire torso as a field of sensation......

Left buttock...... left hip...... thigh...... knee...... left foreleg...... foot...... and toes...... the entire left leg......

Right buttock...... right hip...... thigh...... knee...... right foreleg...... foot...... and toes...... the entire right leg...... sensing both legs at the same time......

Sensing the entire front of the body...... back of the body...... left side ...... right side...... Sensing the entire body...... inside and outside as a field of radiant sensation......

Awareness

And be aware of all that is now present in your awareness...... feeling yourself as the one who is aware of everything that's present...... first sensing what’s present...... then experiencing yourself as the field of awareness in which everything is coming and going...... (Pause)

SHEATH OF BREATH AND ENERGY (3 minutes)

Breath Awareness

Become aware of the body breathing...... the flow of the breath as sensation in the nostrils...... the abdomen gently rising as breath flows in...... and releasing, as breath flows out...... (Pause)

No need to change anything...... (Pause)...... The body breathing naturally and rhythmically...... in-breath, abdomen rising...... out-breath, abdomen releasing...... no need to change anything...... the body breathing itself...... (Pause)

Breath Counting

Begin counting each breath silently backwards from 7 to 1 in the following manner... in-breath, abdomen rising 7...... out-breath, abdomen releasing 7......
in-breath, abdomen rising 6...... out-breath, abdomen releasing 6...... continuing counting and breathing in your body’s own natural rhythm... (Pause)

If you lose count, beginning again at 7...... (Pause)...... breathing, counting and being with everything just as it is...... (Pause)......

Now let go of counting with no need to reach 1...... and be aware of the fields or flows of sensation throughout the body...... (Pause)...... and in the mouth...... face...... scalp...... neck...... throat...... shoulders...... arms...... hands...... torso...... pelvis...... legs...... and feet...... (Pause)

Awake and alert...... The body a field of radiant sensation... (Pause)

**Awareness**

And be aware of all that’s now present in your awareness...... feeling yourself as the one who is aware of everything that’s now present...... sensing what’s present...... then experiencing yourself dissolving into being the field of awareness in which everything is arising...... (Pause)

**SHEATH OF FEELINGS AND EMOTIONS (5 minutes)**

**Opposites of Feelings**

Remember that anytime you experience the need to feel secure and at ease, you can return to your Inner Resource at a moment’s notice......

Now bring attention to feelings that are present throughout the body, such as warmth, or coolness...... heaviness, or lightness...... comfort, or discomfort...... allowing them to blossom fully into your body...... (Pause)...... and if no feelings are present, as may happen, simply welcoming whatever is present...... (Pause)

If it’s helpful, locate the opposite of whatever you are feeling...... if you’re feeling warmth, find coolness...... heaviness, find lightness...... comfort, find discomfort...... (Pause)

Welcoming an opposite of feeling fully into the body... (Pause)

Now, welcome both opposites of feeling into the body at the same time... without thinking, simply experiencing how doing this affects your body and mind...... (Pause)

**Opposites of Emotion**

Now bring attention to an emotion that is present in your body, or one that you are working with in your life...... (Pause)...... or recall a memory that invites a
particular emotion into your body...... (Pause)...... welcoming the emotion as sensation into your body...... (Pause)...... inviting this emotion to unfold fully as sensation in the body...... (Pause)... and if no emotion is present there’s no need to make anything happen...... simply welcoming whatever is present...... (Pause)

If an emotion is present, where are you feeling it in your body?......

Allowing it to blossom fully while welcoming thoughts, images, or memories that co-arise with this emotion...... (Pause)

And if its helpful, allow an opposite emotion to emerge... perhaps recalling a memory that invites this opposite emotion into your body......

Where do you experience it in your body?...... taking your time...... welcoming this opposite of emotion......(Pause)

And now moving back and forth several times between opposite emotions... experiencing first one...... then the other...... sensing how each is experienced in the body...... (Pause)

Now, inviting both emotions into awareness at the same time...... without thinking, simply experiencing how this affects your entire body and the mind...... (Pause)

**Awareness**

And be aware of all that is now present in your awareness...... feeling yourself as the one who is aware of everything that's now present...... sensing what's present...... then experiencing yourself as the field of awareness in which everything is arising...... (Pause)

**SHEATH OF COGNITION (4 minutes)**

Remembering that there’s no right or wrong way of doing any of this, and that your welcome to return to your Inner Resource at any time...... welcome a thought or belief that you sometimes fall into, or take to be true about yourself..... (Pause)......

And if no belief is arising, simply being with whatever is present...... if there is a belief present... as you hold this belief about yourself to be true, where and how do you feel it in your body... (Pause)...... sensing how this belief affects the entire body...... (Pause)

Noticing any images, emotions, or thoughts that co-arise with this belief, without trying to change anything...... (Pause)
If its helpful, bring to mind the opposite of this belief...... and as you hold this opposite belief about yourself to be true, how does it affect your body?...... (Pause)

Welcoming any images, emotions, or memories that also emerge...... (Pause)

Being present to your experience just as it is without trying to change or fix anything...... (Pause)

And now, in your own rhythm, alternate several times between these opposites of belief...... welcoming first one as true, then the other...... experiencing how each belief acts upon your body and the mind...... (Pause)

Now welcome both beliefs at the same time...... while experiencing how this affects your entire body and the mind...... (Pause)

**Awareness**

And be aware of all that is now present in your awareness...... feeling yourself as the one who is aware of everything that’s now present...... sensing what’s present...... then experiencing yourself as the field of awareness in which everything is arising...... (Pause)

**SHEATH OF JOY (2 minutes)**

Be attentive to sensations throughout your body of pleasure, happiness, joy, or well-being, or perhaps recall a particular event from your life that invites feelings of pleasure, joy, or wellbeing into your body right now...... (Pause)

Welcoming whatever emerges, just as it is......(Pause)

Perhaps experiencing the sensation of joy as an inner smile that radiates from your heart...... the heart smiling....... and this smile of sensation expanding throughout your entire body...... flowing out into your torso, arms and hands... down into the pelvis, legs, and feet...... flowing up into the head and face...... mouth, lips, and eyes smiling....... the entire body smiling....... radiant and alive with the feeling of joy or well-being, or a sense of being OK just as you are...... (Pause)

**Awareness**

And be aware of all that is now present in your awareness...... feeling yourself as the one who is aware of everything that’s now present...... sensing what’s present...... then experiencing yourself as the field of awareness in which everything is arising...... (Pause)
**SHEATH OF PURE AWARENESS (1 minute)**

Dissolving into Being pure Awareness Itself...... open and spacious......

Being Awareness in which everything is coming and going... awareness in which everything is welcome just as it is...... (Pause)

**EVERYTHING JUST AS IT IS (4 minutes)**

Being Awareness and reflecting upon all that has been or is now present...... sensations...... emotions...... beliefs...... joy...... well-being...... the experience of being pure Awareness...... (Pause)

Everything just as it is...... yourself just as you are...... (Pause)

**HEARTFELT DESIRE & INTENTION**

Now, come back to your Inner Resource...... your place of ground, security, and well-being...... (Pause)

Noticing your breathing...... easy and rhythmic...... forehead at ease and cool...... belly ...... hands ...... and feet ...... warm and at ease...... (Pause)

And bring to mind your Intention for this practice ...... perhaps noticing the formation of an Intention for your next practice...... (Pause)

Recall your Heartfelt Desire as a resonance of sensation in your body...... experiencing it as an accomplished fact in this moment...... (Pause)

**Awareness Awake To Itself**

And imagine going about your daily life...... noticing sensations, emotions, and thoughts all constantly changing...... yet all the while feeling yourself as unchanging spacious Awareness in which everything is coming and going...... (Pause)

**EYES OPEN PRESENCE**

Now, taking your time transitioning to your alert and wide-awake state of wakefulness...... sensing your body...... the room around you...... eyes opening as you feel ready...... perhaps wiggling your fingers and toes...... moving your body...... reorienting to where you are...... and where you are going...... coming fully alert and wide-awake......

And perhaps, before ending your practice, experience the feeling of gratitude for taking time to practice Yoga Nidra...... welcoming and loving your self...... experiencing your self as timeless, open, and spacious well-being that is perfect
just as it is, and your self as whole, healthy, and perfect, just you are...... your self as unchanging spacious awareness in which everything is unfolding...... and the understanding that you always know the perfect response to each moment, as you take the time to welcome your deepest knowing...... (Pause)

Thanking your self for taking this time to practice
HOMEWORK UNTIL NEXT SESSION

BODY SENSING

• Develop a sense of your body and its needs in any situation through out your day – keep listening and acting on those needs, rather than ignoring and just getting on ...

• Reflective questions after practice
  – While listening to the wisdom of my body I felt relaxed and at ease?
  – I felt expansive and light, like I was floating?
  – I found sensation in parts of my body?
  – I felt sleepy and may have fallen asleep?
  – or maybe use your own words to describe your experience ....

INNER RESOURCE

• Weave you inner resource into your daily life – start your day, spend your day and end your day nourishing your inner resource. Recall it when you are feeling relaxed, experiencing stress, when you are happy or sad, or feeling peaceful or angry....

• Reflective questions after practice and when using inner resource
  – When tapping into my inner resource I was surprised what came up?
  – The feeling was familiar?
  – It helped me feel more peaceful in my body?
  – There were a number of images that came up?
  – or maybe use your own words to describe your experience ....

INNER RESOURCE WORKSHEET – available as a PDF on the website
INNER RESOURCE TALK – available as an audio on website
INNER RESOURCE YOGA NIDRA – available as a PDF on the website
INNER RESOURCE YOGA NIDRA – available as an audio on website
REVIEW

It's important to continually review and assess practice as this brings the process of learning and action together. It can also offer a space for students to talk over their experiences and feel supported through the process.

So by reviewing, in this case Inner Resource and Body Sensing, it helps the group make use of personal experience for their learning and development as it acts as a processing, debriefing and reflective practice ...

I have included more information on reviewing on the online portal ...
INTENTIONS & HEARTFELT DESIRES

Handouts:
• Intention Worksheet - (download from the portal)
• Heartfelt Desire Worksheet - (download from the portal)

Spend time discussing and working through the worksheets to ascertain what each student’s Intention and Heartfelt desire may be to them.

INTENTIONS

Affirming your Intention may be as simple as to remain alert and awake throughout this practice... or to find relief from pain, or understand a physical or emotional pain.

It may be helpful to ask yourself, “How would I like to feel during, and at the end of this practice?”... Your Intention sets the tone, and supports you to remain alert in each moment. It also helps you let go of distracting thoughts and develop supportive habits. As well as affirming your Intention at the beginning and end of each practice, it is also helpful to affirm your Intention between throughout your daily life.

It takes time to develop a clear Intention, and keep in mind that the clearer your Intention is, the more powerful your practice will be. Your Intention may be different for each practice, or remain the same over many sessions. Whatever it is, make certain that your Intention is just right for you. Your Intention will help you actualize your deepest Heartfelt Desire.

HEARTFELT DESIRES

In affirming your Heartfelt Desire you want to inquire of your self, “What is it that I most want in this lifetime?” “What is it that most motivates me into the world?” This may be a desire for health, healing, love, acceptance, or to be a compassionate, kind, and loving human being. Your Heartfelt Desire is what your Intention for today’s practice will nourish and help actualize.

It is important to always phrase your Heartfelt Desire in the present tense, as an already true reality, and allow it to evoke an emotional feeling in your body for the truth that it is conveying.

Instead of saying “I will be healthy”, or “I will feel loved”, or “I will be compassionate and kind”, affirm instead that, “In my deepest being I am always whole, healed, and healthy,” or “I am a deeply loving, kind, and compassionate person.”
BREATH SENSING

Spend time discussing the importance of breath sensing as a part of the practice of Yoga Nidra – more information on this subject with suggested practices can be found on the portal.

