

Session 9 - BEYOND FREEDOM

Freedom is not something to be attained - it is merely an idea that keeps you trapped in a belief that you are not free. You are boundless, formless, infinite. You ARE free!

For this practice, we will be working with the specifically designed Sankalpa - **I AM INFINITE AWARENESS**

PREPARATION & RELAXATION

Preparing for your practice by finding a comfortable place to lie down with your arms and legs extended utilizing any of your props to make yourself as comfortable as possible
 Take a deep breath in through the nose filling the body with breath
 Pause at the top of the breath and sip a little bit more
 Open the mouth wide, stick out your tongue and exhale forcefully with a HA!
 Close the mouth
 Continue to breathe in and out through the nose
 Allowing the breath to find it's own natural rhythm
 Feel your body automatically relax as your breath guides sensations of softness and relaxation throughout the body and ushers out any tension or stress
 Soften the points where your heels make contact with the earth
 Release any tension in the hips by unclenching the buttocks
 Feel your arms and legs grow heavy
 Release any tension the jaw
 Relax the tongue away from the roof of the mouth
 Soften forehead
 Feeling the mind grow silent and still
 Becoming present in Awareness, as the quiet observer of all
 Your practice of Yoga Nidra begins now

SANKALPA

Bring your focus of attention to your Seat of Awareness, in your 3rd eye center, the place from which you observe, discern, and decide
 It is there in your Seat of Awareness that you plant the seed of Sankalpa, your heartfelt intention and deep resolve to remember who you truly are beyond this physical body, beyond this belief of being....
 Your Sankalpa - **I AM INFINITE AWARENESS**
 Repeat the Sankalpa, mentally 3 times **I AM INFINITE AWARENESS**
 Your Sankalpa is the provision for the journey as you venture beyond the idea of freedom to realign with the innate wisdom of you

ROTATION OF ATTENTION

You will now be guided on a journey throughout the body with the intention of promoting deep relaxation for the body and clearing the mind
 and the only task that is asked of you is to stay awake and aware
 As you maintain a consistent focus of attention in your Seat of Awareness, at your 3rd eye center
 You will be asked to expand your attention to include the points on the body that are called out
 Bring your attention to the crown of your head
 move it around to the back of your head resting on the earth beneath you
 send it down to the back of the neck
 and over to the LEFT shoulder blade
 moving it to the RIGHT shoulder blade
 expanding your attention to include the whole of the spine
 widening your attention to include the LEFT kidney
 and the RIGHT kidney
 as well as the sacrum - at the base of the spine

Now expanding your attention to include
 the LEFT triceps on the back of the arm
 and the RIGHT triceps
 the outside tip of the LEFT elbow
 sending your attention to the outside tip of the RIGHT elbow
 moving it to the part of the LEFT forearm resting on the surface beneath you
 sending it over to the part of the RIGHT forearm resting on the surface beneath you
 moving it to the side of the LEFT wrist touching ground under you
 and over to the the side of the RIGHT wrist touching ground under you
 moving your attention to the side of the LEFT hand on the ground
 and over to the side of the RIGHT hand on the ground

Now broaden your attention to include
 the LEFT bum cheek
 the RIGHT bum check
 the back of the LEFT thigh
 the back of the RIGHT thigh
 back of the LEFT knee
 back of the RIGHT knee
 the LEFT calf
 the RIGHT calf
 down to the LEFT heel
 and over to the RIGHT heel

Pause there - quietly observing the energy of you flowing throughout the back side of the body
 Notice how your attention has expanded to include your Seat of Awareness, at the 3rd eye center and the
 entire back of the body
 Feel the whole back side of the body grow soft and heavy - feeling supported by the earth beneath you
 Noticing any sensations in the body without judgment or correction
 As you soften deeply into relaxation

Now expand your attention even further to include the sole of your LEFT foot
 as well as the sole of your RIGHT foot
 bringing your attention to the tip of your LEFT big toe
 over to the RIGHT big toe
 moving it to the top of your LEFT foot
 over to the top of your RIGHT foot
 sending it to the LEFT shin
 over to the RIGHT shin
 up to the LEFT knee cap
 over to the RIGHT knee cap
 sending you attention to the front of the LEFT thigh
 and over front of the RIGHT thigh
 sending your attention to the LEFT front hip crease
 over to the RIGHT hip crease

Broadening your attention to include
 the thumb on your LEFT hand
 as well as the thumb on your RIGHT hand
 the LEFT wrist
 the RIGHT wrist
 moving your attention to the inside of your LEFT elbow
 and over to the inside of your RIGHT elbow
 sending your attention to top of the LEFT shoulder
 and over to the top of the RIGHT shoulder

now broaden your attention to include your naval
 as well as the LEFT side of the rib cage
 the RIGHT rib cage
 sending your attention to your the hear center
 the divot at the base of your throat

Now expanding your attention to include
 the tip of your chin
 your lower lip
 upper lip
 the LEFT cheek
 the RIGHT cheek
 sending your attention to the LEFT ear
 and over to the RIGHT ear
 up to the LEFT eye
 and RIGHT eye
 sending your attention to the middle of your forehead

Bringing your attention full circle back to the crown of your head
 Pause there patiently observing the energy of you flowing throughout the front side of the body
 Feeling the entire front of the body supported by the space around you
 Notice how your attention has expanded to include your Seat of Awareness, at the 3rd eye center and the
 entire body - both front and back
 Calmly observing any sensations within the body with nothing to fix or change
 As your body settles into the serenity of deep relaxation

