

Session 4 - BEYOND BELIEF

Welcome to session 4 - Beyond Belief

Today, we embark on a journey with a very specific agenda of venturing out beyond belief to awaken your innate wisdom, and we will be working with the specifically designed Sankalpa for this practice - **I AM AWAKE AND AWARE**

Your Seat of Awareness is a place of patience from which you observe, discern and decide what you will create for your life and beyond

PREPARATION & RELAXATION

Making sure you have all your props before we begin - pillows, blankets, eye covering to make yourself as comfortable as possible

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

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

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

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

Close down the eyes

As you make any final adjustments

Feel the body begin to settle into stillness

Feel the mind settle into stillness

Begin to notice your breath, allowing it to be just as it is

Observing the effortless rhythm

Feeling the air pass in and out of the nostrils

Take a slow deep breath in through the nose, filling the lungs

Exhale slowly while making a humming sound

Another breath in

Exhale - humming

Continue breathing in and out through the nose

Feel every muscle within your body sigh into relaxation

Observing your attention of the breath - notice how it anchors you in this present moment

Allow yourself to settle into this comfortable, safe space you have created for yourself

Feel a sense of peace drape over your eyes

Let go of any tension the jaw - allowing the lips to part slightly

Relax the tongue away from the roof of the mouth

Soften your forehead

Allow the points of the body that are touching the earth to grow heavy and still
the heels, the back of the legs, the wrists, the shoulders, the back of the head

Invite the whole body to rest and soften

Your practice of Yoga Nidra begins now

Feel yourself supported by the earth beneath you

Feel your entire being held by the space around you

Allow yourself to be present in this moment

There is nothing to do, nowhere to be

Say to yourself, I will stay awake

Take notice of any sounds that may be around you

Allow them to drift through Awareness, simply noticing them in the background, paying them no attention

Keeping your focused, patient attention in this present moment of your practice
 As you settle deeply into relaxation, invite your senses to draw inward and focus on the serenity of Awareness
 Observing the stillness in the space between thoughts and sounds
 Feeling a deep inner peace and clarity from within
 Softening into the wisdom of you

SANKALPA

Bringing your attention to your mind's eye - your 3rd eye, right between the eyebrows, just slightly inward of the forehead

Here, in this sacred space, in your Seat of Awareness, you plant the seed of Sankalpa

- I AM AWAKE AND AWARE

With this Sankalpa you stand in your innate power to create the life you desire

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

Feel the vibration of the Sankalpa reverberate throughout your entire being

Filling every space of you with its presence

This Sankalpa is your beacon of light guiding you inward to the wisdom of you

ROTATION OF ATTENTION

You will now be guided on a journey of relaxation throughout various points of the body

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

Begin by feeling your entire body as it rests on earth beneath you

Feel the connection between you and the earth

As your attention is guided around the body, you remain the unbiased observer

With the only task of patiently noticing any sensations within the body or within the mind - without judgment or correction

Your attention is your most powerful tool

See your attention as a flashlight that can adjust to a narrow or wide beam of brilliant white light

When your attention moves, the light moves - illuminating your point of focus

Notice when your attention is narrowed to concentrate on one spot and notice when it is wide to encompass a broader area

FEET

Begin by shining your light of attention on to the toenail of your LEFT big toe

Moving it over to the toenail of the RIGHT big toe

Sending it back to the top of your LEFT foot

to the top of your RIGHT foot

illuminating to the inside arch of your LEFT foot

the inside arch of your RIGHT foot

Send your attention to your LEFT heel

Over to your RIGHT heel

Now expand your light of attention to include both of your feet

Notice if there are any sensations on or within either foot or the toes

Nothing to fix or change, just simply be aware of your attention encompassing both of your feet in this present moment

LEGS

Now send your light of of attention to the outside of your LEFT ankle

Moving it to the outside of your RIGHT ankle

Sending it back over to the the LEFT calf

Over to the RIGHT calf

to the front of the LEFT thigh

to the front of the RIGHT thigh

to the LEFT bum cheek on your backside - pause there and notice any sensation in that area

over to the RIGHT bum cheek

around the front to the LEFT hip crease

and over to the RIGHT hip crease

Now broaden light your attention to include both of your legs - from the hips to the feet
 Feel them relaxed and heavy, supported by the earth beneath you
 Notice if there are any sensations on or within either leg
 Nothing to adjust or correct, just simply be aware of your attention to both of your legs in this present moment

HANDS & ARMS

Set your light of attention on the tip of your LEFT thumb
 moving it over to the tip of your RIGHT thumb
 to the center of your LEFT palm
 to the center of your RIGHT palm
 sending over to the outside of your LEFT wrist - (where a watch may sit)
 the outside of your RIGHT wrist
 up the LEFT arm to the inside of the LEFT elbow crease
 over to the RIGHT elbow crease
 to the tip of the LEFT elbow
 over to the tip of the RIGHT elbow
 sliding your attention to the LEFT bicep
 the RIGHT bicep
 around the back to your LEFT shoulder blade
 pause there and notice any sensation in that area
 over to the RIGHT shoulder blade
 up to the top of the LEFT shoulder
 to the top of the RIGHT shoulder
 Now expand your light of attention to include both of your arms from the tops of your shoulders down to the hands
 Notice if there are any sensations on or within either arm
 Nothing to fix or change, just simply be aware of your light of attention expanding to include both of your arms and hands in this present moment

