

Session 5 - TRANSFORMATION OF SELF IDENTITY

Welcome to session 5 - Transformation of Self Identity

Today, we embark on a journey with a very specific agenda of exploring who you believe yourself to be, and we will be working with the specifically designed Sankalpa - **I AM AWAKE AND AWARE**

It's not about defining who you believe yourself to be, it's about awakening who you truly are

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 your body

Spend the next moment ensuring you are as comfortable as possible, making any small adjustments that will help you to settle

Yoga Nidra is practiced in stillness

If any discomfort, twitches or itches arise do your best to calmly observe them, surrendering any action or reaction

Of course, you're always welcome to move if you must, just do your best to stay present

During your practice you may experience the mind drifting to thoughts, memories or images

Simply notice them and allow them to pass by - observing without judgement or correction - remaining unattached and maintaining your focus inward on Awareness

Your practice of Yoga Nidra begins now

Close down the eyes

Invite your whole being to soften and relax

As you settle into the comfortable space you have created for yourself

Softening the forehead

Releasing any tension in the jaw

Feeling the shoulders, the backs of the arms, the backs of the legs soften into the earth beneath you

Relax the bum - releasing any tension in the hips

Feeling your whole being soften and relax

Take a deep breath in through the nose, inflating the lungs, filling the whole body with breath

Keeping the mouth closed and parting the lips slightly, exhale slowly through the teeth

making a sound of SHHHHHH

Once more, deep breath in through the nose, completely filling the body with breath

exhale slowly through the teeth - SHHHHHH - like the sound of the gentle breeze

Continue breathing in and out through the nose, allowing the breath to form it's own soothing rhythm

And just as a river makes it's way through the valley, the breath makes it's way through the body carrying peace and tranquility throughout the body, while ushering out any tension or stress - leaving you feeling completely relaxed

And at peace just as you are

With every breath comes the opportunity to stay completely present, completely aware

Mindful in your innate wisdom

SANKALPA

Bring your attention to your Seat of Awareness in your 3rd eye center

The intersection of intellect and intuition

Here, in this sacred space, you plant the seed of Sankalpa, your heartfelt intention to remember who you truly are - **I AM AWAKE AND AWARE**

Repeat the Sankalpa mentally three times, with clarity and conviction - **I AM AWAKE AND AWARE**

This Sankalpa is your champion, supporting you on this journey inward to remember who you truly are

ROTATION OF ATTENTION

You will now be guided on a journey throughout the body with the intention of welcoming you into deep relaxation

As you are guided from point to point, your only task is to quietly observe, without any judgment or expectation

As you settle deeply into relaxation you remain awake and aware

Bring your attention to your RIGHT hand

Moving your attention over to your LEFT knee

Sending it to the LEFT hand

over to the RIGHT knee

Back to the RIGHT hand

LEFT knee

LEFT hand

RIGHT knee

Pause there and notice any sensation of energy flowing between the left and right sides of your body

Observe the cross pattern of the energy of you that flows infinitely through your body

As you soften deeply into relaxation

Now bring your attention to the top of your RIGHT shoulder

over to the outside of your LEFT hip

to the top of your LEFT shoulder

over to the outside of your RIGHT hip

Back to the RIGHT shoulder

LEFT hip

LEFT shoulder

RIGHT hip

Rest your attention there and become aware of the flow of energy crossing the body

Noticing any sensations within the body without judgement or correction

Settling deeper and deeper into relaxation

Bring your attention to the RIGHT shoulder blade - resting on the earth beneath you

Sending your attention over to the heel of your LEFT foot

over to the LEFT shoulder blade

down to the heel of your RIGHT foot

Back to the RIGHT shoulder blade

LEFT heel

LEFT shoulder blade

RIGHT heel

Pause there noticing any sensations of energy flowing between the right side and left side of your body

Observing the energy as it moves across the body in an infinite flow

As the body surrenders deeply into relaxation

Bring your attention to your RIGHT kidney on the right side of your lower back)

Send your attention inward to your LEFT lung

over to the LEFT kidney on the left side of your lower back

up to the RIGHT lung

Bringing your attention back to the RIGHT kidney

LEFT lung

LEFT kidney

RIGHT lung

Pausing there - staying present - become aware of the energy of you flowing between the lungs and

kidneys - vitalizing all the glands and organs in the trunk of the body

Noticing any sensations without corrections

As the body softens deeply into relaxation

Bring your attention to your RIGHT ear

Send your attention to your LEFT eye

over to your LEFT ear

and to your RIGHT eye

Moving it back to your RIGHT ear

LEFT eye

LEFT ear

RIGHT eye

Rest your attention there observing any sensation within the energy flowing throughout the face and head

Observing with patience

As the body rests deeply into relaxation

Bring your attention to the crown of your head

Pause there and observe the energy flowing in and out of the top of your head

Now send your attention all the way down the front of your body to the top of your RIGHT big toe

And now moving your attention up the backside of the body back up to the crown of your head

Now send your attention down the front of your body to the tip of your LEFT big toe

Now move your attention up the backside of the body - returning to the crown of the head

Sending it once more down the front to the RIGHT big toe

back up the backside to the top of your head

Sliding your attention back down the front to the LEFT big toe

And up the backside to the crown of your head

Rest your attention there at the top of your head

Observe the energy of you flowing from the crown of your head to your toes and back again

Notice the energy flowing up and down the front and backside of the body simultaneously

Allowing the body to settle into deeply relaxation as you stay present and aware of the energy of you flowing throughout the body in an infinite stream

