

Session 8 - STAYING AWAKE IN THE DREAM

Staying awake in the dream means mindfully navigating the manifestation of consciousness while remaining anchored in the unwavering truth of your innate power to observe, discern and decide what you will create for your life and beyond!

PREPARATION & RELAXATION

To prepare for your practice, begin by lying on your back, with your arms and legs comfortably extended, utilizing any of your props to support the body
 If it feels right for your body,
 bring the arms above the head
 stretch the legs long and point or flex the feet
 take a big, deep breath in through the nose
 stretch through fingers and toes
 open the mouth and exhale with a sigh
 allowing your body to relax back down to the earth
 If your arms are above your head, bring them back down to rest by your sides
 And resettle yourself into a comfortable position make any small adjustments that will help you to settle
 If they are not already, close down the eyes
 Your practice of Yoga Nidra begins now
 In this exact moment please choose one word to describe how your are feeling right now
 it could be joyful, love, grateful, it could be tired, awake sad, or worried and of course no word could come to mind - it could also be a sound, like a hum, it could also be silence - any thought of a word or sound describing your feeling in this present moment
 Bring the word or the sound from the mind to the tip of your tongue
 Let it rest there for the breath in (1, 2, 3)
 Open the mouth and exhale releasing the word or sound
 Close the mouth and take another deep breath in through the nose, feeling the echo of the sound travel into the body with the breath
 Noticing the reverberation of the echo begin to settle and become silent
 As the breath continues on it's own
 Feeling as the breath and body come into their natural symmetry
 Feel the breeze of the breath caressing the body and calming the mind

SANKALPA

Now bring your attention to your Seat of Awareness in the 3rd eye center
 Feel the warm amber glow of Awareness emanating from within you extending infinitely throughout every cell of your body, and woven through every vibration of your being
 It is in your Seat of Awareness that you are able to patiently observe consciousness in action
 It is your sacred place where you plant the seed of Sankalpa, your heartfelt intention and deep resolve to stay alert and mindful while navigating the terrain of consciousness
 the Sankalpa we will be working with here is**I AM AWAKE AND AWARE**
 Repeat the Sankalpa, mentally 3 times **I AM AWAKE AND AWARE**
 This Sankalpa is your guiding light, illuminating your way as you navigate the dream of consciousness

ROTATION OF ATTENTION

You will now be guided on a journey of deep relaxation throughout the body
 While maintaining a consistent focus of attention in your Seat of Awareness
 As you are guided throughout the body you will be prompted to expand your attention to include your Seat of Awareness at your 3rd eye center and various points on the body
 Begin by bringing your attention to your 3rd eye center, where you currently sit in your Seat of Awareness
 Now expand your attention to include the big toe of your LEFT foot
 as well your pinky toe
 the space between the toes
 maintaining focus and moving your attention the top of your LEFT foot

to the inside arch of the foot

the center of the sole of your **LEFT** foot

Continuing to broaden your attention to include your **LEFT** ankle

the **LEFT** knee

the front of the thigh

the **LEFT** bum cheek

the **LEFT** hip

Pause there and become aware of your expanded attention to include your Seat of Awareness, at your 3rd eye center, and your entire **LEFT** leg from the hip to the foot

Observing the infinite stream of energy flowing between your 3rd eye center and your **LEFT** leg

Quietly observing any sensations within the foot or leg surrendering any judgment or concern

Feeling the flow of the energy of you radiating between your Seat of Awareness, in your 3rd eye center, and **LEFT** leg

Inviting the body to soften into relaxation as your attention remains present

Maintaining your focus in your Seat of Awareness - at the 3rd eye center

Now broaden your attention to include the big toe of your **RIGHT** foot

including your pinky toe

the space between the toes

moving your attention the top of your **RIGHT** foot

the inside arch of the foot

the center of the sole of your **RIGHT** foot

Continuing to expand your attention to include your **RIGHT** ankle

the **RIGHT** knee

the front of the thigh

the **RIGHT** bum cheek

the **RIGHT** hip

Pause and become aware of your expanded attention to include your Seat of Awareness, at your 3rd eye center, and your **RIGHT** leg from the hip to the foot

Noticing the infinite stream of the energy of you flowing between your 3rd eye center and your **RIGHT** leg

Patiently observing any sensations within the foot or the leg, with nothing to fix or change

Feeling the energy of you radiating between your Seat of Awareness and the **RIGHT** leg

