

Session 10 - SHEDDING A NEW LIGHT ON DEATH

Welcome to session 10

Deep gratitude for yourself for embarking on this expedition beyond belief
we now begin our final journey with the intention of shedding a new light on death
And we will be working with the Sankalpa - **I AM INFINITE AWARENESS**

PREPARATION & RELAXATION

Prepare for your practice by lying on your back with your arms and legs extended comfortably- utilizing any of your props to help support the body

Take a deep breath in - deep breath out
settling into your space

This time open the mouth slightly and take a deep breath in through the nose and mouth at the same time filling all the way up

Briefly pausing at the top of the breath and release the breath out through the nose and mouth simultaneously

Doing that one more time....

Deep breath in through the nose and mouth- fill all the way up

Pause for 5-1 Exhale through the nose and mouth

Feel the energy stirring in your chest and spread throughout your legs and arms

Feeling it move into your neck, your face and out through your crown of your head
continuing the breath in and out through the nose

Keeping the muscles of the jaw soft, relaxing the tongue

Allowing the breath to find it's own natural rhythm

Feeling your entire being expand with vital energy with each inhale

And the body soften with each exhale as the breath guides out any stress or tension

Send your next breath to the points where your body makes contact with the space beneath you

Feeling the back of the body soften and relax with each breath

Feel your arms and legs grow heavy

Soften the eyes behind the lids

See if there is anywhere else on your body or in your being that you can soften just a little bit more

With each breath, feel a gentle wave of relaxation ebbing and flowing throughout the body

Soothing and comforting every part of your being

Feeling the mind grow silent and still

Becoming present in Awareness, the quiet observer of all

Your practice of Yoga Nidra begins now

SANKALPA

With your attention, bring your Seat of Awareness to your 3rd eye center

Feel the warm amber glow of Infinite Awareness emanating from within you - extending infinitely beyond

It is here where you plant the seed of Sankalpa, your heartfelt intention and deep resolve to awaken who you truly are beyond this physical body, beyond this belief of being

Repeat your Sankalpa, mentally 3 times **I AM INFINITE AWARENESS**

As you say these words, think these words, feel these words - you create a permanent impression of this Sankalpa reminding consciousness of who you truly are

This Sankalpa has been and will always be your beacon guiding you back to the wisdom of you

ROTATION OF ATTENTION

Bring your attention to your whole body lying in the serene space you have created for yourself

Feel the points where the body touches the surface supporting you - the back of the head, the shoulders, the backs of the arms and the legs, the heels

Feel the entire back of the body resting on the surface under you

Connecting to the earth beneath you

Feel the consistent flow of energy between you and the earth

Your attention will now be guided throughout the body with the intention of noticing the frequency of the vibrational energy within you and around you

And as your attention is guided, you remain awake and aware

Send your attention to the heel of the **RIGHT** foot
 Notice the frequency of energy within the heel
 Now move your attention down into the earth - 2 inches directly below the heel
 Become aware of how your attention has expanded to include the heel of your foot and the energy field just below the heel
 Patiently observing any sensations without judgment or correction
 Relaxing into the frequency of energy within the heel and within the space surrounding the heel of your **RIGHT** foot

Bring your attention to the heel of the **LEFT** foot
 Notice the frequency of energy flowing throughout
 Now move your attention down into the earth - 2 inches directly below the heel
 Become aware of how your attention has expanded to include the heel of your foot and the energy field just below the heel
 Quietly observing any sensations without judgment or correction
 Relaxing into the frequency of energy within the heel and within the space surrounding the heel of your **LEFT** foot

Move your attention to the top of your **RIGHT** knee cap
 Notice the vibrational energy moving throughout the top of the knee
 Now move your attention into the space 2 inches directly above the knee
 Become aware of the feeling of energy in the space above your body
 Calmly observing any sensations, nothing to fix or change
 Settling your attention into the energy field within the knee and the space around your **RIGHT** knee

Now send your attention to the top of your **LEFT** knee cap
 Notice the vibrational energy flowing throughout the top of the knee
 Now move your attention into the space 2 inches directly above the knee
 Become aware of how your attention has expanded to include the **LEFT** knee and the space above your knee
 Simply observing any sensations, with nothing to change or manage
 Resting deeply into the energy field within the knee and the space around the **LEFT** knee

Now move your focus of attention your **bum** - resting on the earth beneath you
 Notice the frequency of energy flowing throughout both buttocks
 Now expand your attention into the space 2 inches directly beneath the bum
 Become aware of the frequency of energy flowing between the body and the earth beneath you
 Calmly observing any sensations, releasing any stress or tension
 Softening into the frequency of energy within the bum and the space beneath the body

Bring your attention to your **heart** center
 Notice the vibrational energy flowing within your heart space
 Moving your attention 2 inches above your chest, become aware of your expanded attention that now includes the heart and the space above your chest
 Patiently observing any sensations, without judgment or expectation
 Softening into the vibrational energy within the heart and the space around you