MIDLINE

Now bringing your light of attention to your pelvic floor
 the lowest point on the trunk of the body
 Shine your light of attention inside in the space intended for reproductive organs
 Now move your light of attention to up to the adrenal glands that sit on top of both kidneys
 Sending your light of attention to the sacrum - the bone connecting the pelvis to the spine
 Now bringing your light of attention to the inside of your naval - looking at it from within the stomach
 Now shine your light of attention on your heart
 expanding your light to include both lungs
 pause there noticing any sensation in the lungs as you take a breath
 Now bring your light attention out to the base of your throat - in that little divot in front of the trachea
 to the tip of the chin
 in the space between your two lips
 the tip of your nose
 to your 3rd eye center - between the eyebrows
 Moving your light of attention farther inward to the pineal gland near the center of the brain
 Pause there and quietly observe
 Now move your attention to the crown of your head - aiming your light on one small point at the tip of your head

WHOLE BODY

Now from the crown of your head - widen your light of attention to include your entire body
 Feel your light of attention expand, illuminating the whole body
 Noticing any sensations within the arms or hands - - legs for feet
 Observing the energy flowing through the trunk of the body - the belly, the chest, the head

There is nothing to fix or change, nothing to do, just simply observe in this present moment - without judgement

Notice if you feel the energy flowing throughout your entire body - with no expectation

Simply observe with patience and grace

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

Continuing to lengthen the breath

Slowly inhaling through the nose for 4

Exhaling through the nose for 4

Feeling the belly rise, the lungs inflate

Relaxing the body - - calming 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 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 with

keeping your focus of attention on the breath

inhale belly - chest - exhale

if any thoughts float in - simply let them be and

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

inhale belly - chest - exhale

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

take slow deep breath in and slow breath out

place one hand on the belly

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 sensation or thoughts
 Feeling the energy of you flowing throughout the body

VISUALIZAITON

Bring your attention back to your seat of Awareness, situated in your third eye center
 In your seat of Awareness you are immersed in the radiant, amber glow of Awareness, expanding infinitely
 in every direction - all around you and from within you
 From your seat of Awareness, bring to your attention to the small, black 3 dimensional cube situated in
 the right corner of your minds eye
 See it suspended in the amber glow of Infinite Awareness
 This 3 dimensional cube is the container of all consciousness
 Every concept, every creation, every manifestation is contained within this small black cube of
 consciousness
 The cube is completely filled black containing only tiny bright lights, 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 manifest, create, and construct consciousness
 The tiny bright lights are every belief you hold about yourself, about others, the universe, about this reality
 beliefs about the past, present and future
 beliefs in thoughts, emotions, ideas
 beliefs in possibilities and probabilities
 belief in fear and hope
 It is these beliefs that create this world, this universe, and this reality
 Remaining in your seat of Awareness, bring your attention closer to the black cube of consciousness
 Focus your attention right up to the side of the cube
 As your focus on the cube gets clearer, you can see the vast amount of tiny bright lights floating amongst
 the black backdrop of consciousness
 As you situate your seat of Awareness next to the cube of consciousness you are able to reach in with
 your hand and pluck one of those star-like lights out of the cube and hold it in the palm of your hand
 You have pulled out of the cube of consciousness the belief in the color blue
 As you look upon this tiny light of belief the glow of the light begins to fade in your hand you can see
 clearly that this belief is forming into the shape of a blueberry
 You are able to turn this belief over in your hand - by gently rolling the blueberry in the palm of your hand
 and observe this belief in blue from every angle of this round fruit
 As your look upon the belief in the color blue the image begins to transform into a blue bird
 A tiny young blue bird is now perched in the palm of your hand
 You can see the blue color filling the feathers on his head and his wings
 As you continue to look upon the belief in the color blue the image begins to transform again into a tiny
 blue 3 dimensional cube - it's an emotion - the blue emotion of sadness
 You can feel the weight of the tiny blue cube in the palm of your hand
 See the how the color blue can describe feelings of sorrow, despair, or melancholy
 As you gaze upon this belief in the palm of your hand it transforms once again to include the blueberry,
 the blue bird and the emotion of sadness
 From your seat of Awareness you are able to observe this belief in the color blue without interference or
 influence from the rest of consciousness

You can see this belief for what it truly is and you are free to ask why?

why do I believe in the color blue?

why do others believe in the color blue?

Where did this belief in the color blue come from?

As you continue to observe the belief in the color blue remember that in your Seat of Awareness there is no judgement, no assumption or expectation, only patience

In your seat of Awareness you can ask yourself - -

How does this belief help me in my life?

Does it help me relate and communicate to others?

Does it help me to fit in to society?

Does this belief serve my purpose, my truth?

Take one last look at the belief in the color blue,

Gazing upon it with patience

Now, with your hand, place it back into the cube of consciousness

See it as it leaves your hand to join the other tiny bright lights of beliefs that float amongst the black backdrop of consciousness

When you explore beyond belief you are able clearly see the inner workings of consciousness

Your Seat of Awareness is beyond belief - your place of personal sovereignty - it is where you access your innate wisdom and decide for yourself what is true for you

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

It takes courage and willingness to go beyond the manufactured options of choice and decide for yourself what you will create for your 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

Returning back to body, back to your breath

As I count backwards from 5 down to 0, you will 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. It takes courage and willingness to explore beyond belief

4. Patience is surrendering any judgment or expectation

3. Your Seat of Awareness is your place of patience where you observe, discern and decide what you will create for your 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 your fingers and toes - 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 to explore beyond belief.