

Session 3 - RAISING YOUR VIBRATION

Welcome to session 3 - Raising Your Vibration

Today, we embark on a journey with a very specific agenda of raising our frequency, and we will be working with the Sankalpa - **I AM AWAKE AND AWARE**

Remembering who you truly are naturally raises your vibration and creates a healthy, loving boundary that protects you without any extra effort, making it impossible for any low frequencies to reach you

PREPARATION & RELAXATION

Preparing 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 arises do your best to calmly observe it, surrendering any action or reaction

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

When you are ready, close down the eyes

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 focus inward on Awareness

Take a deep breath in through the nose - feeling the lungs inflate Open the mouth and exhale with a sigh - feeling the body soften and relax

Allow the breath to settle into it's natural rhythm

As the body relaxes

As the mind settles into stillness

Allow yourself to be just as you are - in this comfortable, secure space you have created for yourself

Soften your forehead

Soften your eyes behind the lids

Relax the shoulders away from the ears

Relax the jaw

Feel the connection of energy between the hips and the surface beneath you

Feel your arms and legs grow heavy on the earth

Softening any part of your body that is touching the ground beneath you

Allow yourself to be present in this moment

There is nothing to do, nowhere to be

Say to yourself, I will stay awake

Allow yourself to surrender into your practice as you remain present in your seat of Awareness as the quiet observer of all

Bring your attention to your breath

Simply be the observer of breath

Allow it to flow on it's own without control

As you observe the breath, notice the air flowing in and out through the nostrils

Letting it be just as it is

Each inhale brings a calmness that the breath guides throughout your entire body

Each exhale gently guides any tension or stress out of your body

With every breath there comes an opportunity to stay Fully present - Fully aware

SANKALPA

Bring your attention to your 3rd eye center, the space between your eyebrows, just slightly inward of the forehead and into your Seat of Awareness

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

With the intention of this Sankalpa you stand in your innate power from which you create your healthy, loving boundaries

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

Feel the vibration of the Sankalpa reverberate throughout your entire being

ROTATION OF ATTENTION

You will now be guided on a journey throughout the body

As your attention is guided to various places on the body, you remain the unbiased observer

With the only task of noticing any sensations

As the patient observer, you simply notice without judgement or correction

And as your attention is quickly guided, you remain - **AWAKE and AWARE**

Bring your attention to your **LEFT** foot

Feel it heavy and relaxed, supported by the earth

Now send our focused attention to your big toe

moving over to your pinky toe

sending your attention the top of your foot

to the inside arch of your foot

inside of the ankle

outside of the ankle

down to your heel

Feel into any sensation within the entire **LEFT** foot

Now bring your attention to your **LEFT** shin

moving around to the back of your calf

over to your **LEFT** knee cap

the back of your knee

Sending your attention to the top of the **LEFT** thigh

moving around to the back of the thigh

to outside of the **LEFT** hip

to the inside of the hip crease

Expand your attention to include the whole **LEFT** leg

Feeling heavy and relaxed, supported by the earth beneath you

Now move your attention over to the outside of your **RIGHT** hip

to the inside to the hip crease

around to the back of the thigh

over to the top of the **RIGHT** thigh

Sending your attention to your **RIGHT** knee cap

around to the back of the knee

sliding your focus of attention down your calf

moving out to the front of your **RIGHT** shin

Send your attention to the heel of your **RIGHT** foot

Moving it over to the outside of the ankle

to the inside of the ankle

sending your attention into the arch of your foot

onto the top of your foot

over to the pinky toe

sending your attention over to the big toe

Pause there and expand your attention to include the entire **RIGHT** leg from hip to foot

feeling soft and relaxed, supported by the space around you

Now bring your attention to the top of your **LEFT** shoulder

Moving your attention down your **LEFT** arm to the inside of your elbow

over to the outside of the wrist

3

to the inside of the wrist

to the outside of the **LEFT** hand

to the palm of the hand

to your **LEFT** thumb

Pause there and expand your attention to include the entire **LEFT** arm

Feel the arm heavy and relaxed, supported by the earth beneath you

Now bring your attention to your **RIGHT** thumb

Moving your focus your attention to the palm of your **RIGHT** hand

Now sending your attention to the outside of the hand

to inside of the wrist

to outside of the wrist

sending your attention up the **RIGHT** arm to the inside of the elbow

up to the top of your **RIGHT** shoulder

Pause there and broaden your attention to include your entire **RIGHT** arm

Feeling it soften and relax supported by the space around you

Now bring your attention to your sternum, the bone right in the middle of your chest

