

Yoga Nidra practice 4

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Preparation - *shavasana*

Make yourself as comfortable as possible. The legs are a little apart and the arms beside the body with the palms upwards. Adjust your position and clothing so that you can practice a 40 minute yoga nidra without even the slightest movement. Close your eyes and keep them closed until the end of the practice. Try not to sleep, but remain alert.

Preparatory Relaxation - *breath awareness*

The body is breathing, the rhythm is natural, automatic, you are not doing it, there is no effort. Witness the air flow into your body and then out again, the body breathing all by itself. Let the breath and awareness go together. Keep watching each breath. Notice every single breath come and go. The body breathing all by itself, effortlessly and continuously.

Sankalpa - *resolution*

Now it is time to mentally repeat your resolution. Your sankalpa. Use the same words and say it with the same understanding each time. At the end of yoga nidra you'll hear the mantra Om Tat Sat which will signal the end of the practice.

Rotation of Consciousness - *OM & expansion & contraction*

We will now rotate awareness through the physical body. In this practice you will sense each part of the body in turn while it remains motionless. As you become aware of each part you should mentally touch it with the mantra OM. Feel OM vibrate at each place.

Start with the right hand thumb, mentally say to yourself OM as you sense that part of your body. Go to the index finger, OM, the

middle finger, OM, ring finger, OM, little finger, OM, back of the hand, OM, palm, OM in the center of the palm, the whole right hand, OM. Continue with OM by yourself. The wrist, lower arm, elbow, upper arm, shoulder, armpit, right side of the rib cage, waist, hip, the right thigh, knee, OM, back of the knee, shin, calf muscle, ankle, heel, top of the foot, sole of the right foot, OM in the center of the foot sole. Big toe, second toe, third toe, fourth toe, fifth toe. Now the same on the left side, be aware and remember to say OM mentally at each place. Left hand thumb, OM, index finger, middle finger, ring finger, little finger, palm, OM in the center of the palm, the whole left hand, wrist, lower arm, elbow, upper arm, shoulder, armpit, left side of the rib cage, waist, hip, the left thigh, knee, OM, back of the knee, shin, calf muscle, ankle, heel, top of the foot, sole of the left foot, OM in the center of the foot sole. Big toe, second toe, third toe, fourth toe, fifth toe. Both the soles of the feet together, OM.

Feel the right buttock, left buttock, right side of the lower back, left side of the lower back, right shoulder blade, left shoulder blade. The spine, OM vibrating up and down through the spine. The whole back together, back of the neck, back of the head, top of the head, OM.

The forehead, right eyebrow, left eyebrow, the space between the eyebrows, OM at the eyebrow center, right eye, left eye, right temple, left temple, right ear, left ear, right cheek, left cheek, right nostril, left nostril, the whole nose, nose tip, OM at the end of your nose, upper lip, lower lip, both lips together, all the teeth, roof of the mouth, tongue, tip of the tongue, jaw, chin, throat, OM, right collarbone, left collarbone, right side of the chest, left side of the chest, the whole chest, middle of the chest, OM, right side of the abdomen, left side of the abdomen, the whole abdomen, navel, OM, pubic bone, genitals, anus.

Now feel the whole right leg, the whole left leg, both legs together, OM. The whole right arm, the whole left arm, both arms, together, OM. The whole of the back, buttocks, spine, shoulder blades. The whole of the front, abdomen, chest. The whole of the back and front, together, OM. The head, top, back, sides and face, OM.

The whole body, together. The glow of OM vibrating in the whole body.

Become aware that your body is breathing. Feel the air flow into your body and then out again. The process of breathing is spontaneous and effortless. At the same time be aware of your whole body. The body breathing all by itself. Now use your imagination and change the concept of the normal breathing process, and create the experience of breathing through every pore of the body. Not through the nose and lungs, but through the skin. As you breathe in, feel that you are drawing in air through the entire skin surface. As you breathe out, feel the air being released through all the tiny pores over the entire body.

Imagine that, as you breathe in, your whole body begins to gently expand outward, as if you are a balloon being pumped up with air. Then as you breathe out through all the pores, you simply let go, and allow the body to deflate. Feel that the space of the body is expanding, like a sponge. Every cell, every organ, every part of the body expands. As you breathe out, feel that your whole body contracts. Inhalation, expansion of the body. Exhalation, contraction of the body. Both processes of expansion and contraction are entirely mental, there is no actual physical movement. Be completely aware of this rhythmical process.

Focus now your attention on just the right arm, and feel it expand as you inhale, and contract as you exhale. Have awareness of the right arm only, from the shoulder down to the finger tips. Then do the same with the left arm. Inhaling, filling up the left arm, expanding, both inside and out. Exhaling, withdraw and let go. Feel that every muscle, tissue, bone and cell is pervaded with the awareness of expanding and contracting.