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 - Exhaling for 4
 Slowly inhaling through the nose for 4 - Exhaling for 4
 Continuing to lengthen and deepen each breath
 Feeling the belly rise, and the upper lobes of the lungs inflate
 Feeling as the breath help to relax the body and calm the mind
 Now moving into a dynamic breath
 It is a 2 part inhale through the nose - soft exhale through the nose
 first inhale inflates the belly (breath)
 the second inhale inflates the chest
 exhale through the nose
 inhale once to inflate the belly
 again to inflate the chest
 exhale
 inhale belly
 chest
 exhale
 continue at your own pace
 inhale fills the belly - then the chest - exhale
 keeping your focus of attention on the breath
 inhale belly - chest - exhale
 if any thoughts float in - simply let them be and

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mindfully guide your attention back to the breath
inhale fills the belly - inhale fills the chest - exhale
feeling the sensations but not attaching to them
remaining the quiet observer
final few breaths
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
inhaling twice through the nose
exhale 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 your breath to return to it's natural rhythm
Releasing any control
Remaining the quiet observer of sensations or thoughts
Feeling the energy of you flowing throughout and beyond the body

VISUALIZATION

Position yourself and your attention in your Seat of Awareness at your third eye center
immersed in the amber glow emanating from within, extending infinitely
Feeling the warm, luminous light of Infinite Awareness - that is you!
Bring your attention to the 3 dimensional cube of consciousness, situated in the right corner of your
mind's eye, suspended within the amber glow of you
This container of consciousness is filled completely with the color black with the only light emanating from
the tiny bright starlike lights of beliefs that create, construct and manifest consciousness into being
Up until now you have been reaching into the cube from the side to pull out beliefs and examine them
Now you find yourself inside the cube
Safe within the loving, tranquil boundary of your transparent orb - your Seat of Awareness
As you float in the center of the cube - it feels a bit like floating in space, with no gravity pulling you any
particular direction - you remain steadfast and resolved in your Seat of Awareness
From the vantage point of your seat, you are able to patiently observe the bright lights of belief shining all
around you - amongst the black backdrop of consciousness
In your Seat of Awareness, you are the quiet spectator of all consciousness
Remember your attention is your flashlight that illuminates consciousness
As your attention shines bright, it dims the light of belief and exposes it for what it truly is
Now bring your gaze of attention beyond the starlike lights of belief floating throughout the center of the
cube
And take your attention through the darkness of consciousness and begin to notice the outside edges of
the cube
You can see the amber glow of Infinite Awareness just beyond the boarder of the cube but for now your
attention is stopped at the edge of consciousness
The perimeter of the cube is glimmering with bright, brilliant light, like that of a rising sun - it's almost
blinding - but as your attention hones in - the light begins to dim and you can now see shapes taking form
The border of the cube consists of lights shaped like bars of a cage
perfectly spaced in a tight formation
Through each rung - you can still see the amber glow of Awareness just beyond them
But for now your attention remains on the bars of light that are containing consciousness

As you narrow your focus, the lights begin to dim even more and you can now see clearly what these bar-like figures truly are

The light bars creating this cage that contains consciousness are those of hope

It is the belief in hope - which is a desire for a possible outcome, as well as a fear that something will or will not happen

Hope is the illuminating light of this belief and fear is the shadow that casts the black backdrop of consciousness

From your Seat of Awareness - you now begin to see the forms and figures of people hanging on to the bars of hope

Gripping it tight with their hands hugging these bars of hope tight to their bodies

This grasping on to hope has created a desperation and has kept people in the darkness of fear, concealing their innate wisdom and power

This belief in hope is so strong, so prevalent, so deeply rooted that it has literally trapped people, trapped you, in an infinity loop of fear

From your Seat of Awareness - you can see an image of yourself grasping on to two of the bars

As your focus of attention narrows, you can see the expression on your face as you grip onto hope

It is tight and pinched - your brows furrowed, eyes shut tight

You see yourself suffering in hope

At this moment, you remember and - you take a breath

With that restoring breath, you see yourself begin to loosen your grip on the bars

With that vitalizing breath, you can feel the infinite energy of you coursing throughout the body and you can see your face begin to soften and your fingers begin to open

With that breath, you awaken your true self and see the palms of your hands detaching from the bars of hope

You see yourself letting go

With a sensation of relief - You feel yourself letting go

Letting go of the fear that something will or will not happen

Letting go of the expectation of the hope that someone else has or will dictate or decide your future

When you let go of hope - the bars begin to dissolve and disappear

When you let go of hope - the shadow of fear fades and dispels

When you let go you find yourself immersed in the warm amber glow of Infinite Awareness that is you!

RETURN TO SANKALPA

Return now to your Sankalpa **I AM INFINITE AWARENESS**

Repeat it in your mind, 3 times, loud and true, feeling it resonates throughout your entire being

Beyond freedom is letting go of the idea that you are not already free

You are boundless, infinite, eternal - you are free

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

RETURN BACK TO BREATH & BODY

Your true nature is Infinite Awareness that resonates in the immeasurable frequency of love and You are the true creator of this life and beyond

As I count backwards from 5 down to 0, slowly begin to return your attention to the physical body - to the present time and space

5. The concept of freedom was built on an illusion that you are not already free

4. Beyond freedom is beyond possibility and probability

3. Beyond freedom is beyond the demands of choice and sacrifice

2. Your light of attention illuminates your truth

1. With a deep breath, start to bring your attention back to the 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 your willingness and courage to venture beyond belief