

Session 2 - SEAT of AWARENESS

Welcome to session 2 - Seat of Awareness

Today, we embark on a journey with a very specific agenda of observing consciousness in action, and we will be working with the specifically designed Sankalpa for this Yoga Nidra practice - **I AM AWAKE and AWARE**

Your Seat of Awareness is a place within you where you are able to observe thoughts and emotions that consciousness creates and discern what is true for you

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 to help you to settle into relaxation

Close down the eyes

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 or memories

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

Take a deep breath in through the nose

through slightly parted lips, exhale slowly through the teeth - SHHHHHH

Taking one more breath - exhale - SHHHHHH - like the soothing sound of a gentle breeze

Close the mouth and continue breathing in and out through the nose

Becoming aware of the natural rhythm of the breath

Bringing your attention to each full cycle of the breath

Feeling the sensation of air as it passes in and out through the nose

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

On your next inhale - say to yourself - I am awake

On your exhale - say to yourself I am aware

inhale - I am awake (3 counts)

exhale - I am aware (3 counts)

As your body and mind settle into peaceful stillness

Rest in the potency and serenity of the breath

If the mind begins to wander or any distractions should arise

Allow the breath to assist you by guiding your focused attention to back Awareness - the quiet observer of all

SANKALPA

Bring your focused attention to your 3rd eye, your mind's eye

Settling into the space between your eyebrows, about an inch and a half inward of the forehead

The intersection of intellect and intuition

Here, in this sacred space, you plant the seed of Sankalpa, a heartfelt intention

I AM AWAKE AND AWARE

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

These words are a guidepost for clarity and discernment - helping you to navigate consciousness while you remain awake and aware

ROTATION OF ATTENTION

You will now be guided on a journey throughout the body

With the intention of practicing mindful attention
 Become aware of your whole body, just as you are - just where you are
 Completely supported by the earth beneath you
 Completely held by the space around you
 As your attention is guided to various places on the body, you remain the unbiased observer
 With the only task of noticing sensations without judgment or correction
 And, as your attention is guided quickly through the body, you remain AWAKE and AWARE

ROTATION OF ATTENTION

LEFT FOOT

Bring your attention to your LEFT foot
 Focusing your attention to where your heel touches the ground
 Now direct your attention to the top of your big toe
 to the pinky toe
 top of the foot
 the sole of the foot
 and back to the heel
 Expand your attention to include your entire LEFT foot
 Feel it relax and settle, supported by the space beneath you
 Quietly observing any sensations
 Releasing any tension, surrendering deeper and deeper into relaxation

LEFT LEG

Now move your attention to the outside of the LEFT ankle
 over to the inside of the ankle
 sliding your attention up the back of the calf
 up to the front of the knee
 around to the back of the knee
 Move your attention up the back of the thigh
 up to the LEFT hip crease
 Now broaden your attention encompass your whole LEFT leg from your hip to your foot
 Feel it relaxed and still, resting on the earth beneath you
 Quietly observing any sensations in the LEFT leg
 Releasing any tension, softening deeper into relaxation

LEFT HAND

Now bring your attention to your LEFT hand
 Notice where your hand touches the earth beneath you
 Bringing your focused attention to your LEFT thumb
 over to the pinky finger
 Widen your attention within the space between the fingers
 moving your attention to the center of your palm
 Now expand your attention to incorporate your entire LEFT hand
 Feel it relax and heavy, supported by the space around you
 Quietly observing any sensations
 Releasing any tension, surrendering into relaxation

LEFT ARM

Now move your attention to the top of your LEFT wrist
 over to the inside of your wrist
 to the outside of the forearm
 to inside of the elbow crease
 out to the tip of the elbow
 Move your attention to the back of the upper arm -the triceps
 to the front of the upper arm - the bicep
 Send your attention into the armpit

Moving your attention up to the top of your LEFT shoulder
 Now broaden your attention to include your entire LEFT ARM
 From the shoulder all the way down to the hand
 Feel it relaxed
 Quietly observing any sensations throughout the entire arm without judgment or correction
 Softening deeper and deeper into relaxation

RIGHT FOOT

Bring your attention to your RIGHT foot
 Focusing your attention to where your heel touches the ground
 Now direct your attention to the top of your big toe
 to the pinky toe
 Bring your attention to the top of the foot
 the sole of the foot
 and back to the heel
 Expand your attention to include your entire RIGHT foot
 Feel it relax and settle
 Silently observing any sensations
 Releasing any tension, surrendering into relaxation

