

SESSION 1 - AWAKE & AWARE

Yoga Nidra is a powerful tool for tapping into the wisdom within yourself, uncovering pathways to deeper self-awareness and clarity

Yoga Nidra is typically practiced with a Sankalpa - a profound, heartfelt intention
It is a powerful tool to help align us with our deepest aspirations

A Sankalpa can be very personal and intimate - and you may have your own that you work with

However, for today's practice, we embark on a journey with a very specific agenda of becoming PRESENT and ALERT, and we will be working with a specifically designed Sankalpa for this Yoga Nidra practice - the Sankalpa - **I AM AWAKE AND AWARE**

To be awake is to be present - to be aware is to be mindful

In this practice, you will be gently guided into a tranquil state where your body and mind can find deep relaxation while you remain awake and aware as you navigate the consciousness

PREPARATION & RELAXATION

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

To prepare for your practice, begin by lying on your back in savasana, 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

However, if any discomfort, twitches or itches arise do your best to calmly observe them, 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, 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

close down the eyes

Take a deep breath in through the nose - feeling the belly and ribcage expand

Open the mouth and exhale with a sigh- feeling a sensation of relaxation throughout the entire body

Deep breath in through the nose

Open the mouth and sigh it out

Close the mouth and continue breathing in and out through the nose, without control

Allowing it to setting into it's natural rhythm

Feel the body settling into stillness

Feel the mind settling into stillness

Bring your attention to the natural rhythm of the breath

Simply be the quiet observer of breath

Allowing it to flow on it's own without control

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

Nothing to adjust or change

Letting it be just as it is, simply noticing the breath

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

Each exhale, guides any tension or stress out of the body

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

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exhale - I am aware 3 counts

As your body and mind sink deeper and deeper into relaxation

Resting in the potency and serenity of the breath

Knowing it will continue on it's own

Begin to notice if there are any ambient sounds around you

any sounds inside or outside the room

any noise coming from inside the mind trying to get your attention

Resist the urge to identify any sounds or judge them

Let them simply drift through Awareness not giving them your attention

And instead, turning your attention inward to focus on Awareness

Awareness is the quiet observer of it all

SANKALPA

Bring your attention to your 3rd eye

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

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

I AM AWAKE AND AWARE

These words are the guidepost for clarity and discernment to help you align consciousness with your true, authentic self

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

Feel the vibration of the Sankalpa reverberate throughout your entire being

As your body settles deeper and deeper into relaxation

ROTATION OF ATTENTION

Now bring your attention to your 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 arms, the legs, the heels

Feel the entire back of the body that is connected the surface beneath you

...(pause)....connected to the earth beneath you

Feel the energy flowing from you to the earth and from the earth to you

Bring your focused attention to the frequency of energy resonating between you and the earth

The the vibration of energy pulsating between the earth and you

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

As you attention is guided, you remain - **AWAKE and AWARE**

LEFT ARM

Bring your attention to your left hand

Notice your hand, where it is next to your body, what it is touching

Now bring your focus to the palm of your left hand

Feel the vibration of energy radiating in your left palm

Begin to notice the flow of energy moving between your palm and each of your fingers

- the thumb, the pinky

Notice if there are any sensations within the hand

There is nothing to fix or change, just simply be aware of any sensation of energy in your left hand

Now bring your attention to the top of your left shoulder

Begin to feel the vibration of energy radiating throughout the left shoulder, from the scapula in the back to the collar bone in the front

Simply noticing any sensation within the left shoulder

Now feel the vibration of energy that is radiating in your left shoulder connecting to the energy in the palm of your left hand

Follow the feeling down from the shoulder, through the elbow, to the center of your palm, and back up again

Feel the constant vibration of energy flowing back and forth between your shoulder and your hand

Noticing if there are any sensations within the arm

Being aware of the infinite stream of energy flowing through your entire left arm

RIGHT ARM

Bring your attention to your right hand

Notice your hand, where it is next to your body, what it is touching

Now bring your focus to the palm of your right hand

Feel the vibration of energy radiating in your right palm

Begin to notice the flow of energy moving between your palm and each of your fingers

- the thumb, the pinky

Notice if there are any sensations within the hand

There is nothing to fix or change, just simply be aware of any sensation of energy in your right hand

Now bring your attention to the top of your right shoulder

Begin to feel the vibration of energy radiating throughout the right shoulder, from the scapula in the back to the collar bone in the front

Simply noticing any sensation within the right shoulder

Now feel the vibration of energy that is radiating in your left shoulder connecting to the energy in the palm of your right hand

Follow the feeling down from the shoulder, through the elbow, to the center of your palm, and back up again

Feel the constant vibration of energy flowing back and forth between your shoulder and your hand

Noticing if there are any sensations within the arm

Becoming aware of the infinite stream of energy flowing through your entire right arm

LEFT LEG

Bring your attention to your left foot

Notice your foot - where it is - where it touches the surface beneath you

Now bring your focus to the center of the bottom of your left foot

Feel the vibration of energy radiating in the sole of your left foot

Notice any sensation within the flow of energy

There is nothing to fix or change, just simply be aware of any sensations of energy in the sole of your left foot

Begin to notice the flow of energy moving between the bottom of your foot and each of your toes

Now bring your attention to your left hip

Feel the vibration of energy radiating throughout your left hip - from front to back, from the inside of the hip to to the outside of the hip

Simply being aware of the energy in your left hip

Now feel the vibration of energy that is radiating in your left hip connecting to the energy in the sole of your left foot

Follow the feeling down from the hip, through the knee, to the bottom of your foot and back up again