Your Breath is one of your most powerful healing resources. For instance, deep, slow, and rhythmic whole-body breathing can reduce anxiety, fear, pain, and depression; activate your immune system; increase your ability to concentrate; and release healing and “feel-good” hormones, such as serotonin and oxytocin. Deep breathing does this by activating your parasympathetic nervous system and a rest-renew-heal response, ultimately helping you feel relaxed, in control of your experience, and connected with yourself and the world.

The practice of “Breath Sensing,” a meditation technique that teaches you to observe, experience, and regulate your breathing patterns, offers a way to access the benefits of deep, rhythmic breathing any time you’d like. By mindfully following and observing your breath, you develop a relationship with it and start to think of it as a moment-to-moment flow of sensation, energy, and feedback. Focusing on the breath in this way helps to deactivate your brain’s default network, which allows you to locate yourself in space and time. Turning off this network enables you to release obsessive thinking; it also activates your parasympathetic nervous system, encouraging your mind and body to relax.

BREATH COUNTING

You can also practice breath sensing by counting your breaths—a practice that’s useful in developing focused attention and concentration. To succeed at anything, be it meditation, a work-related task, getting a good night’s sleep, or developing a sense of well-being, you need to maintain single-pointed focus for the duration necessary to accomplish your goal. Breath counting helps strengthen this ability for as long as a task needs your complete attention. When counting breaths, you’ll find yourself distracted by random thoughts. When this occurs, gently and nonjudgmentally refocus and begin counting again. Each time you refocus, you’re strengthening your ability to remain undistracted during breath counting, as well as in your daily life.
SETTLING IN (1 minute)

Begin your practice by finding a comfortable lying or seated position...... feeling supported by the surface your body is resting upon...... allowing your eyes to remain open, or gently closed...... taking time to settle into a position that feels just right...... (Pause)

During Yoga Nidra, you are guided to notice and feel physical sensations, the breath, emotions, thoughts, and feelings of well-being or joy, and to experience yourself as the witness of all of these comings and goings......

Whatever you experience is perfect, just as it is......

Now simply rest at ease and follow my guidance...allowing my voice to become your voice......

WELCOMING MESSENGERS (1 minute)

During Yoga Nidra welcome every experience as a messenger that is inviting you to explore sensations, emotions and thoughts, without trying to change, fix, or make anything happen...... (Pause)......

As you welcome whatever is arising, your body and mind are learning to remain at ease...... while you discover the place within that is always at ease and peaceful...... experiencing yourself to be unchanging well-being...... witnessing presence that is welcoming everything......

Now feel your body settling completely into stillness...... (Pause)......

SENSES WIDE OPEN (1 minute)

Bring attention to your senses...... notice the taste in your mouth...... (Pause)...... the sounds around you...... (Pause)...... smells...... (Pause)...... images or colors behind your eyelids...... (Pause)...... the touch of the air on your skin...... (Pause)...... your senses open and alive...... (Pause)......

INTENTION (2 minutes)

Bring to mind your Intention for today's practice...... How would you like to feel during, and as a result of your practice?...... (Pause)...... Perhaps a sense of inner peace, joy, or well-being...... (Pause)...... perhaps relief from physical discomfort, habitual patterns or emotional pain...... (Pause)......

Your Intention may be as simple as to remain alert throughout this entire
practice...... but whatever it is, allow your Intention to emerge fully...... (Pause)...... feeling your Intention as an ally, supporting you to be focused and alert throughout your practice and in your daily life...... affirming this and the feeling of your Intention with your entire body and mind...... (Pause)...... noticing how it supports you during your practice, and in your daily life...... (Pause)......

**HEARTFELT DESIRE (2 minutes)**

Allow your heart’s deepest desire to arise within...... something that you want more than anything else in life...... (Pause)......

This may be a desire for yourself, for another, or for the world around you...... Whatever it is allow this longing to rise up naturally as your deepest heartfelt longing...... (Pause)......perhaps it’s the feeling of being whole, healed, and healthy, the feeling of deep self-acceptance, peace, or wellbeing...... (Pause)......

Whatever it is welcome and affirm your Heartfelt desire in the present tense with your entire body as if it’s true right now...... (Pause)...... Then, set your desire aside and notice how it returns at the end of practice, or as you go about your daily life...

**INNER RESOURCE (2 minutes)**

Now allow your Inner Resource to emerge...... a special place where you feel secure and at ease...... (Pause)......

Perhaps a room...... or a place in nature...... an image of a favorite symbol......or the feeling of deep peace......

Whatever your Inner Resource is...... imagine it using all of your senses......noticing sounds...... (Pause)...... smells...... (Pause)...... tastes...... (Pause)...... colors...... (Pause)...... shapes that are present...... (Pause)...... sensing feelings of security, ease, and well-being as you imagine your Inner Resource...... (Pause)...... experiencing feelings of security within you that are always available at a moments notice......

As you do this note in your body where you feel warm and relaxed...... knowing that you can to return to this secure place of well-being at anytime during your practice, or during daily life...... whenever you need to feel secure, calm, and at ease...

**SHEATH OF SENSATION (5 minutes)**

Now, let the sound of my voice be your guide and support you in experiencing sensations throughout your body......
As I name each area you may feel sensations that are present, or nothing in particular, but whatever you experience is just as it is in this moment......

Mouth......bring attention to sensations inside the mouth...... roof of the mouth...... floor...... inside cheeks, left......and right...... back of the throat...... tongue...... the entire mouth a field of sensation...... (Pause)

The ears, left ear...... right ear...... sensing both ears at the same time...... (Pause)

Welcoming the breath as pure sensation in the nose...... left nostril...... right nostril...... both nostrils at the same time......

The eyes...... left eye ...... right eye...... both eyes together...... a field of radiant sensation......

Sensing forehead...... scalp...... back of the head and neck...... inside the throat......

Left shoulder...... left upper arm...... forearm...... wrist...... left palm...... and fingers...... the entire left arm...... right shoulder...... right upper arm...... forearm...... wrist...... right palm...... and fingers...... the entire right arm...... both arms together as one field of sensation...

Upper chest...... upper back...... middle chest...... middle back...... abdomen...... lower back...... the entire torso as a field of sensation......

Left buttock...... left hip...... thigh...... knee...... left foreleg...... foot...... and toes...... the entire left leg......

Right buttock...... right hip...... thigh...... knee...... right foreleg...... foot...... and toes...... the entire right leg...... sensing both legs at the same time...

Sensing the entire front of the body...... back of the body...... left side ...... right side...... Sensing the entire body...... inside and outside as a field of radiant sensation......

Awareness

And be aware of all that is now present in your awareness...... feeling yourself as the one who is aware of everything that's present...... first sensing what's present...... then experiencing yourself as the field of awareness in which everything is coming and going...... (Pause)

SHEATH OF BREATH AND ENERGY (3 minutes)

Breath Awareness

Become aware of the body breathing...... the flow of the breath as sensation in
the nostrils…… the abdomen gently rising as breath flows in…… and releasing, as breath flows out…… (Pause)

No need to change anything…… (Pause)…… The body breathing naturally and rhythmically…… in-breath, abdomen rising…… out-breath, abdomen releasing…… no need to change anything…… the body breathing itself…… (Pause)

**Breath Counting**

Begin counting each breath silently backwards from 7 to 1 in the following manner…… in-breath, abdomen rising 7…… out-breath, abdomen releasing 7…… in-breath, abdomen rising 6…… out-breath, abdomen releasing 6…… continuing counting and breathing in your body’s own natural rhythm…… (Pause)

If you lose count, beginning again at 7…… (Pause)…… breathing, counting and being with everything just as it is…… (Pause)……

Now let go of counting with no need to reach 1…… and be aware of the fields or flows of sensation throughout the body…… (Pause)…… and in the mouth…… face…… scalp…… neck…… throat…… shoulders…… arms…… hands…… torso…… pelvis…… legs…… and feet…… (Pause)

Awake and alert…… The body a field of radiant sensation…… (Pause)

**Awareness**

And be aware of all that’s now present in your awareness…… feeling yourself as the one who is aware of everything that’s now present…… sensing what’s present…… then experiencing yourself dissolving into being the field of awareness in which everything is arising…… (Pause)

**SHEATH OF FEELINGS AND EMOTIONS (5 minutes)**

**Opposites of Feelings**

Remember that anytime you experience the need to feel secure and at ease, you can return to your Inner Resource at a moment’s notice……

Now bring attention to feelings that are present throughout the body, such as warmth, or coolness…… heaviness, or lightness…… comfort, or discomfort…… allowing them to blossom fully into your body…… (Pause)…… and if no feelings are present, as may happen, simply welcoming whatever is present…… (Pause)

If it’s helpful, locate the opposite of whatever you are feeling…… if you’re feeling warmth, find coolness…… heaviness, find lightness…… comfort, find discomfort…… (Pause)
Welcoming an opposite of feeling fully into the body... (Pause)

Now, welcome both opposites of feeling into the body at the same time... without thinking, simply experiencing how doing this affects your body and mind...... (Pause)

**Opposites of Emotion**

Now bring attention to an emotion that is present in your body, or one that you are working with in your life...... (Pause)...... or recall a memory that invites a particular emotion into your body...... (Pause)...... welcoming the emotion as sensation into your body...... (Pause)...... inviting this emotion to unfold fully as sensation in the body...... (Pause)... and if no emotion is present there’s no need to make anything happen...... simply welcoming whatever is present...... (Pause)

If an emotion is present, where are you feeling it in your body?......

Allowing it to blossom fully while welcoming thoughts, images, or memories that co-arise with this emotion...... (Pause)

And if its helpful, allow an opposite emotion to emerge... perhaps recalling a memory that invites this opposite emotion into your body......

Where do you experience it in your body?...... taking your time...... welcoming this opposite of emotion......(Pause)

And now moving back and forth several times between opposite emotions... experiencing first one...... then the other...... sensing how each is experienced in the body...... (Pause)

Now, inviting both emotions into awareness at the same time...... without thinking, simply experiencing how this affects your entire body and the mind...... (Pause)

**Awareness**

And be aware of all that is now present in your awareness...... feeling yourself as the one who is aware of everything that’s now present...... sensing what’s present...... then experiencing yourself as the field of awareness in which everything is arising...... (Pause)

**SHEATH OF COGNITION (4 minutes)**

Remembering that there’s no right or wrong way of doing any of this, and that your welcome to return to your Inner Resource at any time...... welcome a thought or belief that you sometimes fall into, or take to be true about yourself..... (Pause)......
And if no belief is arising, simply being with whatever is present...... if there is a belief present... as you hold this belief about yourself to be true, where and how do you feel it in your body... (Pause)...... sensing how this belief affects the entire body...... (Pause)

Noticing any images, emotions, or thoughts that co-arise with this belief, without trying to change anything...... (Pause)

If its helpful, bring to mind the opposite of this belief...... and as you hold this opposite belief about yourself to be true, how does it affect your body?...... (Pause)

Welcoming any images, emotions, or memories that also emerge...... (Pause)

Being present to your experience just as it is without trying to change or fix anything...... (Pause)

And now, in your own rhythm, alternate several times between these opposites of belief...... welcoming first one as true, then the other...... experiencing how each belief acts upon your body and the mind...... (Pause)

Now welcome both beliefs at the same time...... while experiencing how this affects your entire body and the mind...... (Pause)

**Awareness**

And be aware of all that is now present in your awareness...... feeling yourself as the one who is aware of everything that’s now present...... sensing what’s present...... then experiencing yourself as the field of awareness in which everything is arising...... (Pause)