As your body settles deeper and deeper into relaxation

Broaden your focus, bring your attention to the **LEFT** thumb

over to the **LEFT** pinky finger

include the space between all your fingers

sending your attention to the palm of your **LEFT** hand

moving it to the outside of your **LEFT** wrist

Continuing to expand your attention to include your **LEFT** elbow

the bicep

the armpit

the **LEFT** shoulder - front and back

Resting your attention at the top of the **LEFT** shoulder - become aware of your expanded attention to include your Seat of Awareness, at your 3rd eye center, and your entire **LEFT** arm from shoulder to the hand

Noticing the infinite stream of the energy of you flowing between your 3rd eye center and your **LEFT** arm

Calmly observing any sensations within the hand or the arm, with nothing to adjust or correct

Feeling the energy of you radiating between your Seat of Awareness and **LEFT** arm

As the body softens and surrenders

Broaden your focus, bringing your attention to your **RIGHT** thumb

over to your **RIGHT** pinky finger

include the space between all your fingers

sending your attention to the palm of your **RIGHT** hand

to the outside of your **RIGHT** wrist

Continuing to expand your attention to include the **RIGHT** elbow

the bicep

the armpit

the **RIGHT** shoulder - front and back

Pause your attention at the top of the RIGHT shoulder and become aware of your expanded attention to include your Seat of Awareness, at your 3rd eye center, and your RIGHT arm from the shoulder to the hand

Noticing the infinite stream of the energy of you flowing between your 3rd eye center and your **RIGHT** arm
 Patiently observing any sensations within the hand or the arm

Feeling the energy of you radiating between your Seat of Awareness, in your 3rd eye center, and RIGHT arm

Inviting the body to soften into relaxation as your attention remains present

Maintaining your focus in your Seat of Awareness

Now expand your attention to include your ROOT CHAKRA - at the base of your pelvic floor

Keeping your focus in your Seat and the root chakra - expand your attention to also include the SACRAL CHAKRA - at the base of your spine

Expanding your attention even more to include the SOLAR PLEX CHAKRA - in the area just above the naval

Broadening your light of attention to also including the HEART CHAKRA - in the center of the chest as well as the THROAT CHAKRA - at the base of the neck

expanding the attention even more to include the CROWN CHAKRA - at the very top of your head

Pause there - from your 3rd eye center turn your gaze down the trunk of your body and notice the infinite stream of energy flowing through the midline of the body up to the crown of your head

Noticing how your attention has expanded include your seat of Awareness at the 3rd eye center and all of the energy centers within the body

Quietly observing any sensations with out judgment or expectation

Settling into graceful rest

BREATH AWARENESS

Now bring your attention back to your breath

Take a deep breath in through the nose filling up

Open the mouth and exhale with a sigh

Close the mouth and continue breathing in and out of the nose

Observe the breath as it enters the body through the nostrils

Slightly inflating the belly

Feeling the air pass back through the nose on the exhale

keeping your attention completely on the action of the breath

Begin to lengthen this next breath

Inhaling for 4-3-2-1 - Exhaling for 4-3-2-1

Inhale for 4 - Exhale for 4

Continuing on your own to lengthen and deepen each breath

Slowly inhaling through the nose for 4

Exhaling through the nose for 4

Feeling the belly rise, the lungs inflate

Exhaling as the body settles into relaxation - as the breath calms the mind

Moving into a dynamic breath

It is a 2 part inhale through the nose - soft exhale through the nose

first inhale inflates the belly

the second inflates the chest

exhale through the nose- letting the breath roll out

inhale once to inflate the belly

again to inflate the chest

exhale through the nose

inhale belly

chest

exhale releasing the air out the body

continue at your own pace

inhale fills the belly

then the chest

exhale with letting it spill out through the nose

keeping your focus of attention on the breath

- inhale belly - chest - exhale

if any thoughts or images float in - simply let them be and mindfully guide your attention back to the breath

- inhale fills the belly - inhale fills the chest - through the nose feeling any sensations but not attaching to them

remaining the quiet observer

final few breaths

- inhale belly - chest - exhale

last breath - belly - chest - exhale and let it go

take slow deep breath in and slow breath out

beginning a double breath of fire

this breath is fast and focused on the exhalation - the two quick inhales comes naturally with no pause in between

exhale is through the nose or a slightly parted lips - forcefully pushing the air out begin

this breath is powered from the solar plexus

feel the belly push OUT on the inhales

and contract with the exhale - as you push the air out

remain the observer of sensations

3 more breaths

Exhale and release the breath

Take a slow deep breath in - filling all the way to the top and holding for 10....1