RIGHT LEG

Now move your attention to the outside of your RIGHT ankle
 over to the inside of your ankle
 sliding your attention up the back of your calf
 up to the front of the knee
 around to the back of the knee
 Move your attention up the back of the thigh
 up to your RIGHT hip crease
 Now broaden your attention encompass your whole RIGHT leg from your hip to your foot
 Feel it relax and settle, resting by the space beneath you
 Quietly observing any sensations in the RIGHT leg
 Releasing any tension, softening deeper and deeper into relaxation

RIGHT HAND

Now bring your attention to your RIGHT hand
 Notice where your hand touches the earth beneath you
 Bringing your focus of attention to your RIGHT thumb
 over to the pinky finger
 moving your attention to within the space between the fingers
 moving your attention to the center of your palm
 Now expand your attention to incorporate your entire RIGHT hand
 Feel it relax and soft, supported by the space around you
 Quietly observing any sensations
 Surrendering deeper into relaxation

RIGHT ARM

Now move your attention to the top of your RIGHT wrist
 to the inside of your wrist
 to the outside of the forearm
 to inside of the elbow crease
 out to the tip of the elbow
 Move your attention to the back of the upper arm -the triceps
 to the front of the upper arm
 Send your attention into the armpit
 Moving your attention up to the top of your RIGHT shoulder
 Now expand your attention include your entire RIGHT ARM
 From your shoulder all the way down to your hand

Feel it relaxed and heavy

Silently observing any sensations throughout the entire arm without judgment or correction

Softening deeply relaxation

TRUNK

Now bring your attention to your tailbone - right at the base of your spine

moving your focus to encompass all of your lower back

to the muscles of your lower back

to the skin

Now move your attention to your naval area - the stomach and all the organs in the abdominal area

Bring your focus to your abdominal muscles - supporting them all

sending it to your belly button

Now send your attention to the left side of the chest

over to the right side of the chest

focusing your attention the center of the chest

Focusing your attention on the beat of your heart

Expanding your attention to focus on both lungs - breathing in unison

Now send your attention to the base of the throat

moving it up to the chin

focusing your attention on the jawbone

Pausing there - releasing any tension along the jawline

moving your attention inside your mouth to the tongue

Sending your attention to the tip of your nose

take a breath feeling the air move past the nostrils

Bring your attention up to the space between your eyebrows, your 3rd eye center

Moving it up again to the crown of your head

Now expand your attention to include your WHOLE BODY

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

Notice the energy flowing from the bottom of your feet to the top of your head and back down in an infinite stream

Feel the entire body relax and soften, supported by the space around you

Resting your attention on the WHOLE BODY

Quietly and patiently observing any sensations, without judgment or correction

Surrendering deeper and deeper into relaxation

BREATHWORK

Now bring your attention to your breath

Send your focus of attention to the tip of your nose - where the breath begins and ends

Just observe the breath as it enters the body through the nostrils

Slightly moving the chest

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

Continue breathing as you lengthen and deepen each breath

Slowly inhaling through the nose for 4

Exhaling through the nose for 4

Noticing the air being pulled in through and pushed out of the nose

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

Observing as it travels - through your throat - and into your head

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 the body
 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

VISUALIZAITON

Bring your focus of attention to your 3rd eye - your minds eye
 The space between your eyebrows, about an inch and a half inward of the forehead
 In this space you can see your **SEAT of AWARENESS**
 You can see **Seat of Awareness** is a transparent orb that is suspended in your mind's eye
 You are in the center of this orb, you sit in the center of your **Seat of Awareness**
 From here, you have a 360 degree view of Infinite Awareness without turning your head or moving your eyes
 From your Seat, you can see Infinite Awareness as a radiant amber glow extending infinitely in every direction
 A graceful blend of orange and yellow creating a vibrant golden tone - like the warm golden glow of light through a honey jar
 You can feel the warm luminous light of Infinite Awareness filling the space around you and the space within you
 You can hear the soft humming of the vibrational energy of Infinite Awareness - emanating from within you
 The landscape of Infinite Awareness is still and quiet
 The only happenings are that of consciousness - coming from a small black 3 dimensional cube in the right corner of your mind's eye
 The small cube is suspended within the amber glow of Infinite Awareness
 Everything surrounding the cube of consciousness is Infinite Awareness, the quiet observer of all
 From your **Seat of Awareness** you are able to observe consciousness in action
 It is from your seat that you observe every thought, every emotion, every sensation that consciousness creates
 Positioned in your **Seat of Awareness** and as you gaze out on the vast amber glow you see an image floating out of the small black 3 dimensional cube in the distance
 You can see now that it is a fish swimming into your vision from the right- this fish has a bright pink head, iridescent scales that catch a variety of blues, greens, and gold and a big soft pink fan tail that gently sways from side to side
 As the fish swims from right to left
 it begins to fade into the peripherals of Infinite Awareness and disappears
 The last glimpse of the soft pink tail is now a memory
 As the image of the fish begins to fade
 Your attention is called to the aroma of your favorite kind of cookie baking in an oven, the delicious smell wafting in from the small black cube of consciousness and travels with the breath as you inhale the sweet smell of cookies