**SHEATH OF JOY (2 minutes)**

Be attentive to sensations throughout your body of pleasure, happiness, joy, or well-being, or perhaps recall a particular event from your life that invites feelings of pleasure, joy, or wellbeing into your body right now...... (Pause)

Welcoming whatever emerges, just as it is......(Pause)

Perhaps experiencing the sensation of joy as an inner smile that radiates from your heart...... the heart smiling...... and this smile of sensation expanding throughout your entire body...... flowing out into your torso, arms and hands... down into the pelvis, legs, and feet...... flowing up into the head and face...... mouth, lips, and eyes smiling...... the entire body smiling...... radiant and alive with the feeling of joy or well-being, or a sense of being OK just as you are...... (Pause)
Awareness
And be aware of all that is now present in your awareness...... feeling yourself as the one who is aware of everything that's now present...... sensing what's present...... then experiencing yourself as the field of awareness in which everything is arising...... (Pause)

SHEATH OF PURE AWARENESS (1 minute)
Dissolving into Being pure Awareness Itself...... open and spacious......
Being Awareness in which everything is coming and going... awareness in which everything is welcome just as it is...... (Pause)

EVERYTHING JUST AS IT IS (4 minutes)
Being Awareness and reflecting upon all that has been or is now present...... sensations...... emotions...... beliefs...... joy...... well-being...... the experience of being pure Awareness...... (Pause)
Everything just as it is...... yourself just as you are...... (Pause)

HEARTFELT DESIRE & INTENTION
Now, come back to your Inner Resource...... your place of ground, security, and well-being...... (Pause)
Noticing your breathing...... easy and rhythmic...... forehead at ease and cool...... belly...... hands...... and feet...... warm and at ease...... (Pause)
And bring to mind your Intention for this practice...... perhaps noticing the formation of an Intention for your next practice...... (Pause)
Recall your Heartfelt Desire as a resonance of sensation in your body...... experiencing it as an accomplished fact in this moment...... (Pause)

Awareness Awake To Itself
And imagine going about your daily life...... noticing sensations, emotions, and thoughts all constantly changing...... yet all the while feeling yourself as unchanging spacious Awareness in which everything is coming and going...... (Pause)

EYES OPEN PRESENCE
Now, taking your time transitioning to your alert and wide-awake state of wakefulness...... sensing your body...... the room around you...... eyes opening as
you feel ready...... perhaps wiggling your fingers and toes...... moving your body...... reorienting to where you are...... and where you are going...... coming fully alert and wide-awake......

And perhaps, before ending your practice, experience the feeling of gratitude for taking time to practice Yoga Nidra...... welcoming and loving your self...... experiencing your self as timeless, open, and spacious well-being that is perfect just as it is, and your self as whole, healthy, and perfect, just you are...... your self as unchanging spacious awareness in which everything is unfolding...... and the understanding that you always know the perfect response to each moment, as you take the time to welcome your deepest knowing...... (Pause)

Thanking your self for taking this time to practice ...
HOMEWORK UNTIL NEXT SESSION

INTENTIONS

• Take time at the start of your meditation to set firm, clear, intentions in the present tense
• Set intentions at the beginning of each day if this is not your practice time.
• Reflect on the practice of setting intentions with the following questions
  – Setting an intention helped me remain engaged in the practice?
  – Helped clarify my goals for this meditation and the day ahead
  – Helped me remain focused and productive during the day?
  – Helped me feel good about keeping promises with myself?

HEARTFELT DESIRES

• Remind yourself of you heartfelt desire not only when you practice but during daily life too – when you feel you need to and even when all is well so that it remains a constant source on inspiration!
• Reflect on the practice of using your heartfelt desire with the following questions
  – Using my heartfelt desire regularly helped me experience meaning and purpose in my life?
  – Let me feel in harmony with all life and myself?
  – Helped me meet challenges and accomplish my goals?
  – Helped me experience trust and safety within myself?

BREATH SENSING

• Use the breath to calm and steady the mind through out the day as well as noticing its effects during your meditation.
• Reflect on the mindful use of your breath with the following questions
  – While tuning into my breath I felt more relaxed?
  – My breath slowed and deepened?
  – The boundaries of my body seemed to dissolve?
  – I felt more connected to myself?
INTENTION WORKSHEET – available as a PDF on website
HEART FELT DESIRE WORKSHEET – available as a PDF on website
INTENTION/HERTFELT DESIRE TALK – available as an audio on website
INTENTION/HF DESIRE YOGA NIDRA – available as a PDF on website
INTENTION/HF DESIRE YOGA NIDRA – available as an audio on website
BODY SENSING – available as a PDF on website
BODY SENSING – available as an audio on website
It’s important to continually review and assess practice as this brings the process of learning and action together. It can also offer a space for students to talk over their experiences and feel supported through the process.

Reviewing helps the group make use of personal experience for their learning and development as it acts as a processing, debriefing and reflective practice ...

I have included more information on reviewing on the online portal ...
FEELINGS & EMOTIONS - (OPPOSITES)

Handouts:
- Feelings & Emotions Worksheet - (download from the portal)

Spend time discussing and working through the worksheets to ascertain what each student’s connection to feelings and emotions are. During the session they can choose from the list those that resonate and they can personalize their Yoga Nidra practice to work with specific feelings and emotions and their opposites.

Feelings such as comfort, discomfort, hot, cold, dull or sharp, as well as emotions such as anger, fear, joy, sadness, disgust, shame, excitement, are exquisite messengers that provide us with a rich source of information on how we need to respond to the world around and within ourselves.

If we reach out to touch a hot stove, pain comes as a warning that we are in danger of burning our hand. If we have an expectation that is thwarted, irritation arises to alert us that we need to re-examine the reality of the situation. In themselves feelings and emotions are neither good nor bad, nor right or wrong. They simply provide information.

Our first task, then, is to acknowledge and welcome the legitimacy and necessity of our feelings and emotions as messengers. We need to welcome them and understand their purpose if we are to be healthy, happy, and well-adjusted human beings.

Our second task is to become proficient at recognizing the variety of feelings and emotions we may experience in life. We need to be sensitive to the entire range of feelings and emotions, and to have the attitude that they each are to be welcomed and understood rather than repressed, denied or even, in some cases, expressed.

Yoga Nidra is a process that helps us recognize, welcome, understand, work with, and move beyond our feelings and emotions rather than becoming caught up and hopelessly mired down in them.

WITNESSING

Witnessing during Yoga Nidra sharpens our ability to witness feelings and emotions as they arise. Witnessing is a neutral stance wherein we place no judgments upon what we experience. Instead, we observe what passes in front of us as a neutral witness of all that arises internally as feelings and emotions. Witnessing allows us to see the larger picture that so often escapes us when we only become embroiled in emotional reaction.

As we become established in witnessing we realize that all feelings and emotions are transitory in nature. They are constantly changing. To the degree we identify with, and react to our emotions, we become slaves to them. As we develop the
capacity to welcome and be with all our emotions, without repressing or reactively expressing what we feel, as if by magic emotions shift and change. Only then can we clearly recognize our appropriate response to each situation in our life.

By our willingness to meet, greet, welcome, and experience our emotions, we go beyond them. In fact, the word ‘experience’ means “to go through something fully, leaving no trace behind.”
SETTLING IN (1 minute)

Begin your practice by finding a comfortable lying or seated position...... feeling supported by the surface your body is resting upon...... allowing your eyes to remain open, or gently closed...... taking time to settle into a position that feels just right...... (Pause)

During Yoga Nidra, you are guided to notice and feel physical sensations, the breath, emotions, thoughts, and feelings of well-being or joy, and to experience yourself as the witness of all of these comings and goings......

Whatever you experience is perfect, just as it is......

Now simply rest at ease and follow my guidance...allowing my voice to become your voice......

WELCOMING MESSENGERS (1 minute)

During Yoga Nidra welcome every experience as a messenger that is inviting you to explore sensations, emotions and thoughts, without trying to change, fix, or make anything happen...... (Pause)......

As you welcome whatever is arising, your body and mind are learning to remain at ease...... while you discover the place within that is always at ease and peaceful...... experiencing yourself to be unchanging well-being...... witnessing presence that is welcoming everything......

Now feel your body settling completely into stillness...... (Pause)......

SENSES WIDE OPEN (1 minute)

Bring attention to your senses...... notice the taste in your mouth...... (Pause)...... the sounds around you...... (Pause)...... smells...... (Pause)...... images or colors behind your eyelids...... (Pause)...... the touch of the air on your skin...... (Pause)...... your senses open and alive...... (Pause)......

INTENTION (2 minutes)

Bring to mind your Intention for today's practice...... How would you like to feel during, and as a result of your practice?...... (Pause)...... Perhaps a sense of inner peace, joy, or well-being...... (Pause)...... perhaps relief from physical discomfort, habitual patterns or emotional pain...... (Pause)......

Your Intention may be as simple as to remain alert throughout this entire
practice...... but whatever it is, allow your Intention to emerge fully...... (Pause)...... feeling your Intention as an ally, supporting you to be focused and alert throughout your practice and in your daily life...... affirming this and the feeling of your Intention with your entire body and mind...... (Pause)...... noticing how it supports you during your practice, and in your daily life...... (Pause)......

HEARTFELT DESIRE (2 minutes)

Allow your heart’s deepest desire to arise within...... something that you want more than anything else in life...... (Pause)......

This may be a desire for yourself, for another, or for the world around you...... Whatever it is allow this longing to rise up naturally as your deepest heartfelt longing...... (Pause)......perhaps it’s the feeling of being whole, healed, and healthy, the feeling of deep self-acceptance, peace, or wellbeing...... (Pause)......

Whatever it is welcome and affirm your Heartfelt desire in the present tense with your entire body as if it’s true right now...... (Pause)...... Then, set your desire aside and notice how it returns at the end of practice, or as you go about your daily life...

INNER RESOURCE (2 minutes)

Now allow your Inner Resource to emerge...... a special place where you feel secure and at ease...... (Pause)......

Perhaps a room...... or a place in nature...... an image of a favorite symbol......or the feeling of deep peace......

Whatever your Inner Resource is... imagine it using all of your senses......noticing sounds...... (Pause)...... smells...... (Pause)...... tastes...... (Pause)...... colors...... (Pause)...... shapes that are present...... (Pause)...... sensing feelings of security, ease, and well-being as you imagine your Inner Resource...... (Pause)...... experiencing feelings of security within you that are always available at a moments notice......

As you do this note in your body where you feel warm and relaxed...... knowing that you can to return to this secure place of well-being at anytime during your practice, or during daily life...... whenever you need to feel secure, calm, and at ease...

SHEATH OF SENSATION (5 minutes)

Now, let the sound of my voice be your guide and support you in experiencing sensations throughout your body......
As I name each area you may feel sensations that are present, or nothing in particular, but whatever you experience is just as it is in this moment......

Mouth......bring attention to sensations inside the mouth...... roof of the mouth... floor...... inside cheeks, left......and right...... back of the throat...... tongue...... the entire mouth a field of sensation...... (Pause)

The ears, left ear...... right ear...... sensing both ears at the same time...... (Pause)

Welcoming the breath as pure sensation in the nose...... left nostril...... right nostril...... both nostrils at the same time......

The eyes...... left eye ...... right eye...... both eyes together...... a field of radiant sensation......

Sensing forehead...... scalp...... back of the head and neck...... inside the throat......

Left shoulder...... left upper arm...... forearm...... wrist...... left palm...... and fingers...... the entire left arm...... right shoulder...... right upper arm...... forearm...... wrist...... right palm...... and fingers...... the entire right arm...... both arms together as one field of sensation...