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

Slowly inhaling through the nose for 4

Exhaling through the nose for 4

Continuing to lengthen and deepen each breath

Feeling the belly rise, the lungs inflate

Relaxing the body - - calming the mind

Staying in the present moment of breath

We will now take a breath from within the body

Send your attention to the soles of both of your feet

As you Inhale - draw the energy of you from the bottom of your feet - up the body and into the head

Exhaling out the crown of your head - feeling the energy of you being carried on the breath as it flows out of the top of your head

Inhaling again from the bottom of your feet - drawing the energy of you up the legs, up the spine

Exhaling through the crown of your head

Inhale - observing energy travel up your body - through your throat - and into your head

Exhale - feeling the energy of you flowing out of the top of the head and expanding beyond the body

Inhale from the base of your spine

Exhale out the top of the head - feeling the energy of you expanding and creating a boundary of protection in the shape of a transparent orb around your body

Inhaling from the soles of your feet - feeling the energy of you draw up through your body

Exhale through the crown - feeling the energy of you strengthen this protective boundary around your body

Continue breathing from within

Feeling the energy of you expand beyond the body - creating a patient, loving boundary around you

inhale from the sacrum

exhale out of the crown

Take one more breath - inhaling from your feet - feel the energy of you move up the body to the top of your head

Exhaling through the crown

Feeling the energetic essence of you expand beyond the body and fortify your healthy, loving boundary

Release control of the breath

Allow the breath to fall into it's natural cadence

Remain present and aware of the vibrational of energy of you expanding beyond the body creating your loving boundary of patience

VISUALIZATION

Bring your attention to your Seat of Awareness in your 3rd eye center

In your Seat of Awareness you are immersed in the radiant, amber glow of Awareness, expanding infinitely in every direction

In your seat you remain the quiet, unbiased observer

Bring to your attention the 3 dimensional cube of consciousness, situated in the right corner of your mind's eye

The small black cube is suspended in the amber glow of Infinite Awareness

This container of consciousness is filled completely with the color black and the only light emanating from this cube are the tiny bright starlike lights of beliefs that create, construct and manifest consciousness into being

The tiny bright lights are the beliefs you hold about yourself, about others, and about this reality

Your attention is situated in your seat of Awareness at your 3rd eye center

Feel the warm amber glow of Awareness emanating from within you, immersed in the silent stillness of patience

Bring your Seat of Awareness right next to the cube of consciousness, as it floats within the amber glow of Infinite Awareness

Reach in with your hand and pluck one of those lights of belief out of the cube and hold it in the palm of your hand

In your hand you now hold the belief of who you believe/perceive yourself to be

As the light fades in your hand, you see that it is a photo album of every moment of you in this life

On the cover of the album, you see a picture of a crowd of people, some you recognize, some you don't - this photo is a small representation of generations of family and acquaintances that came before you representing their thoughts, memories and beliefs about you that were in place before you were even born

As you open the photo album to the first page you see a picture of yourself as a baby

Just coming into the world and already identified with a gender, a temperament, and a predisposition of characteristics and traits inherited from your parents and family

Turning to the next page, and skimming by other pictures of you as a toddler and as a young child, you come to a picture of you as a teenager

At that point - For a little over a decade of your life, you had been under the influence of family, peers, educational instructors, religious leaders, and other members of society - all doing their best, in most cases, to help you develop into the person they believe you to be

Some of them encouraging your strengths while others (without meaning to) may have preyed on your weaknesses but none the less, all of their beliefs added to the layers of self identity that created your belief in yourself

Turning the page once more, you now come to a picture of yourself just as you are in this present moment

You can see the features of your face, your mouth, the color of your hair, your nose, your eyes

As you look upon this picture you begin to see the labels that appear around the side of the photo that describe characteristics and attributes of yourself

male, female - tall, short - daughter, son - outgoing, shy - helpful, selfish - calm temper, easily angered - optimistic, pessimistic - honest, insincere - unreliable, dependable

Take another look at the photo of this person you believe yourself to be right here, right now, along with all the labels that have either been given to you or you have given yourself

Take the page with the picture and labels out of the photo album and place it into a crystal clear bowl of water that is sitting to your left, within your seat of Awareness

As the page is submerged into the bowl

Watch as the purifying water begins to dissolve and clear away the labels of identity that have been give to you, opinions or judgements that you gave to yourself, personality traits that you believed you inherited, or any opinions of others be it a friend or a stranger - - ALL of these are merely beliefs that someone else held about you or that you hold about yourself

As all of the opinions and judgments, labels and identities are washed away you able to clearly see yourself for who you truly are

And as you gaze into the water you see the radiant amber glow of Infinite Awareness reflecting back

You see that you have been here all along, you were only cloaked in belief

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, as it resonates through your entire being

As you peel back the layers of belief about your self-identity -

The idea - the belief - of self falls away and the true you emerges - ever present, eternal, and infinite

Rest now and enjoy the bliss of your practice, knowing I will come to wake you in a moment

RETURN BACK TO BREATH & BODY

Returning back to body, back to breath

Take a deep breath in and out

As I count backwards from 5 down to 0, slowly begin to return your attention to your physical body - to the present time and space. There is no need to hurry. The count will be slow. Even after the count is complete, you'll have plenty of time to make the transition.

5. You are Infinite Awareness having a brief experience with consciousness

4. Be patient with yourself as you peel back the layers of perceived identity

3. Deep gratitude for your most formidable tools - your body and your mind - that help you navigate the experience of consciousness with grace and resilience

2. Your innate wisdom is accessed beyond believe

1. With a deep breath, start to bring your attention back to your body, gently moving your fingers - taking another deep breath in and out

0. Your practice of Yoga Nidra is complete. 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, for your practice, and for awakening who you truly are