Now move your attention to both of your **shoulder** blades resting on the earth beneath you
 Notice the frequency of energy flowing throughout the back of both shoulders
 Now expand your attention into the space 2 inches directly beneath the shoulders
 Become aware of the frequency of energy flowing between the body and the earth beneath you
 Quietly observing any sensations, releasing any stress or tension within the shoulders
 Resting into the frequency of energy within the shoulders and the space beneath the body

Send your attention to your **3rd eye center** - to the space between your eyebrows
 Expand your attention to include the space 2 inches above the forehead body

3

Becoming aware of the vibrational energy flowing between your 3rd eye center and the space above the body

Patiently observing any sensation, without judgement or conviction

Relaxing into the vibrational energy within the 3rd eye center and the space beyond

Now expand your attention to focus on the entire body

Supported by the space beneath you

Held by the space around you

Broadening your attention to include your physical body and the energy field that flows 2 inches all around your body

Pause and take a moment to notice any sensations within the energy moving between the physical body and the space around you

Peacefully observing any sensations within the flow of energy

Notice any thoughts or emotions calling for your attention

Remaining neutral without judgment or expectation, allowing them to pass by

Patiently observing with neutrality

Completely surrendering into the serenity of Infinite Awareness

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 through the nose

Observing 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

Noticing how the breath helps to relax the body and calm 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

Exhale the breath 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 bottom of your feet

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 the body

Continue breathing from within

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

inhale from the soles of the feet

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 the breath 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
 Finding symmetry with the body
 Remain present and aware of the vibrational of energy of you expanding beyond the body creating your healthy, loving boundary of patience

VISUALIZATION

in darkness there is a compelling sense of wonder
 void of anything but a lingering question - **where am I?**

it all begins with a sensation
 a feeling within the obscure confinement of this darkness....not able to determine if the feeling is a source of comfort or anguish

the surrounding black construct of darkness pulses in a consistent pattern (HEART BEAT)

an intangible force dictates a definitive rhythm and a tempo has set a pace (CLOCK TICKING)

just when it seems like this is all there is

the barrier of this confined space begins to shift erratically
 the pressure making it uncomfortable, almost unbearable

a ray of light suddenly appears dividing the darkness

and offers a sense of hope for these uncertain tribulations

the force of the shifting movement is pushing you toward the illuminated chasm
 and the light grows brighter and reveals a thin veil that seems to be cloaking something

The same force that is pushing toward the light is also pulling from within the phosphorescent glow

Another question begins to form - **where am I going?**

The expanding light is blinding
 The only sensation now is from the force pushing through the mysterious veil and the feeling of falling into a realm of uncertainty

 As you are pushed through the veil - You gasp for your first breath

where am i? you wonder
 but then quickly forget all about the inquiry as a sense of urgency arises and you gasps and cry for air

once a steady cadence of breath has set in, the crying subsides and you begin to feel more calm
 but a secondary urgency arises and you reach out your hand for reassurance
and is comforted briefly by a soft touch

 You come into this world with an identity in tact including a gender, a name and a predisposition of characteristics and traits that you inherit from your parents

 The first few trips around the sun are filled with wonder and discovery
 And you often find yourself pondering...where did I come from?

 Your parents and family do their best to help acclimate you to this life by providing guidelines and rules, while familiarizing you with generations of morals, customs and beliefs

 You are taken to church where you are indoctrinated into an ideology that only presents more uncertainty
 You are raised to both fear and love a creator
 and you are discouraged from questioning a faith that demands you to trust that a higher power has a plan for you
 and it leaves you wanting to know - **why would someone else have a plan for me?**

You are dropped off a school where you learn to be obedient
 You are rewarded for good behavior and punished for any behavior that is deemed unacceptable
 You are discouraged from asking questions...especially the probing question of why?..... and you are consistently assured that you can trust the system because it has your best interest in mind
 It feels deflating but you trudge on in your endeavor and asks the question aloud, but quietly to yourself....**why can't I know why?**

in your 20's your pursue the idea of love hoping that it will save you from a lifetime of loneliness
 but after a few rocky relationships and a broken heart, you come to the conclusion that the belief in love is conditional
 Dependent upon the perception of love that each person has
 Your encounters leave you feeling empty and longing for more...but more of what?
 the entire experience leaves you inquiring once again....**what is love, truly?**

in your 30's you pursue a career, confident that it will provide you a safety net from the financial burdens of life but after a few dead-end jobs and a layoff, you find yourself in a mountain of debt that you have acquired trying to keep up with the Jones'
 Feeling defeated - you lay down on the living room floor and cry....**what am I doing here?**