Upper chest...... upper back...... middle chest...... middle back...... abdomen...... lower back...... the entire torso as a field of sensation......

Left buttock...... left hip...... thigh...... knee...... left foreleg...... foot...... and toes...... the entire left leg......

Right buttock...... right hip...... thigh...... knee...... right foreleg...... foot...... and toes...... the entire right leg...... sensing both legs at the same time...

Sensing the entire front of the body ...... back of the body ...... left side ...... right side...... Sensing the entire body ...... inside and outside as a field of radiant sensation......

Awareness

And be aware of all that is now present in your awareness...... feeling yourself as the one who is aware of everything that's present...... first sensing what's present...... then experiencing yourself as the field of awareness in which everything is coming and going...... (Pause)

SHEATH OF BREATH AND ENERGY (3 minutes)

Breath Awareness

Become aware of the body breathing...... the flow of the breath as sensation in
the nostrils…… the abdomen gently rising as breath flows in…… and releasing, as breath flows out…… (Pause)

No need to change anything…… (Pause)…… The body breathing naturally and rhythmically…… in-breath, abdomen rising…… out-breath, abdomen releasing…… no need to change anything…… the body breathing itself…… (Pause)

**Breath Counting**

Begin counting each breath silently backwards from 7 to 1 in the following manner… in-breath, abdomen rising 7…… out-breath, abdomen releasing 7…… in-breath, abdomen rising 6…… out-breath, abdomen releasing 6…… continuing counting and breathing in your body’s own natural rhythm… (Pause)

If you lose count, beginning again at 7…… (Pause)…… breathing, counting and being with everything just as it is…… (Pause)……

Now let go of counting with no need to reach 1…… and be aware of the fields or flows of sensation throughout the body…… (Pause)

**OPPOSITE SIDES BREATHING (2 minutes)**

Now, while gently retaining the breath at the top of inhalation, bring your attention into the left side of the body…… and while exhaling and inhaling welcome sensation throughout the left side of the body…… (Pause)

Then, while gently retaining the breath at the top of inhalation, bring attention into the right side of the body…… exhaling and inhaling welcoming sensation throughout the right side of the body…… (Pause)

Going back and forth from one side to the other at your own breathing speed…… (Pause)

Experiencing sensation first on one side of the body…… then the other side…… (Pause)…… Giving time during retention for sensation to completely shift across the midline…… (Pause)

And when you are ready, while holding the breath, sense the entire body simultaneously while allowing the body to return to its own natural breathing rhythm… (Pause)

**Awareness**

And be aware of all that’s now present in your awareness…… feeling yourself as the one who is aware of everything that’s now present…… sensing what’s present…… then experiencing yourself dissolving into being the field of awareness in which everything is arising…… (Pause)
SHEATH OF FEELINGS AND EMOTIONS (5 minutes)

Opposites of Feelings

Remember that anytime you experience the need to feel secure and at ease, you can return to your Inner Resource at a moment’s notice......

Now bring attention to feelings that are present throughout the body, such as warmth, or coolness...... heaviness, or lightness...... comfort, or discomfort...... allowing them to blossom fully into your body...... (Pause)...... and if no feelings are present, as may happen, simply welcoming whatever is present...... (Pause)

If it’s helpful, locate the opposite of whatever you are feeling...... if you’re feeling warmth, find coolness...... heaviness, find lightness...... comfort, find discomfort...... (Pause)

Welcoming an opposite of feeling fully into the body... (Pause) Now, welcome both opposites of feeling into the body at the same time... without thinking, simply experiencing how doing this affects your body and mind...... (Pause)

Opposites of Emotion

Now bring attention to an emotion that is present in your body, or one that you are working with in your life...... (Pause)...... or recall a memory that invites a particular emotion into your body...... (Pause)...... welcoming the emotion as sensation into your body...... (Pause)...... inviting this emotion to unfold fully as sensation in the body...... (Pause)... and if no emotion is present there’s no need to make anything happen...... simply welcoming whatever is present...... (Pause)

If an emotion is present, where are you feeling it in your body?......

Allowing it to blossom fully while welcoming thoughts, images, or memories that co-arise with this emotion...... (Pause)

And if its helpful, allow an opposite emotion to emerge... perhaps recalling a memory that invites this opposite emotion into your body......

Where do you experience it in your body?...... taking your time...... welcoming this opposite of emotion......(Pause)

And now moving back and forth several times between opposite emotions... experiencing first one...... then the other...... sensing how each is experienced in the body...... (Pause)

Now, inviting both emotions into awareness at the same time...... without
thinking, simply experiencing how this affects your entire body and the mind......

(Pause)

**Awareness**

And be aware of all that is now present in your awareness...... feeling yourself as the one who is aware of everything that’s now present...... sensing what’s present...... then experiencing yourself as the field of awareness in which everything is arising...... (Pause)

**SHEATH OF COGNITION (4 minutes)**

Remembering that there's no right or wrong way of doing any of this, and that your welcome to return to your Inner Resource at any time...... welcome a thought or belief that you sometimes fall into, or take to be true about yourself...... (Pause)......

And if no belief is arising, simply being with whatever is present...... if there is a belief present... as you hold this belief about yourself to be true, where and how do you feel it in your body... (Pause)...... sensing how this belief affects the entire body...... (Pause)

Noticing any images, emotions, or thoughts that co-arise with this belief, without trying to change anything...... (Pause)

If its helpful, bring to mind the opposite of this belief...... and as you hold this opposite belief about yourself to be true, how does it affect your body?...... (Pause)

Welcoming any images, emotions, or memories that also emerge...... (Pause)

Being present to your experience just as it is without trying to change or fix anything...... (Pause)

And now, in your own rhythm, alternate several times between these opposites of belief...... welcoming first one as true, then the other...... experiencing how each belief acts upon your body and the mind...... (Pause)

Now welcome both beliefs at the same time...... while experiencing how this affects your entire body and the mind...... (Pause)

**Awareness**

And be aware of all that is now present in your awareness...... feeling yourself as the one who is aware of everything that's now present...... sensing what’s present...... then experiencing yourself as the field of awareness in which everything is arising...... (Pause)
**SHEATH OF JOY (2 minutes)**

Be attentive to sensations throughout your body of pleasure, happiness, joy, or well-being, or perhaps recall a particular event from your life that invites feelings of pleasure, joy, or well-being into your body right now…… (Pause)

Welcoming whatever emerges, just as it is……(Pause)

Perhaps experiencing the sensation of joy as an inner smile that radiates from your heart…… the heart smiling…… and this smile of sensation expanding throughout your entire body…… flowing out into your torso, arms and hands... down into the pelvis, legs, and feet...... flowing up into the head and face...... mouth, lips, and eyes smiling....... the entire body smiling...... radiant and alive with the feeling of joy or well-being, or a sense of being OK just as you are…… (Pause)

**Awareness**

And be aware of all that is now present in your awareness...... feeling yourself as the one who is aware of everything that’s now present...... sensing what’s present...... then experiencing yourself as the field of awareness in which everything is arising…… (Pause)

**SHEATH OF PURE AWARENESS (1 minute)**

Dissolving into Being pure Awareness Itself...... open and spacious…….

Being Awareness in which everything is coming and going... awareness in which everything is welcome just as it is…… (Pause)

**EVERYTHING JUST AS IT IS (4 minutes)**

Being Awareness and reflecting upon all that has been or is now present...... sensations...... emotions...... beliefs...... joy...... well-being...... the experience of being pure Awareness...... (Pause)

Everything just as it is....... yourself just as you are…… (Pause)

**HEARTFELT DESIRE & INTENTION**

Now, come back to your Inner Resource...... your place of ground, security, and well-being...... (Pause)

Noticing your breathing...... easy and rhythmic...... forehead at ease and cool...... belly ...... hands...... and feet...... warm and at ease...... (Pause)

And bring to mind your Intention for this practice...... perhaps noticing the
formation of an Intention for your next practice...... (Pause)

Recall your Heartfelt Desire as a resonance of sensation in your body...... experiencing it as an accomplished fact in this moment...... (Pause)

**Awareness Awake To Itself**

And imagine going about your daily life...... noticing sensations, emotions, and thoughts all constantly changing...... yet all the while feeling yourself as unchanging spacious Awareness in which everything is coming and going...... (Pause)

**EYES OPEN PRESENCE**

Now, taking your time transitioning to your alert and wide-awake state of wakefulness...... sensing your body...... the room around you...... eyes opening as you feel ready...... perhaps wiggling your fingers and toes...... moving your body...... reorienting to where you are...... and where you are going...... coming fully alert and wide-awake......

And perhaps, before ending your practice, experience the feeling of gratitude for taking time to practice Yoga Nidra...... welcoming and loving your self...... experiencing your self as timeless, open, and spacious well-being that is perfect just as it is, and your self as whole, healthy, and perfect, just you are...... your self as unchanging spacious awareness in which everything is unfolding...... and the understanding that you always know the perfect response to each moment, as you take the time to welcome your deepest knowing...... (Pause)

Thanking your self for taking this time to practice ...
HOMEWORK UNTIL NEXT SESSION

When practicing Yoga Nidra use the sheets to work with feelings and emotions that constantly trouble, confuse or re-occur for you.

You can also use this technique during your day if you find yourself in a challenging situation that leaves you feeling unsettled. For instance you have had a disagreement with a loved one that leaves you feeling angry.

• Locate the feeling of anger in your body – where do you feel it in your body – what is the quality of the feeling – notice it without judgment or falling back into the story

• What is the opposite to anger for you – when you think of this word where do you feel it in your body – stay with this opposite for some time

• Alternate between anger and its opposite for some time – noticing where and how you feel it and any changes

• Then call in both together and notice how this feels – both anger and its opposite....

Reflect on using the practice of opposites in your practice with the following questions. When working with opposites –

• I recognized an emotion as a physical sensation
• I was able to find an opposite emotion in my body
• I was able to move back and forth between two emotions
• An action or intention arose that I will take into my day

FEELINGS & EMOTIONS WORKSHEET – available as a PDF on website
FEELINGS & EMOTIONS TALK – available as an audio on website
FEELINGS & EMOTIONS YOGA NIDRA – available as a PDF on website
FEELINGS & EMOTIONS YOGA NIDRA – available as an audio on website
WEEK 4

- Review Core Concepts: Sankalpa, Body Sensing and Breath Sensing,
- Feelings & Emotions
- Introduce Opposites of Beliefs (Thoughts, Images, Memories)

REVIEW

It’s important to continually review and assess practice as this brings the process of learning and action together. It can also offer a space for students to talk over their experiences and feel supported through the process.

Reviewing helps the group make use of personal experience for their learning and development as it acts as a processing, debriefing and reflective practice ...

I have included more information on reviewing on the online portal ...
OPPOSITES OF BELIEFS - (Thoughts, Images, Memories)

Handouts:

• Opposite of Beliefs Worksheet - (download from the portal)

Spend time discussing and working through the worksheets to ascertain what each student's connection to beliefs are. During the session they can choose from the list those that resonate and they can personalize their yoga nidra practice to work with specific beliefs and their opposites.

The theme of today's practice is Beliefs, a Yoga Nidra tool that teaches us how to welcome thoughts, as messengers that help us respond, rather than react, to life. Thoughts are neither good nor bad, nor right or wrong. They simply provide information. To the degree that we react to our thoughts, we become slaves to them. To the degree that we are able to witness, experience, and be with them, we are able to respond appropriately to each situation we encounter.

Like emotions, thoughts co-arise with their opposites, which are complimentary polarities that arise within the unified field of our awareness. Yoga Nidra teaches how to transcend opposites and restore our sense of well-being.