Moving your your attention down your sternum to your naval

continuing to move your attention down to your pelvic area

Bring your attention around to your lower back

Moving your your attention from the tail bone it up the spine - through each vertebrae

expanding your attention to include both of your shoulder blades

moving your attention up to the back of your neck

sending it around your attention around the front to your throat

over to the jaw

to the inside to the tongue

to your two front teeth

to both lips

sending your attention to your **LEFT** ear

moving it to your **RIGHT** ear

over to your **LEFT** cheek

over to your **RIGHT** cheek

moving your attention to the bridge of your nose

sending your attention to your **LEFT** eye

over to your **RIGHT** eye

up to your 3rd eye - the space between the eyebrows

Moving your attention all the way up to the crown of your head

Now expand your attention to include your entire body

From the crown of your head all the way down to your toes

Feeling the body soften and relax as you remain the quiet observer of all

As your attention expands to encompass the entire body, your vibration increases, raising your frequency

unifying the parts of the physical body into one frequency

BREATHWORK

Bring your attention to your breath

Place your attention at the tip of your nose

Begin to focus on the energy of the breath riding in and out of the body through the nose

Feel the cool air as the breath enters the body

Feel the air slightly warmer it leaves the body

Now begin to deepen the breath - slowly inhale - filling the lungs completely

Lengthening the exhaling - slowly allowing the air roll out out

Take another slow, deep breath in and out through the nose

Feeling the continuous movement of energy flow throughout your body as you breathe

Up until now, you have been taking the breath from outside of the body

We will now take a breath from within the body

Send your attention to your sacrum - at the base of your spine

Inhale your breath from your sacrum - feeling energy of you draw up your spine and into the head

Exhaling the breath out the crown of your head - feeling the energy of you flow out of the top of your head as the breath is exhaled

Inhaling again from the sacrum - drawing the energy of the you from the base of your spine

Exhaling through the top of your head

Feeling the energy of you flowing out and expanding beyond your body

Inhale from the base of your spine - Observing as it travels - through your throat - and into your head

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

Inhale - drawing the energy up

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 sacrum - 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

Now bring your attention to your Seat of Awareness in your 3rd eye center

From your seat

See the radiant, amber glow of Awareness expanding infinitely in every direction

Beside you, behind you, above you, below you, within you

Feel the warm, luminous light of Infinite Awareness filling your senses

Listen to the soft humming of the vibrational energy of Infinite Awareness

Your Seat of Awareness is the integration point of all parts of being that were once thought to be separate

Your physical body, your energetic body, your mind are all ONE

As you reintegrate the parts and come into remembrance of who you truly you awaken the innate wisdom of you

Bring the image of your physical body into your Seat of Awareness

See your legs in a comfortable seated position with your hands resting gently on your thighs

Sitting up straight

Feel your spine grow tall as you slide your shoulder blades down your back

As you root down through your sit bones

Feel yourself grounding into the amber glow of your Seat of Awareness

As your physical body is now settled into your Seat of Awareness

See yourself holding a vibrant **RED** ball of energy spinning in your LEFT hand

With your hand, place that **RED** ball of energy into your root chakra - between the perineum and the base of your spine

Feel the energy radiating, filling your pelvic bowl from front to back

Feeling safe and at peace . . . and grounded in the innate wisdom of you

Now see yourself holding a warm **ORANGE** ball of energy spinning in your RIGHT hand

Place that **ORANGE** ball of energy into your sacral chakra - in your lower abdomen about 2 inches below the naval

Feel the energy vibrating throughout the lower abdomen and organs of the belly

Feeling strong and healthy . . . and grounded in vitality

Notice how the spinning ball of red energy in the sacrum and the spinning ball of orange energy in the abdomen begin to turn in unison - synchronizing each frequencies into one