You can feel the pleasant aroma of the cookies filling your senses
 As the cookies continue to bake, notice your attention moving to focus on the anticipation of eating one of these delicious cookies when they are done baking
 Becoming aware of the senses as you observe and anticipation
 The scent of the cookies begins to fade as your attention is now drawn to the soft sound of laughter coming from the small black cube
 As your attention begins to focus in on the laughter, you recognize that it is the laugh of a dear friend and the sound washes over you
 The image of your friend's beautiful face comes into your mind
 You see their smile and their twinkling eyes
 You hear their laugh radiating from their heart, truly enjoying an experience
 You feel the warmth of their hand as they touch your shoulder to share with you their delight
 You feel the joy emanating from their entire being as they pull you in for a warm embrace
 Now your with mindful intention - your attention is drawn back into your **Seat of Awareness** your transparent orb immersed within the amber glow of Infinite Awareness
 Observe the stillness and the quiet - as all of the thoughts and images of consciousness are cleared away
 From your **Seat of Awareness**, begin to notice everything the cube of consciousness has created
 the pink fish swimming in your peripheral
 faint smell of the cookies baking
 the distant sound of your dear friend's laugh fading
 are all memories now
 All of these images, thoughts and emotions were intended to trigger your senses and create feelings within you
 Now begin to notice if there are any other thoughts or emotions that may have floated in and out of Awareness as you were focused in on the fish, the cookie, or your friend
 Without giving them any attention, just simply observe those thoughts or emotions and notice them, without changing or fixing anything
 In your **Seat of Awareness** you remain the quiet, patient observer - unaffected and unwavering
 Your **Seat of Awareness**, this transparent orb, emanating with warm amber light- is your loving boundary of patience
 Where you can observe the internal happenings of consciousness without judgement or attachment to any situation or outcome
 When you are in your **Seat of Awareness** and a thought, image, or memory pops into your mind, you are able to observe it and examine it and decide for yourself whether you want to focus on it, act on it, or simply let it go
 This simple act of patience is how you access your innate power to create the life you desire
 Your **Seat of Awareness** is a place you can listen to your intuition, your inner knowing, without any interference from the chatter of consciousness
 Your **seat of Awareness** IS the wisdom of you

RETURN TO SANKALPA

Return your attention to your sankalpa - **I AM AWAKE AND AWARE**
 Repeat it in your mind, 3 times, loud and true, as it resonates though the entirety of you
 From your Seat of Awareness
 You are able to listen to your inner knowing without the distractions of consciousness
 From your Seat of Awareness
 You have control of the thoughts and emotions that consciousness generates
 and you can decide if you want to act on them or not
 In your Seat of Awareness
 You are the creator of this life and beyond!
 Rest now and enjoy the bliss of your practice, knowing I will be back in a moment to wake you

RETURN BACK TO BREATH & BODY

Your Seat of Awareness is a place within you where you are able to observe thoughts and emotions of consciousness - and decide where you will direct your light of attention
 Your attention is the flashlight that illuminates consciousness

From within your Seat, you remain present and patient before any judgement or action
It is where you discern and decide what you will create for your life
Bring your attention back to your body - back to your breath
Taking a slow deep inhale - slowly exhaling
As the breath helps to guide your attention back to your body
Feel your body resting on the earth
Become aware of the sounds around you
Feel the air in the space that surrounds you
Wrapping you in a blanket of peace and love
Your practice of Yoga Nidra is complete
Let your first movements be gentle
Begin to wiggle your fingers and toes
Softly rotate the wrists and ankles
When you are ready slowly 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 taking your Seat of Awareness.