When we experience only one-half of a pair of opposites, for instance grief versus joy, or shame versus potency, we remain stuck in our experience. During Yoga Nidra, each belief is paired with its opposites, and welcoming replaces refusing, which leads to psychological integration and well being.

When we locate a belief, we pair it with its opposite. “I am unlovable” might be paired with “I love and value myself.” “I am not good enough” might be paired with “I am always doing the best that I know how.” We intentionally invite in disquieting beliefs and memories in order to restore our innate capacity to be with what life brings to our table. In so doing, Yoga Nidra teaches us how to navigate conflict and regain our equilibrium and inner sense of well-being.
YOGA NIDRA PRACTICE SCRIPT – OPPOSITES OF BELIEFS

SETTLING IN (1 minute)

Begin your practice by finding a comfortable lying or seated position...... feeling supported by the surface your body is resting upon...... allowing your eyes to remain open, or gently closed...... taking time to settle into a position that feels just right...... (Pause)

During Yoga Nidra, you are guided to notice and feel physical sensations, the breath, emotions, thoughts, and feelings of well-being or joy, and to experience yourself as the witness of all of these comings and goings......

Whatever you experience is perfect, just as it is......

Now simply rest at ease and follow my guidance...allowing my voice to become your voice......

WELCOMING MESSENGERS (1 minute)

During Yoga Nidra welcome every experience as a messenger that is inviting you to explore sensations, emotions and thoughts, without trying to change, fix, or make anything happen...... (Pause)......

As you welcome whatever is arising, your body and mind are learning to remain at ease...... while you discover the place within that is always at ease and peaceful...... experiencing yourself to be unchanging well-being...... witnessing presence that is welcoming everything......

Now feel your body settling completely into stillness...... (Pause)......

SENSES WIDE OPEN (1 minute)

Bring attention to your senses...... notice the taste in your mouth...... (Pause)...... the sounds around you...... (Pause)...... smells...... (Pause)...... images or colors behind your eyelids...... (Pause)...... the touch of the air on your skin...... (Pause)...... your senses open and alive...... (Pause)......

INTENTION (2 minutes)

Bring to mind your Intention for today’s practice...... How would you like to feel during, and as a result of your practice?...... (Pause)...... Perhaps a sense of inner peace, joy, or well-being...... (Pause)...... perhaps relief from physical discomfort, habitual patterns or emotional pain...... (Pause)......
Your Intention may be as simple as to remain alert throughout this entire practice…… but whatever it is, allow your Intention to emerge fully…… (Pause)…… feeling your Intention as an ally, supporting you to be focused and alert throughout your practice and in your daily life…… affirming this and the feeling of your Intention with your entire body and mind…… (Pause)…… noticing how it supports you during your practice, and in your daily life…… (Pause)……

HEARTFELT DESIRE (2 minutes)

Allow your heart’s deepest desire to arise within…… something that you want more than anything else in life…… (Pause)……

This may be a desire for yourself, for another, or for the world around you…… Whatever it is a desire for yourself, for another, or for the world around you…… Whatever it is to allow this longing to rise up naturally as your deepest heartfelt longing…… (Pause)…… perhaps it’s the feeling of being whole, healed, and healthy, the feeling of deep self-acceptance, peace, or wellbeing…… (Pause)……

Whatever it is welcome and affirm your Heartfelt desire in the present tense with your entire body as if it’s true right now…… (Pause)…… Then, set your desire aside and notice how it returns at the end of practice, or as you go about your daily life...

INNER RESOURCE (2 minutes)

Now allow your Inner Resource to emerge…… a special place where you feel secure and at ease…… (Pause)……

Perhaps a room…… or a place in nature…… an image of a favorite symbol…… or the feeling of deep peace……

Whatever your Inner Resource is… imagine it using all of your senses…… noticing sounds…… (Pause)…… smells…… (Pause)…… tastes…… (Pause)…… colors…… (Pause)…… shapes that are present…… (Pause)…… sensing feelings of security, ease, and well-being as you imagine your Inner Resource…… (Pause)…… experiencing feelings of security within you that are always available at a moments notice……

As you do this note in your body where you feel warm and relaxed…… knowing that you can to return to this secure place of well-being at anytime during your practice, or during daily life…… whenever you need to feel secure, calm, and at ease……

SHEATH OF SENSATION (5 minutes)

Now, let the sound of my voice be your guide and support you in experiencing sensations throughout your body……
As I name each area you may feel sensations that are present, or nothing in particular, but whatever you experience is just as it is in this moment......

Mouth......bring attention to sensations inside the mouth...... roof of the mouth... floor...... inside cheeks, left......and right...... back of the throat...... tongue...... the entire mouth a field of sensation...... (Pause)

The ears, left ear...... right ear...... sensing both ears at the same time...... (Pause)

Welcoming the breath as pure sensation in the nose...... left nostril...... right nostril...... both nostrils at the same time......

The eyes...... left eye ...... right eye...... both eyes together...... a field of radiant sensation......

Sensing forehead...... scalp...... back of the head and neck...... inside the throat......

Left shoulder...... left upper arm...... forearm...... wrist...... left palm...... and fingers...... the entire left arm...... right shoulder...... right upper arm...... forearm...... wrist...... right palm...... and fingers...... the entire right arm...... both arms together as one field of sensation...

Upper chest...... upper back...... middle chest...... middle back...... abdomen...... lower back...... the entire torso as a field of sensation......

Left buttock...... left hip...... thigh...... knee...... left foreleg...... foot...... and toes...... the entire left leg......

Right buttock...... right hip...... thigh...... knee...... right foreleg...... foot...... and toes...... the entire right leg...... sensing both legs at the same time...

Sensing the entire front of the body...... back of the body...... left side ...... right side...... Sensing the entire body...... inside and outside as a field of radiant sensation......

Awareness

And be aware of all that is now present in your awareness...... feeling yourself as the one who is aware of everything that's present...... first sensing what's present...... then experiencing yourself as the field of awareness in which everything is coming and going...... (Pause)

SHEATH OF BREATH AND ENERGY (3 minutes)

Breath Awareness

Become aware of the body breathing...... the flow of the breath as sensation in
the nostrils…… the abdomen gently rising as breath flows in…… and releasing, as breath flows out……. (Pause)

No need to change anything…… (Pause)…… The body breathing naturally and rhythmically…… in-breath, abdomen rising…… out-breath, abdomen releasing… no need to change anything…… the body breathing itself…… (Pause)

**Breath Counting**

Begin counting each breath silently backwards from 7 to 1 in the following manner… in-breath, abdomen rising 7…… out-breath, abdomen releasing 7…… in-breath, abdomen rising 6…… out-breath, abdomen releasing 6…… continuing counting and breathing in your body’s own natural rhythm… (Pause)

If you lose count, beginning again at 7…… (Pause)…… breathing, counting and being with everything just as it is…… (Pause)……

Now let go of counting with no need to reach 1…… and be aware of the fields or flows of sensation throughout the body…… (Pause)

**OPPOSITE SIDES BREATHING (2 minutes)**

Now, while gently retaining the breath at the top of inhalation, bring your attention into the left side of the body…… and while exhaling and inhaling welcome sensation throughout the left side of the body…… (Pause)

Then, while gently retaining the breath at the top of inhalation, bring attention into the right side of the body…… exhaling and inhaling welcoming sensation throughout the right side of the body…… (Pause)

Going back and forth from one side to the other at your own breathing speed…… (Pause)

Experiencing sensation first on one side of the body…… then the other side…… (Pause) ...... Giving time during retention for sensation to completely shift across the midline…… (Pause)

And when you are ready, while holding the breath, sense the entire body simultaneously while allowing the body to return to its own natural breathing rhythm… (Pause)

**Awareness**

And be aware of all that’s now present in your awareness…… feeling yourself as the one who is aware of everything that’s now present…… sensing what’s present…… then experiencing yourself dissolving into being the field of awareness in which everything is arising…… (Pause)
SHEATH OF FEELINGS AND EMOTIONS (5 minutes)

Opposites of Feelings

Remember that anytime you experience the need to feel secure and at ease, you can return to your Inner Resource at a moment’s notice......

Now bring attention to feelings that are present throughout the body, such as warmth, or coolness...... heaviness, or lightness...... comfort, or discomfort...... allowing them to blossom fully into your body...... (Pause)...... and if no feelings are present, as may happen, simply welcoming whatever is present...... (Pause)

If it’s helpful, locate the opposite of whatever you are feeling...... if you’re feeling warmth, find coolness...... heaviness, find lightness...... comfort, find discomfort...... (Pause)

Welcoming an opposite of feeling fully into the body... (Pause)

Now, welcome both opposites of feeling into the body at the same time... without thinking, simply experiencing how doing this affects your body and mind...... (Pause)

Opposites of Emotion

Now bring attention to an emotion that is present in your body, or one that you are working with in your life...... (Pause)...... or recall a memory that invites a particular emotion into your body...... (Pause)...... welcoming the emotion as sensation into your body...... (Pause)...... inviting this emotion to unfold fully as sensation in the body...... (Pause)... and if no emotion is present there’s no need to make anything happen...... simply welcoming whatever is present...... (Pause)

If an emotion is present, where are you feeling it in your body?......

Allowing it to blossom fully while welcoming thoughts, images, or memories that co-arise with this emotion...... (Pause)

And if its helpful, allow an opposite emotion to emerge... perhaps recalling a memory that invites this opposite emotion into your body......

Where do you experience it in your body?...... taking your time...... welcoming this opposite of emotion......(Pause)

And now moving back and forth several times between opposite emotions... experiencing first one...... then the other...... sensing how each is experienced in the body...... (Pause)

Now, inviting both emotions into awareness at the same time...... without
thinking, simply experiencing how this affects your entire body and the mind……
(Pause)

**Awareness**

And be aware of all that is now present in your awareness…… feeling yourself as the one who is aware of everything that’s now present…… sensing what’s present…… then experiencing yourself as the field of awareness in which everything is arising…… (Pause)

**SHEATH OF COGNITION (4 minutes)**

Remembering that there’s no right or wrong way of doing any of this, and that your welcome to return to your Inner Resource at any time…… welcome a thought or belief that you sometimes fall into, or take to be true about yourself…… (Pause)……

And if no belief is arising, simply being with whatever is present…… if there is a belief present… as you hold this belief about yourself to be true, where and how do you feel it in your body… (Pause)…… sensing how this belief affects the entire body…… (Pause)

Noticing any images, emotions, or thoughts that co-arise with this belief, without trying to change anything…… (Pause)

If its helpful, bring to mind the opposite of this belief…… and as you hold this opposite belief about yourself to be true, how does it affect your body?…… (Pause)

Welcoming any images, emotions, or memories that also emerge…… (Pause)

Being present to your experience just as it is without trying to change or fix anything…… (Pause)

And now, in your own rhythm, alternate several times between these opposites of belief…… welcoming first one as true, then the other…… experiencing how each belief acts upon your body and the mind…… (Pause)

Now welcome both beliefs at the same time…… while experiencing how this affects your entire body and the mind…… (Pause)

**Awareness**

And be aware of all that is now present in your awareness…… feeling yourself as the one who is aware of everything that’s now present…… sensing what’s present…… then experiencing yourself as the field of awareness in which everything is arising…… (Pause)
**SHEATH OF JOY (2 minutes)**

Be attentive to sensations throughout your body of pleasure, happiness, joy, or well-being, or perhaps recall a particular event from your life that invites feelings of pleasure, joy, or wellbeing into your body right now...... (Pause)

Welcoming whatever emerges, just as it is......(Pause)

Perhaps experiencing the sensation of joy as an inner smile that radiates from your heart...... the heart smiling...... and this smile of sensation expanding throughout your entire body...... flowing out into your torso, arms and hands... down into the pelvis, legs, and feet...... flowing up into the head and face...... mouth, lips, and eyes smiling....... the entire body smiling...... radiant and alive with the feeling of joy or well-being, or a sense of being OK just as you are...... (Pause)

**Awareness**

And be aware of all that is now present in your awareness...... feeling yourself as the one who is aware of everything that's now present...... sensing what's present...... then experiencing yourself as the field of awareness in which everything is arising...... (Pause)

**SHEATH OF PURE AWARENESS (1 minute)**

Dissolving into Being pure Awareness Itself...... open and spacious......