Slowly exhale feeling the breath exit the body through the nose

emptying all the air out and holding at the bottom for 10.....1

Breath in

Breath out

Allowing the breath to return to it's natural rhythm

Releasing any control

Remaining the quiet observer of sensation or thoughts

Feeling the energy of you flowing throughout the body

VISUALIZATION

Bring your light of attention to your seat of Awareness back - at your 3rd eye center

In your seat of Awareness you are immersed in the radiant, amber glow of Awareness emanating from within you and expanding infinitely in every direction

Bring your attention to the cube of consciousness, situated in the right corner of your minds eye

See it is suspended within the amber glow of Infinite Awareness

This 3 dimensional cube is the container of all consciousness

Every concept, every idea, and every dream is contained within this cube of consciousness

The cube is completely filled black with tiny bright lights of belief, shining like stars in a night sky

You can see the lights suspended in the black backdrop of consciousness

The tiny bright lights are the beliefs that create, construct, and manifest consciousness into being

They are every belief you have about yourself, the world, the universe

It is these beliefs that create this life, this reality, this dream

Bring your seat of Awareness right next to the cube of consciousness

From there you can see into consciousness through a window on the side of the cube

As you look through the window into consciousness, you see a vision of yourself sleeping in your bed with your head on your pillow and tucked into you covers on a cool evening

You can see an alarm clock sitting on the nightstand right next to your bed that reads 11:56pm

Above your head, in the shape of a speech bubble you can see a dream beginning to take form

As the picture becomes clear, you can see an image of yourself wearing a bright orange fuzzy sweater

Standing a park near a swing set

As a look of contemplation crosses your face, on whether to ride a swing or not, someone approaches you

It is a friend that you have not seen in quite and he hands you a piece of paper

When you look down at the paper to read it, you can't quite make out what is written on the sheet

When you look up hoping for more information from your friend you notice that your friend is gone and
 you are standing in a parking garage, on the very top
 As you begin to look for your car, you walk toward stairwell to see what floor you are on
 You begin to walk the parking garage for what seem a very long time searching for your car
 Still circling the parking garage, you come across an elevator and get in
 You push the button for floor number 49 and feel elevator lift off the ground
 You turn around in the elevator and look through a tiny window and notice that it is dark outside
 it was as dark as you would imagine space to be
 And discover that the elevator is flying through space
 The elevator lands with a thump and the door opens
 you step out of the elevator onto a sandy terrain
 and notice the scenery of very tiny trees and a purple sky
 It is there that you see an animal sitting at the base of one of the trees
 The creature has very large ears, golden eyes, and blue fur - it reminds you of a cat mixed with an owl
 The animal beckons you over to deliver a message
 You walk over and lean to listen and the animal says - WAKE UP!
 Your vision propels you back to your bed where you see yourself sit up quickly - eyes wide open
 You turn to the clock on your nightstand and it reads 11:59pm
 You see yourself lay back down, resting your head back on the pillow and review the dream
 remembering the orange sweater, the old friend, the intricate labyrinth of the car garage, the elevator, and
 the exotic blue creature - and realize it was all just a dream
 As you see your eyes close once more to drift back to sleep - you say to yourself
 I am awake - I am aware
 YOU remember that life is but a dream
 and YOU have the power to wake up when you decide!

RETURN TO SANKALPA

Return your attention now to your Sankalpa - **I AM AWAKE AND AWARE**
 Repeat it in your mind, 3 times, loud and true, like an alarm clock reminding you that it is time to wake up
 and remember that you are the true creator of this life and beyond!
 Rest now and enjoy the bliss of your practice, knowing I will come to wake you in a moment

RETURN BACK TO BREATH & BODY

Staying awake in the dream means remaining anchored in the unwavering truth of your innate power to
 observe, discern and decide what you will create for your life and beyond!
 Returning your attention now back to the body, back to the breath
 Feel your body resting on the earth
 Take a deep breath in and out through the nose
 Feeling the breath help to awaken the body
 Begin to bring some small movements to the body
 Softly wiggling the fingers and toes
 Bringing all of your attention back to here and now
 Orienting yourself in this present space and time
 When you feel ready, slowly and gently open your eyes
 Stay quiet until you are ready to engage the world
 And if you feel up for it, grab your journal for reflection

Deep gratitude for yourself, your practice, and your willingness and courage to stay awake and aware