Then bring your awareness to the right leg, from the hip down to the toes. Seeing it fill up and expand as you inhale. Withdraw and contract as you exhale. Be totally aware of the right leg only. Intensify the experience of expansion and contraction of the right leg.

Next become aware of the left leg, localise the awareness from the hip to the toes. Inhale, expand. Exhale, withdraw. Permeating every part of the left leg, both inside and out.

Concentrate on the torso, the upper body, from the perineum to the throat. Inhale, awareness pervading the entire torso, expanding. Exhale, withdraw and let go.

And to the head. Inhale and fully experience the sensation of expansion of the head at the time of inhalation and contraction at the time of exhalation.

Now back to the whole body, every part of the body is expanding as you inhale. Exhale, let go, withdraw and contract.

Experience the way in which breath is a manifestation of energy, and how that energy flows throughout the whole body, pulsating.

Chakras - bija & sushumna nadi

Leave that experience behind and visualise the whole spinal column lying on the floor, as if you are standing nearby and observing it. See the chakras shining like bright diamonds or points of light at the different locations along the spine. For each of the chakras there are a large range of images, sounds and melodies which create activity or stimulation of that region. Specialized sounds called bija mantras activate the specific energies associated with the chakras. Discover mooladhara chakra, situated in the perineum, between the anus and the genitals. Concentrate on the mooladhara centre. At mooladhara the bija manta is LAM, LAM, LAM.

The second chakra is called swadhisthana and is located on a level with the pubic bone at the base of the spine. Concentrate on swadhisthana. For swadhisthana the bija mantra is VAM, VAM, VAM.

The third chakra is manipura, located at the same level as the navel in the spine. The bija mantra for manipura is RAM, RAM, RAM.

Anahata chakra is the fourth, situated in the spine directly behind the heart. Anahata is YAM, YAM, YAM. Vishuddhi is the fifth chakra, and is located in the back of the neck. Concentrate on vishuddhi. HAM, HAM, HAM.

The sixth chakra is ajna. in the middle of the head behind the eyebrow center. Concentrate on ajna. At Ajna it is OM, which covers all the chakras of the head. OM. OM. OM.

And we come back down through the chakras using the bija man

tras. At vishuddhi, HAM, HAM, HAM. Anahata is YAM, YAM, YAM. Manipura is RAM, RAM, RAM. Swadhisthana is VAM, VAM, VAM. Mooladhara is LAM, LAM, LAM.

Then visualise all these centers in their proper locations along the spine, like sparkling gems strung on a pure silver thread. Concentrate on this silver thread, the psychic passage within the spine. Visualise it as a thin luminous pathway with the chakra jewels strung upon it. Sushumna nadi. Become aware of the ascent and descent of energy moving like streaks of lightning along it, between mooladhara and ajna.

Incorporate the normal breath. Inhale as you direct awareness up sushumna from mooladhara to ajna in a stream of light. Then exhale and direct the stream back down to mooladhara. Be aware of the chakras as you pass through them, without having to name them. Continue with awareness of the movement in sushumna, up and down with the natural rhythm of the breath. With inhalation, light moves upwards to ajna. Then with exhalation moving back down to mooladhara.

The next time you come down to mooladhara, end here, and leave the breath behind.

Visualisation - *elements*

Create the image of a large yellow square, solid and heavy. See the square begin to melt as if made of ice, transforming its shape into a white crescent moon. Flames envelop its form and it turns into a bright red inverted triangle. Watch it mutate into two triangles and forming a smoky grey six pointed star. Changing into a circular form encompassing a dark void. A circle with a dot in the middle. Focus on that dot.

Self - *flame, cave & golden egg*

Look within, into the vast expanse of the mind, the inner space. Discover a dim light in this space. A solitary flame burning in a dark space. Let this light guide you back, further back, to a passage. Follow the light and go down, straight down, inside, go down to your center, to the space of the heart, hridayakasha. Within this space is a glowing light surrounding a dark cave. See the opening to the cave of the heart, and enter. In the middle of the cave is a little golden

egg. A golden egg, very small. The seat of the supreme light within you, at your center. See yourself as the golden egg, identify with it. Say to yourself, 'beyond the karma, the body, prana, elements, mind, I am this golden egg.' You are that. Tat Tvam Asi.

Sankalpa

It's time for you to repeat your sankalpa.

Returning

Om Tat Sat. Return awareness to the breath. And the body, lying on the mat, in this room, hear the sounds from outside. Be aware of the time of day. Then open the eyes, move the body and sit up, take in the surroundings. Yoga Nidra is over. Om Tat Sat.