Being Awareness in which everything is coming and going... awareness in which everything is welcome just as it is...... (Pause)

**EVERYTHING JUST AS IT IS (4 minutes)**

Being Awareness and reflecting upon all that has been or is now present...... sensations...... emotions...... beliefs...... joy...... well-being...... the experience of being pure Awareness...... (Pause)

Everything just as it is...... yourself just as you are...... (Pause)

**HEARTFELT DESIRE & INTENTION**

Now, come back to your Inner Resource...... your place of ground, security, and well-being...... (Pause)

Noticing your breathing...... easy and rhythmic...... forehead at ease and cool...... belly...... hands...... and feet...... warm and at ease...... (Pause)

And bring to mind your Intention for this practice...... perhaps noticing the
formation of an Intention for your next practice...... (Pause)

Recall your Heartfelt Desire as a resonance of sensation in your body...... experiencing it as an accomplished fact in this moment...... (Pause)

**Awareness Awake To Itself**

And imagine going about your daily life...... noticing sensations, emotions, and thoughts all constantly changing...... yet all the while feeling yourself as unchanging spacious Awareness in which everything is coming and going...... (Pause)

**EYES OPEN PRESENCE**

Now, taking your time transitioning to your alert and wide-awake state of wakefulness...... sensing your body...... the room around you...... eyes opening as you feel ready...... perhaps wiggling your fingers and toes...... moving your body...... reorienting to where you are...... and where you are going...... coming fully alert and wide-awake......

And perhaps, before ending your practice, experience the feeling of gratitude for taking time to practice Yoga Nidra...... welcoming and loving your self...... experiencing your self as timeless, open, and spacious well-being that is perfect just as it is, and your self as whole, healthy, and perfect, just you are...... your self as unchanging spacious awareness in which everything is unfolding...... and the understanding that you always know the perfect response to each moment, as you take the time to welcome your deepest knowing...... (Pause)

Thanking your self for taking this time to practice ...
HOMEWORK UNTIL NEXT SESSION

Reflect on all the recurring thoughts and beliefs that continually come to mind (without judgment). Once you are aware of a belief that keeps you tied to a certain way of thinking do your best to work with the opposite to diffuse/harmonize your thoughts …

• If it helps use the worksheet not only when you are going to practice Yoga Nidra but also during your day to day life …

Reflect on using the practice of opposites in your practice with the following questions. When working with beliefs and thoughts –

• I realize a belief has a physical sensation
• I was able to find an opposite belief
• I was able to move back and forth between two beliefs
• An action or intention arose that I will take into my day

BELIEFS WORKSHEET – available as a PDF on website
BELIEFS TALK – available as an audio on website
BELIEFS YOGA NIDRA – available as a PDF on website
BELIEFS YOGA NIDRA – available as an audio on website
REVIEW

It's important to continually review and assess practice as this brings the process of learning and action together. It can also offer a space for students to talk over their experiences and feel supported through the process.

Reviewing helps the group make use of personal experience for their learning and development as it acts as a processing, debriefing and reflective practice ...

I have included more information on reviewing on the online portal ...
JOY and EQUANIMITY

The theme of today's practice is Joy, a Yoga Nidra tool that teaches us how to experience an inner sense of joy and well-being independent of all objects and experiences.

Joy is our birthright and is present, although it may be hidden behind the veil of our thoughts and emotions. Yoga Nidra reveals Joy and well-being that is already ours, no matter our inner or outer circumstance.

During Yoga Nidra you invite a feeling of Joy, beginning, perhaps, by feeling an inner smile, and gradually developing sensations of pleasure, happiness, well-being, and even bliss. We don’t have to have a reason to feel Joy. Joy is already inside of us, waiting to be welcomed into our awareness. If you find it difficult to access Joy, begin by recalling a time when you felt a moment of pleasure, kindness, or gratitude.

Joy keeps us healthy, and helps heal depression, anxiety, and physical disease. The next time you find yourself smiling or laughing know that you are doing your body, mind, and health a tremendous favor, as Joy releases endorphins, our body’s natural painkillers, and enhances the functioning of our nervous and immune systems.

So smile, it’s healing you and those around you!
SETTLING IN (1 minute)

Begin your practice by finding a comfortable lying or seated position...... feeling supported by the surface your body is resting upon...... allowing your eyes to remain open, or gently closed...... taking time to settle into a position that feels just right...... (Pause)

During Yoga Nidra, you are guided to notice and feel physical sensations, the breath, emotions, thoughts, and feelings of well-being or joy, and to experience yourself as the witness of all of these comings and goings......

Whatever you experience is perfect, just as it is......

Now simply rest at ease and follow my guidance...allowing my voice to become your voice......

WELCOMING MESSENGERS (1 minute)

During Yoga Nidra welcome every experience as a messenger that is inviting you to explore sensations, emotions and thoughts, without trying to change, fix, or make anything happen...... (Pause)......

As you welcome whatever is arising, your body and mind are learning to remain at ease...... while you discover the place within that is always at ease and peaceful...... experiencing yourself to be unchanging well-being...... witnessing presence that is welcoming everything......

Now feel your body settling completely into stillness...... (Pause)......

SENSES WIDE OPEN (1 minute)

Bring attention to your senses...... notice the taste in your mouth...... (Pause)...... the sounds around you...... (Pause)...... smells...... (Pause)...... images or colors behind your eyelids...... (Pause)...... the touch of the air on your skin...... (Pause)...... your senses open and alive...... (Pause)......

INTENTION (2 minutes)

Bring to mind your Intention for today's practice...... How would you like to feel during, and as a result of your practice?...... (Pause)...... Perhaps a sense of inner peace, joy, or well-being...... (Pause)...... perhaps relief from physical discomfort, habitual patterns or emotional pain...... (Pause)......

Your Intention may be as simple as to remain alert throughout this entire
practice...... but whatever it is, allow your Intention to emerge fully...... (Pause)...... feeling your Intention as an ally, supporting you to be focused and alert throughout your practice and in your daily life...... affirming this and the feeling of your Intention with your entire body and mind...... (Pause)...... noticing how it supports you during your practice, and in your daily life...... (Pause)......

**HEARTFELT DESIRE (2 minutes)**

Allow your heart’s deepest desire to arise within...... something that you want more than anything else in life...... (Pause)......

This may be a desire for yourself, for another, or for the world around you...... Whatever it is allow this longing to rise up naturally as your deepest heartfelt longing...... (Pause)......perhaps it’s the feeling of being whole, healed, and healthy, the feeling of deep self-acceptance, peace, or wellbeing...... (Pause)......

Whatever it is welcome and affirm your Heartfelt desire in the present tense with your entire body as if it’s true right now...... (Pause)...... Then, set your desire aside and notice how it returns at the end of practice, or as you go about your daily life...

**INNER RESOURCE (2 minutes)**

Now allow your Inner Resource to emerge...... a special place where you feel secure and at ease...... (Pause)......

Perhaps a room...... or a place in nature...... an image of a favorite symbol......or the feeling of deep peace......

Whatever your Inner Resource is... imagine it using all of your senses......noticing sounds...... (Pause)...... smells...... (Pause)...... tastes...... (Pause)...... colors...... (Pause)...... shapes that are present...... (Pause)...... sensing feelings of security, ease, and well-being as you imagine your Inner Resource...... (Pause)...... experiencing feelings of security within you that are always available at a moments notice......

As you do this note in your body where you feel warm and relaxed...... knowing that you can to return to this secure place of well-being at anytime during your practice, or during daily life...... whenever you need to feel secure, calm, and at ease...

**SHEATH OF SENSATION (5 minutes)**

Now, let the sound of my voice be your guide and support you in experiencing sensations throughout your body......
As I name each area you may feel sensations that are present, or nothing in particular, but whatever you experience is just as it is in this moment......

Mouth......bring attention to sensations inside the mouth...... roof of the mouth... floor...... inside cheeks, left......and right...... back of the throat...... tongue...... the entire mouth a field of sensation...... (Pause)

The ears, left ear...... right ear...... sensing both ears at the same time...... (Pause)

Welcoming the breath as pure sensation in the nose...... left nostril...... right nostril...... both nostrils at the same time......

The eyes...... left eye ...... right eye...... both eyes together...... a field of radiant sensation......

Sensing forehead...... scalp...... back of the head and neck...... inside the throat......

Left shoulder...... left upper arm...... forearm...... wrist...... left palm...... and fingers...... the entire left arm...... right shoulder...... right upper arm...... forearm...... wrist...... right palm...... and fingers...... the entire right arm...... both arms together as one field of sensation......

Upper chest...... upper back...... middle chest...... middle back...... abdomen...... lower back...... the entire torso as a field of sensation......

Left buttock...... left hip...... thigh...... knee...... left foreleg...... foot...... and toes...... the entire left leg......

Right buttock...... right hip...... thigh...... knee...... right foreleg...... foot...... and toes...... the entire right leg...... sensing both legs at the same time......

Sensing the entire front of the body...... back of the body...... left side ...... right side...... Sensing the entire body...... inside and outside as a field of radiant sensation......

Awareness

And be aware of all that is now present in your awareness...... feeling yourself as the one who is aware of everything that's present...... first sensing what's present...... then experiencing yourself as the field of awareness in which everything is coming and going...... (Pause)

SHEATH OF BREATH AND ENERGY (1 minute)

Breath Awareness

Become aware of the body breathing...... the flow of the breath as sensation in
the nostrils…… the abdomen gently rising as breath flows in…… and releasing, as breath flows out…… (Pause)

No need to change anything…… (Pause)…… The body breathing naturally and rhythmically…… in-breath, abdomen rising…… out-breath, abdomen releasing… no need to change anything…… the body breathing itself…… (Pause)

**OPPOSITE SIDES BREATHING (2 minutes)**

Now, while gently retaining the breath at the top of inhalation, bring your attention into the left side of the body…… and while exhaling and inhaling welcome sensation throughout the left side of the body…… (Pause)

Then, while gently retaining the breath at the top of inhalation, bring attention into the right side of the body…… exhaling and inhaling welcoming sensation throughout the right side of the body…… (Pause)

Going back and forth from one side to the other at your own breathing speed…… (Pause)

Experiencing sensation first on one side of the body…… then the other side…… (Pause) ...... Giving time during retention for sensation to completely shift across the midline...... (Pause)

And when you are ready, while holding the breath, sense the entire body simultaneously while allowing the body to return to its own natural breathing rhythm... (Pause)

**Awareness**

And be aware of all that’s now present in your awareness…… feeling yourself as the one who is aware of everything that’s now present…… sensing what’s present…… then experiencing yourself dissolving into being the field of awareness in which everything is arising…… (Pause)

**SHEATH OF FEELINGS AND EMOTIONS (5 minutes)**

**Opposites of Feelings**

Remember that anytime you experience the need to feel secure and at ease, you can return to your Inner Resource at a moment’s notice……

Now bring attention to feelings that are present throughout the body, such as warmth, or coolness...... heaviness, or lightness...... comfort, or discomfort...... allowing them to blossom fully into your body...... (Pause)...... and if no feelings are present, as may happen, simply welcoming whatever is present...... (Pause)
If it’s helpful, locate the opposite of whatever you are feeling…… if you’re feeling warmth, find coolness…… heaviness, find lightness…… comfort, find discomfort…… (Pause)