in your 40's you go in search of life's purpose
 You find a guru who convinces you that in order to reach enlightenment you must accept that suffering
 You are then instructed to wash the guru's car and told that it is the first step on your way to enlightenment as it will begin the process of restitution for your karmic debt
 as you submerge the sponge into the soapy water you sarcastically mutter to yourself - **what is the point of all of this?**

in your 50's you believe you are going through a midlife crisis and a doctor attempts to convince you that the only cure for your ailment is a pill - - and no matter how many second opinions you acquire you are always prescribed the same believed solution
 frustrated in your attempts, you finally decide to do some research of your own and learn the truth - the truth that all of the doctors that you have consulted work for the same corporation and so their solution to your ailment will always be the same
 this new insight has you befuddled and you begin to have your first thoughts about what happens after this life and quietly ask yourself....**what is death?**

in your 60's you pursue a self help coach who reassures you that what you have been looking for has always been inside of you
 You have no idea what to do with this information
 you throw up your arms in frustration and cry out ...**I don't even know what I am looking for anymore - but why haven't I found it yet?**

at 70 you take your last breath - the clock stops but time on continues

You are submerged in the familiar darkness
 You no longer feel the need to draw breath
 You see a tunnel of light amongst the darkness - it is warm and inviting
 and you push through a thin veil to get to the light

On the other side of the veil, you find yourself standing in front of a council of elders who are sitting in chairs behind a tall, curved counter they are screening a replay of your life, examining every facet of your actions, your thoughts and your behaviors

You feel a strong urge to start repenting, hoping that by begging for forgiveness it will unburden you from a lifetime of guilt

but the feeling quickly fades when you ask yourself

- why do I feel the need to defend my life to these people, who are they?

Your old guru suddenly appears to your **right** and attempts to convince you to go back to a human life so that you can learn more lessons and repay the rest of your karmic debt

You think for a moment about your time with this guru and realize that all the car washings in a lifetime would not wipe the slate clean

You ask yourself - if the true purpose of reincarnation is to undergo spiritual growth, learn lessons and pay off karmic debt, why will I not remember previous incarnations, and have to keep starting over?

a tall BEING, whom you have never seen before and have a hard time describing to yourself, appears to your **left** and offers to take you into the 5th dimensions where you will apparently be upgraded

You ponder the idea for a moment, trying to wrap your head around the offer that has been presented. The unknown and unrecognizable BEING senses your hesitation and quickly changes tactics to offer you the opportunity to go live on another planet.

You are surprised at the invitation, and take a second to consider just how different things would be on another planet.

But while you are considering, the familial god from your early childhood years appears directly in front of you.

A bright halo of white light illuminating this god head figure from behind.

He offers you redemption for your transgressions and the opportunity to see family and friends again.

In that same moment

An image of your great grandmother emerges from the light behind the god figure.

You can't believe you were seeing her - is it really her? you ask yourself.

She extends a hand to offer a sense of reassurance.

but when you reach out for her, the image of this person dispels into the light. Was it really her? you repeat quietly.

In that very instant, you remember !!

You remember that this life, this reality, this death is all dependent upon your belief in all of it.

all of the time spent questioning had only gotten you caught in the trap of infinity.

You know now that you have only forgotten
forgotten who you truly are.

You realize that you don't have to rely on someone else to save you
or believe that someone else has a plan for you.

And so you decide !!

You decide that you are done listening to the advice of others.

You are done seeking approval from an authority figure.

You are done asking for permission from anyone.

And it all stops

- the wondering stops

- the worrying stops

- the hoping stops

There is
no more judgement
no more fear

no more illusion of choice
there is no more suffering of consequences

no ideas or possibilities

The task of observing has ended
the questioning is concluded
the flashlight of attention is no longer needed
all thinking is ceased

only a decision remains
the decision to let go

You instantly find yourself immersed in the amber glow of Infinite Awareness

When you decide to let go
the council, the guru, the indescribable being, and the god head figure all disappear

the faint outline of the 3 dimensional cube of consciousness and all of the starlike lights of belief start to dissolve and dispel

You have awoken and you know who you truly are and
you decide your own fate in life and beyond!

RETURN TO SANKALPA

Return now to your Sankalpa, your heartfelt devotion to yourself to awaken who you truly are
Repeated it 3 times, loud and true...**I AM INFINITE AWARENESS!**

When you forget, you suffer
When you awaken, you are free!

Rest now and enjoy the bliss of your practice knowing I will return in a moment to guide you back

RETURN BACK TO BREATH & BODY

Returning back to body, back to breath

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. Letting go is a decision made with no expectation

3. Your Seat of Awareness is a place of patience where you observe, discern and decide what you will create for this life and beyond

2. Your innate wisdom is accessed beyond belief

1. With a deep breath, start to bring your attention back to your body, gently moving the fingers and toes - take 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, your practice and your willingness to persevere on this journey beyond belief