Now see yourself holding a bright **YELLOW** ball of pining energy in your LEFT hand

Place that **YELLOW** ball of energy into your solar plexus, between the naval and the bottom of the rib cage

Feel the energy flowing throughout the muscles and organs in the upper abdomen

Feeling flexible and patient . . . and grounded in resilience

Notice how the yellow ball of energy begins to spin in unison with the red and orange balls of energy - synchronizing their frequencies into one

Now see yourself holding a emerald **GREEN** ball of energy spinning in your RIGHT hand

Place that **GREEN** ball of energy into your heart center - right in the middle of your chest

Feel the energy pulsating throughout the nerves, bones, lungs and heart

Feeling gratitude and compassion. . . . and grounded in unconditional love

Notice how the green ball of energy begins to turn in unison with the red, orange, and yellow balls of energy - synchronizing their frequencies into one

Now see yourself holding a bright **BLUE** ball of energy spinning in your LEFT hand

Place that **BLUE** ball of energy into your throat chakra at the base of your neck

Feel the energy reverberating throughout your upper spine, neck and vocal cords

Feeling clear and focused and grounded in clarity

Notice how the blue ball of energy begins to spin in unison with the red, orange, yellow and green balls of energy - synchronizing their frequencies into one

Now see yourself holding a deep **PURPLE** ball of spinning energy in your RIGHT hand

With your hand, place that PURPLE ball of energy into your third eye center - in the center of your forehead

Feel the energy illuminating your skull and brain, feeling it behind the eyes to the back of your head

Feeling present and mindful and grounded in the innate wisdom of you

Notice how the purple ball of energy begins to turn in unison with the red, orange, yellow, green, and blue balls of energy - synchronizing their frequencies into one

Now see yourself holding a bright, brilliant **WHITE** ball of energy spinning the in both hands

Raise your hands over your head and place that brilliant WHITE ball of energy at the crown of your head - at the very top

Feel the energy vibrating throughout your entire being, your physical body, your energy body, your mind

Feeling light and free grounded in the remembrance of who you truly are

Now SEE all of the balls of energy - the red, orange, yellow, green, blue, purple and white spinning in unison - synchronizing their frequencies into one Infinite Frequency of Love

LISTEN to HEAR the humming of the vibration reverberating throughout your entire being

FEEL the vibration throughout your WHOLE being...

- your physical body- your spine, your bones, your organs, your blood, your skin

- feeling the vibration in your energetic body - feeling the energy pulsating through every energy center of the body

- Feeling the vibration throughout the mind, your 3rd eye center, throughout your Seat of Awareness

Feel yourself perfectly synchronized - and - completely grounded in the innate wisdom of you

When your entire being is resonating together in one frequency the illusions of separation and division dissolve

As your WHOLE being begins to vibrate in the infinite frequency of love you naturally create a glorious loving boundary around and throughout your entire being

Your loving boundary does not acknowledge judgment, guilt, shame or regret

Your loving boundary is without emotion or attachment to any outcome

Your loving boundary is a space of patience from which you observe, discern and decide what you will create for your life and beyond

Your loving boundary is an impenetrable force that only love can pass through - in or out
 In your loving boundary you are safe, you are whole, you are one
 The frequency of love is immeasurable
 You are immeasurable
 The frequency of love is infinite
 You are infinite

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, feeling it resonates throughout the entirety of you
 You are the loving boundary - emanating compassion and patience
 When you resonate in your true frequency of love you stand in your innate power
 as the creator of your life and beyond
 Rest now in your loving boundary and enjoy the bliss of your practice, knowing I will come to wake you in
 a few moments

RETURN BACK TO BREATH & BODY

You are Infinite Awareness resonating in the infinite frequency of love
 Slowly returning your attention back to here and now
 Call upon the breath to guide your attention back to your physical body
 With a deep inhale and a long, slow exhale
 Your practice of Yoga Nidra is complete
 Orienting yourself in this present space and time
 Feel your body resting on the earth
 Feel the air caressing your skin
 Feel the peace and serenity in your heart
 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
 As you move through this life with the help of this beautiful vessel we call body and the energy of the
 breath, you remain in the remembrance of who you truly are
 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 raising your frequency