Welcoming an opposite of feeling fully into the body… (Pause)

Now, welcome both opposites of feeling into the body at the same time … without thinking, simply experiencing how doing this affects your body and mind…… (Pause)

**Opposites of Emotion**

Now bring attention to an emotion that is present in your body, or one that you are working with in your life…… (Pause)…… or recall a memory that invites a particular emotion into your body…… (Pause)…… welcoming the emotion as sensation into your body…… (Pause)…… inviting this emotion to unfold fully as sensation in the body…… (Pause)… and if no emotion is present there’s no need to make anything happen…… simply welcoming whatever is present…… (Pause)

If an emotion is present, where are you feeling it in your body?……

Allowing it to blossom fully while welcoming thoughts, images, or memories that co-arise with this emotion…… (Pause)

And if its helpful, allow an opposite emotion to emerge… perhaps recalling a memory that invites this opposite emotion into your body……

Where do you experience it in your body?…… taking your time…… welcoming this opposite of emotion……(Pause)

And now moving back and forth several times between opposite emotions… experiencing first one…… then the other…… sensing how each is experienced in the body…… (Pause)

Now, inviting both emotions into awareness at the same time…… without thinking, simply experiencing how this affects your entire body and the mind…… (Pause)

**Awareness**

And be aware of all that is now present in your awareness…… feeling yourself as the one who is aware of everything that’s now present…… sensing what’s present…… then experiencing yourself as the field of awareness in which everything is arising…… (Pause)
SHEATH OF COGNITION (4 minutes)

Remembering that there’s no right or wrong way of doing any of this, and that your welcome to return to your Inner Resource at any time...... welcome a thought or belief that you sometimes fall into, or take to be true about yourself..... (Pause)......

And if no belief is arising, simply being with whatever is present...... if there is a belief present... as you hold this belief about yourself to be true, where and how do you feel it in your body... (Pause)...... sensing how this belief affects the entire body...... (Pause)

Noticing any images, emotions, or thoughts that co-arise with this belief, without trying to change anything...... (Pause)

If its helpful, bring to mind the opposite of this belief...... and as you hold this opposite belief about yourself to be true, how does it affect your body?...... (Pause)

Welcoming any images, emotions, or memories that also emerge...... (Pause)

Being present to your experience just as it is without trying to change or fix anything...... (Pause)

And now, in your own rhythm, alternate several times between these opposites of belief...... welcoming first one as true, then the other...... experiencing how each belief acts upon your body and the mind...... (Pause)

Now welcome both beliefs at the same time...... while experiencing how this affects your entire body and the mind...... (Pause)

Awareness

And be aware of all that is now present in your awareness...... feeling yourself as the one who is aware of everything that’s now present...... sensing what’s present...... then experiencing yourself as the field of awareness in which everything is arising...... (Pause)

SHEATH OF JOY (2 minutes)

Be attentive to sensations throughout your body of pleasure, happiness, joy, or well-being, or perhaps recall a particular event from your life that invites feelings of pleasure, joy, or wellbeing into your body right now...... (Pause)

Welcoming whatever emerges, just as it is......(Pause)
Perhaps experiencing the sensation of joy as an inner smile that radiates from your heart…… the heart smiling…… and this smile of sensation expanding throughout your entire body…… flowing out into your torso, arms and hands… down into the pelvis, legs, and feet…… flowing up into the head and face…… mouth, lips, and eyes smiling…… the entire body smiling…… radiant and alive with the feeling of joy or well-being, or a sense of being OK just as you are…… (Pause)

**Awareness**

And be aware of all that is now present in your awareness…… feeling yourself as the one who is aware of everything that’s now present…… sensing what’s present…… then experiencing yourself as the field of awareness in which everything is arising…… (Pause)

**SHEATH OF PURE AWARENESS (1 minute)**

Dissolving into Being pure Awareness Itself…… open and spacious……

Being Awareness in which everything is coming and going… awareness in which everything is welcome just as it is…… (Pause)

**EVERYTHING JUST AS IT IS (4 minutes)**

Being Awareness and reflecting upon all that has been or is now present…… sensations…… emotions…… beliefs…… joy…… well-being…… the experience of being pure Awareness…… (Pause)

Everything just as it is…… yourself just as you are…… (Pause)

**HEARTFELT DESIRE & INTENTION**

Now, come back to your Inner Resource…… your place of ground, security, and well-being…… (Pause)

Noticing your breathing…… easy and rhythmic…… forehead at ease and cool…… belly …… hands …… and feet …… warm and at ease…… (Pause)

And bring to mind your Intention for this practice…… perhaps noticing the formation of an Intention for your next practice…… (Pause)

Recall your Heartfelt Desire as a resonance of sensation in your body…… experiencing it as an accomplished fact in this moment…… (Pause)

**Awareness Awake To Itself**

And imagine going about your daily life…… noticing sensations, emotions, and
thoughts all constantly changing...... yet all the while feeling yourself as unchanging spacious Awareness in which everything is coming and going...... (Pause)

**EYES OPEN PRESENCE**

Now, taking your time transitioning to your alert and wide-awake state of wakefulness...... sensing your body...... the room around you...... eyes opening as you feel ready...... perhaps wiggling your fingers and toes...... moving your body...... reorienting to where you are...... and where you are going...... coming fully alert and wide-awake......

And perhaps, before ending your practice, experience the feeling of gratitude for taking time to practice Yoga Nidra...... welcoming and loving your self...... experiencing your self as timeless, open, and spacious well-being that is perfect just as it is, and your self as whole, healthy, and perfect, just you are...... your self as unchanging spacious awareness in which everything is unfolding...... and the understanding that you always know the perfect response to each moment, as you take the time to welcome your deepest knowing...... (Pause)

Thanking your self for taking this time to practice ...
HOMEWORK UNTIL NEXT SESSION

Keep a diary or mental log of all the moments you are happy in a day. Not just moments where you are laughing or outwardly joyous, but all the times you are moved. For instance when you see a little kitten or puppy – when you see a tender moment between a Mother and child.

Maybe when you are moved by a scene such as a glorious sunrise or sunset – or if you are walking in nature and feel a sense of connectivity and contentment.

Recognize there are many moments when happiness is actually present and overlooked in the rush and hurry of life and our to do lists. Practice savoring each moment – and smile whenever you do – its good for you ;)

Reflect on using the practice of welcoming in feelings of Joy, Happiness and Bliss during Yoga Nidra with the following questions

- Produced feelings of warmth in my body
- Brought back a memory of a time I experienced Joy
- Clarified my understanding that Joy does not need a cause
- Working with joy and its opposite helped to bring Joy into my life

| JOY/EQUINIMITY WORKSHEET – available as PDF on website |
| JOY/EQUINIMITY TALK – available as an audio on website |
| JOY/EQUINIMITY YOGA NIDRA – available as a PDF on website |
| JOY/EQUINIMITY YOGA NIDRA – available as an audio on website |
REVIEW

It's important to continually review and assess practice as this brings the process of learning and action together. It can also offer a space for students to talk over their experiences and feel supported through the process.

Reviewing helps the group make use of personal experience for their learning and development as it acts as a processing, debriefing and reflective practice ...

I have included more information on reviewing on the online portal ...
WITNESSING and PURE AWARENESS

The practice developed as resting as Pure Awareness is a Yoga Nidra tool that reveals your essential well-being that is always present, no matter your circumstance.

This phase, interwoven throughout the Yoga Nidra practice, invites you to experience yourself as the witness of all that you experience. There is no need to change or fix anything – you simply witness experiences as out in front of you, remembering that, “what you are willing to be with, you are set free from.” Then, you are invited to experience yourself dissolving into being witnessing, pure Being or Pure Awareness, the aspect of yourself that is without opposite, and that is always at peace. Feel this aspect of yourself that does not refuse any part of your experience.

Pure Awareness is like an unchanging screen of well-being upon which the changing movie of your life is projected. You may laugh or cry at particular events, but the screen of awareness remains untouched by the film of your life.

Yoga Nidra teaches you to reside as this unchanging state of well-being even as you go about interacting with people, places, and things. Each time you feel yourself as pure Awareness, you strengthen your connection with unchanging well-being, and bring peace into the present moment and great benefit to yourself, and those around you. Pure Awareness provides you with a firm foundation that permeates every aspect of your life, and reveals itself as your ultimate Inner Resource.
SETTLING IN (1 minute)

Begin your practice by finding a comfortable lying or seated position...... feeling supported by the surface your body is resting upon...... allowing your eyes to remain open, or gently closed...... taking time to settle into a position that feels just right...... (Pause)

During Yoga Nidra, you are guided to notice and feel physical sensations, the breath, emotions, thoughts, and feelings of well-being or joy, and to experience yourself as the witness of all of these comings and goings......

Whatever you experience is perfect, just as it is......

Now simply rest at ease and follow my guidance...allowing my voice to become your voice......

WELCOMING MESSENGERS (1 minute)

During Yoga Nidra welcome every experience as a messenger that is inviting you to explore sensations, emotions and thoughts, without trying to change, fix, or make anything happen...... (Pause)......

As you welcome whatever is arising, your body and mind are learning to remain at ease...... while you discover the place within that is always at ease and peaceful...... experiencing yourself to be unchanging well-being...... witnessing presence that is welcoming everything......

Now feel your body settling completely into stillness...... (Pause)......

SENSES WIDE OPEN (1 minute)

Bring attention to your senses...... notice the taste in your mouth...... (Pause)...... the sounds around you...... (Pause)...... smells...... (Pause)...... images or colors behind your eyelids...... (Pause)...... the touch of the air on your skin...... (Pause)...... your senses open and alive...... (Pause)......

INTENTION (2 minutes)

Bring to mind your Intention for today's practice...... How would you like to feel during, and as a result of your practice?...... (Pause)...... Perhaps a sense of inner peace, joy, or well-being...... (Pause)...... perhaps relief from physical discomfort, habitual patterns or emotional pain...... (Pause)......

Your Intention may be as simple as to remain alert throughout this entire
practice... but whatever it is, allow your Intention to emerge fully... (Pause)... feeling your Intention as an ally, supporting you to be focused and alert throughout your practice and in your daily life... affirming this and the feeling of your Intention with your entire body and mind... (Pause)... noticing how it supports you during your practice, and in your daily life... (Pause)... 

**HEARTFELT DESIRE (2 minutes)**

Allow your heart’s deepest desire to arise within... something that you want more than anything else in life... (Pause)... This may be a desire for yourself, for another, or for the world around you... Whatever it is allow this longing to rise up naturally as your deepest heartfelt longing... (Pause)... perhaps it’s the feeling of being whole, healed, and healthy, the feeling of deep self-acceptance, peace, or well-being... (Pause)... Whatever it is welcome and affirm your Heartfelt desire in the present tense with your entire body as if it’s true right now... (Pause)... Then, set your desire aside and notice how it returns at the end of practice, or as you go about your daily life...

**INNER RESOURCE (2 minutes)**

Now allow your Inner Resource to emerge... a special place where you feel secure and at ease... (Pause)... Perhaps a room... or a place in nature... an image of a favorite symbol... or the feeling of deep peace...

Whatever your Inner Resource is... imagine it using all of your senses... noticing sounds... (Pause)... smells... (Pause)... tastes... (Pause)... colors... (Pause)... shapes that are present... (Pause)... sensing feelings of security, ease, and well-being as you imagine your Inner Resource... (Pause)... experiencing feelings of security within you that are always available at a moment’s notice...

As you do this note in your body where you feel warm and relaxed... knowing that you can to return to this secure place of well-being at anytime during your practice, or during daily life... whenever you need to feel secure, calm, and at ease...

**SHEATH OF SENSATION (5 minutes)**

Now, let the sound of my voice be your guide and support you in experiencing sensations throughout your body...
As I name each area you may feel sensations that are present, or nothing in particular, but whatever you experience is just as it is in this moment......

Mouth......bring attention to sensations inside the mouth...... roof of the mouth... floor...... inside cheeks, left......and right...... back of the throat...... tongue...... the entire mouth a field of sensation...... (Pause)

The ears, left ear...... right ear...... sensing both ears at the same time...... (Pause)

Welcoming the breath as pure sensation in the nose...... left nostril...... right nostril...... both nostrils at the same time......

The eyes...... left eye ...... right eye...... both eyes together...... a field of radiant sensation......

Sensing forehead...... scalp...... back of the head and neck...... inside the throat......

Left shoulder...... left upper arm...... forearm...... wrist...... left palm...... and fingers...... the entire left arm...... right shoulder...... right upper arm...... forearm...... wrist...... right palm...... and fingers...... the entire right arm...... both arms together as one field of sensation...

Upper chest...... upper back...... middle chest...... middle back...... abdomen...... lower back...... the entire torso as a field of sensation......

Left buttock...... left hip...... thigh...... knee...... left foreleg...... foot...... and toes...... the entire left leg......

Right buttock...... right hip...... thigh...... knee...... right foreleg...... foot...... and toes...... the entire right leg...... sensing both legs at the same time...

Sensing the entire front of the body...... back of the body...... left side ...... right side...... Sensing the entire body...... inside and outside as a field of radiant sensation......

**Awareness**

And be aware of all that is now present in your awareness...... feeling yourself as the one who is aware of everything that's present...... first sensing what's present...... then experiencing yourself as the field of awareness in which everything is coming and going...... (Pause)

**SHEATH OF BREATH AND ENERGY (1 minute)**

**Breath Awareness**

Become aware of the body breathing...... the flow of the breath as sensation in
the nostrils…… the abdomen gently rising as breath flows in…… and releasing, as breath flows out…… (Pause)

No need to change anything…… (Pause)…… The body breathing naturally and rhythmically…… in-breath, abdomen rising…… out-breath, abdomen releasing…… no need to change anything…… the body breathing itself…… (Pause)

**OPPOSITE SIDES BREATHING (2 minutes)**

Now, while gently retaining the breath at the top of inhalation, bring your attention into the left side of the body…… and while exhaling and inhaling welcome sensation throughout the left side of the body…… (Pause)

Then, while gently retaining the breath at the top of inhalation, bring attention into the right side of the body…… exhaling and inhaling welcoming sensation throughout the right side of the body…… (Pause)

Going back and forth from one side to the other at your own breathing speed…… (Pause)

Experiencing sensation first on one side of the body…… then the other side…… (Pause) …… Giving time during retention for sensation to completely shift across the midline…… (Pause)

And when you are ready, while holding the breath, sense the entire body simultaneously while allowing the body to return to its own natural breathing rhythm… (Pause)

**Awareness**

And be aware of all that's now present in your awareness…… feeling yourself as the one who is aware of everything that's now present…… sensing what's present…… then experiencing yourself dissolving into being the field of awareness in which everything is arising…… (Pause)

**SHEATH OF FEELINGS AND EMOTIONS (5 minutes)**

**Opposites of Feelings**

Remember that anytime you experience the need to feel secure and at ease, you can return to your Inner Resource at a moment’s notice……

Now bring attention to feelings that are present throughout the body, such as warmth, or coolness…… heaviness, or lightness…… comfort, or discomfort…… allowing them to blossom fully into your body…… (Pause)…… and if no feelings are present, as may happen, simply welcoming whatever is present…… (Pause)
If it’s helpful, locate the opposite of whatever you are feeling…… if you’re feeling warmth, find coolness…… heaviness, find lightness…… comfort, find discomfort……. (Pause)

Welcoming an opposite of feeling fully into the body… (Pause)

Now, welcome both opposites of feeling into the body at the same time … without thinking, simply experiencing how doing this affects your body and mind…… (Pause)

**Opposites of Emotion**

Now bring attention to an emotion that is present in your body, or one that you are working with in your life…… (Pause)…… or recall a memory that invites a particular emotion into your body…… (Pause)…… welcoming the emotion as sensation into your body…… (Pause)…… inviting this emotion to unfold fully as sensation in the body…… (Pause)… and if no emotion is present there’s no need to make anything happen…… simply welcoming whatever is present…… (Pause)

If an emotion is present, where are you feeling it in your body?……

Allowing it to blossom fully while welcoming thoughts, images, or memories that co-arise with this emotion…… (Pause)

And if its helpful, allow an opposite emotion to emerge… perhaps recalling a memory that invites this opposite emotion into your body……

Where do you experience it in your body?…… taking your time…… welcoming this opposite of emotion……(Pause)

And now moving back and forth several times between opposite emotions… experiencing first one…… then the other…… sensing how each is experienced in the body…… (Pause)

Now, inviting both emotions into awareness at the same time…… without thinking, simply experiencing how this affects your entire body and the mind…… (Pause)

**Awareness**

And be aware of all that is now present in your awareness…… feeling yourself as the one who is aware of everything that’s now present…… sensing what’s present…… then experiencing yourself as the field of awareness in which everything is arising…… (Pause)
SHEATH OF COGNITION (4 minutes)

Remembering that there's no right or wrong way of doing any of this, and that your welcome to return to your Inner Resource at any time...... welcome a thought or belief that you sometimes fall into, or take to be true about yourself..... (Pause)......

And if no belief is arising, simply being with whatever is present...... if there is a belief present... as you hold this belief about yourself to be true, where and how do you feel it in your body... (Pause)...... sensing how this belief affects the entire body...... (Pause)

Noticing any images, emotions, or thoughts that co-arise with this belief, without trying to change anything...... (Pause)

If its helpful, bring to mind the opposite of this belief...... and as you hold this opposite belief about yourself to be true, how does it affect your body?...... (Pause)

Welcoming any images, emotions, or memories that also emerge...... (Pause)

Being present to your experience just as it is without trying to change or fix anything...... (Pause)

And now, in your own rhythm, alternate several times between these opposites of belief...... welcoming first one as true, then the other...... experiencing how each belief acts upon your body and the mind...... (Pause)

Now welcome both beliefs at the same time...... while experiencing how this affects your entire body and the mind...... (Pause)

Awareness

And be aware of all that is now present in your awareness...... feeling yourself as the one who is aware of everything that's now present...... sensing what's present...... then experiencing yourself as the field of awareness in which everything is arising...... (Pause)

SHEATH OF JOY (2 minutes)

Be attentive to sensations throughout your body of pleasure, happiness, joy, or well-being, or perhaps recall a particular event from your life that invites feelings of pleasure, joy, or wellbeing into your body right now...... (Pause)

Welcoming whatever emerges, just as it is......(Pause)
Perhaps experiencing the sensation of joy as an inner smile that radiates from your heart…… the heart smiling…… and this smile of sensation expanding throughout your entire body…… flowing out into your torso, arms and hands… down into the pelvis, legs, and feet…… flowing up into the head and face…… mouth, lips, and eyes smiling…… the entire body smiling…… radiant and alive with the feeling of joy or well-being, or a sense of being OK just as you are…… (Pause)

Then let go of any memory or image and remain with the sensation of joy and well-being, allowing it to saturate every cell, muscle, organ throughout the body …… (Pause)

Joy permeating the body and the space around the body as a field of radiant well-being that you can experience amidst all circumstances in your life ……

**SHEATH OF PURE AWARENESS (2 minutes)**

And be aware of yourself as the witness of all that is now present in your awareness …… (pause)

Everything coming and going to your as the witness …… (pause)

Then, dissolve into being spacious and unchanging *Witnessing or Pure Awareness* in which everything is coming and going ……(pause)

Awareness holding everything that is arising …… feeling your way …… not trying to look with your eyes, or analyze with your thinking …… instead, dissolve into simply being pure Awareness ……Openness itself …… (pause)

And sense…… where is my periphery? …… Where is my centre? ……

Sensing how pure Awareness is substantial and undeniable …… Yet without colour or form …… empty …… yet full of well-being and peacefulness …… (pause)

Simply being …… Spacious, unchanging Pure Awareness and well-being …… (pause) …… Changing experiences coming and going …… and yourself as pure Awareness, aware and awake as itself as well-being and peace ……

**EVERYTHING JUST AS IT IS (4 minutes)**

Being Awareness and reflecting upon all that has been or is now present…… sensations…… emotions…… beliefs…… joy…… well-being…… the experience of being pure Awareness……… (Pause)

Everything just as it is…… yourself just as you are…… (Pause)

**HEARTFELT DESIRE & INTENTION**

Now, come back to your Inner Resource…… your place of ground, security, and
well-being...... (Pause)

Noticing your breathing...... easy and rhythmic...... forehead at ease and cool...... belly ...... hands ...... and feet ...... warm and at ease...... (Pause)

And bring to mind your Intention for this practice...... perhaps noticing the formation of an Intention for your next practice...... (Pause)

Recall your Heartfelt Desire as a resonance of sensation in your body...... experiencing it as an accomplished fact in this moment...... (Pause)

**Awareness Awake To Itself**

And imagine going about your daily life...... noticing sensations, emotions, and thoughts all constantly changing...... yet all the while feeling yourself as unchanging spacious Awareness in which everything is coming and going...... (Pause)

**EYES OPEN PRESENCE**

Now, taking your time transitioning to your alert and wide-awake state of wakefulness...... sensing your body...... the room around you...... eyes opening as you feel ready...... perhaps wiggling your fingers and toes...... moving your body...... reorienting to where you are ...... and where you are going...... coming fully alert and wide-awake......

And perhaps, before ending your practice, experience the feeling of gratitude for taking time to practice Yoga Nidra...... welcoming and loving your self...... experiencing your self as timeless, open, and spacious well-being that is perfect just as it is, and your self as whole, healthy, and perfect, just you are...... your self as unchanging spacious awareness in which everything is unfolding...... and the understanding that you always know the perfect response to each moment, as you take the time to welcome your deepest knowing...... (Pause)

Thanking your self for taking this time to practice ...
HOMEWORK - INTEGRATION

Practice enables us to integrate what we learn through Yoga Nidra into all moments of our daily life. While core principles of Yoga Nidra are learned and practiced during In-Class and Home Practice sessions (listening to an audio recording of Yoga Nidra), Yoga Nidra is most effective when it's integrated into every moment of your life.

Moment-to-moment, as you go about your day and night, affirm your Intention to feel and respond to the call of your inner self to apply Yoga Nidra when you're walking, talking, interacting, working, playing, or resting.

When you find yourself at ease, or navigating stressful situations, dealing with cravings, or difficult emotions, thoughts, memories, persons, or circumstances, feel yourself spontaneously remembering and practicing Body and Breath sensing - welcoming emotions, thoughts, joy, and well-being into your body and into spacious pure awareness.

Feel how in this, and every moment your every sensation, emotion, thought, and experience is a foreground movement arising within your pure Awareness, which is a constant and unchanging background of peace, stillness, and well-being.

Affirm your Intention that throughout your day your body and mind spontaneously remember the feeling of well-being and peace that comes from resting in and as pure Awareness.

Affirm your Intention to apply the practices of Yoga Nidra moment-to-moment throughout your life, so that your life becomes one of peace, harmony, and well-being in whatever you are doing and with whomever you are interacting.

Witnessing/Pure Awareness Talk – available as an audio on website
Witnessing/Pure Awareness Yoga Nidra – available as a PDF on website
Witnessing/Pure Awareness Yoga Nidra – available as an audio on website