Feel the constant vibration of energy flowing back and forth between your hip and your foot

Notice if there are any sensations

Simply remaining aware of the infinite stream of energy flowing through your entire left leg

RIGHT LEG

Bring your attention to your right foot

Notice your foot - where it is - where it touches the surface beneath you

Now bring your focus to the center of the bottom of your right foot

Feel the vibration of energy radiating in the sole of your right foot

Notice any sensation within the flow of energy

There is nothing to fix or change, just simply be aware of any sensations of energy in the sole of your right foot

Begin to notice the flow of energy moving between the bottom of your foot and each of your toes

Now bring your attention to your right hip

Feel the vibration of energy radiating throughout your right hip - from front to back, from the inside of the hip to to the outside of the hip

Simply being aware of the energy in your right hip

Now feel the vibration of energy that is radiating in your right hip connecting to the energy in the sole of your left foot

Follow the feeling down from the hip, through the knee, to the bottom of your foot and back up again

Feel the constant vibration of energy flowing back and forth between your hip and your foot

Noticing any sensations - without judgement or concern

Simply remaining aware of the infinite stream of energy flowing through your entire right leg

TRUNK

Now send your attention to your tailbone

Feel the vibration of energy radiating in your sacrum, spanning your lower back

Notice if there is any sensation in your lower back

Nothing to control or manage, just simply be aware of the frequency of energy in your tailbone and lower back

Now bring your focus to your pelvic area

Feel the vibrational energy flowing from your right hip bone to left hip bone

Notice how the energy feels within your entire pelvic area

Without identifying it or labeling anything just simply be aware of the frequency of energy radiating throughout your entire pelvis

Bring your attention up to your naval

Feel the vibration of energy radiating in center of your abdomen

Notice if there are any areas of constriction

Remember, there is nothing to fix or change

Bring your intentional focus to your heart center, the middle of your chest

Feel the vibration of energy radiating throughout your heart center, from the front of your chest to your back - from armpit to armpit

Feel the vibration of energy in the bones and organs in your heart center

Notice if there are any areas where the energy flows faster or slower

There is nothing to adjust or correct, just simply be aware of the feeling of energy throughout your heart center

Bring your attention to the divot at the base of your throat

Feel the vibration of energy radiating in your throat - throughout your vocal cords & esophagus, from the front of the neck to the back of the neck

Notice if there are any areas of constriction

Nothing to identify or change, just simply be aware of the frequency of energy throughout your throat and neck

Now bring your focused attention to your 3rd eye - to the space between your eyebrows, moving inward just behind the forehead

Feel the vibration of energy radiating in your 3rd eye center

Noticing any sensations without judgement or corrections

Now bring your attention to the crown of your head

And begin to tune into the vibration of energy radiating at the very top of your head

Noticing any sensations in the hair follicles or the skull

Nothing to change, just simply be aware of the energy flowing throughout the top of your head

Now expand your attention to include your entire body - from your feet to the top of your head

Noticing the energy flowing from the crown of your head, through the trunk of the body, down each arm and each leg

And following the energy returns from the feet to the crown

Pausing your attention to

Feel your entire body radiating with the vibrational energy of Awareness

BREATH AWARENESS

Now bring your attention back to your breath

Slowly inhale through the nose

and exhale through the nose

Taking another breath in - filling the lungs completely

Exhaling - emptying the lungs of air and feeling the continuous movement of energy that flows throughout you

Begin to notice as your attention rides the waves of your breath

Following the feeling of energy with every inhale and exhale as the breath helps to guide the energy throughout the body

As you breathe, focus on feeling the vibration of energy that is riding the breath
Noticing the energy and the breath moving in synch

On your next inhale - Allow the breath to guide your attention back to your tailbone
Take a slow deep breath in and as you exhale, allow the breath to guide your attention from your tailbone to your naval

- - pause for one complete breath in and out and feel the energy flowing in your navel

From the naval, slowly inhale and as you exhale allow the breath to guide your focused attention to heart center

- - pause for one complete breath and feel the vibrational energy in your heart space

From your heart center, slowly inhale and as you exhale allow the breath to guide your attention to your throat

- - pause for one complete breath and feel the energy radiating in your throat

From your throat, slowly inhale and as you exhale allow the breath to guide your focus to your 3rd eye

- - pause there for one complete breath feeling the vibration of the energy in your 3rd eye

From your 3rd eye center, slowly inhale and as you exhale allow the breath to guide your attention to the crown of your head

- - pause there for one complete breath feeling the vibration of energy radiating in the crown of your head

Now using my voice and your breath as your guides, move your attention to the points on the body as I call them out

inhale - allow the breath to guide your attention to your tailbone

exhale - to your naval

inhale - to your heart

exhale - your attention to your throat

inhale - to your 3rd eye

exhale - to the crown of your head

inhale - your attention back down to your tailbone

exhale - naval

inhale -heart

exhale - throat

inhale -3rd eye

exhale - crown of your head

inhale - moving your attention back down to your tailbone

Continue on your own, allowing the breath to guide your attention as you call out each point in your mind

Feel the vibrational energy flowing through each point of the body in an infinite stream

Release your the to breath

Allowing it to fall into it's natural rhythm

Remain present and refocus your attention on the the vibration of the energy moving throughout your entire body, up and down the arms, up and down the legs, from your crown to your sacrum in an infinite flow

VISUALIZAITON

Up unto this point you have been noticing and feeling energy moving throughout the body

Utilizing the breath to guide energy throughout parts of the body

Now move your attention about 3 feet directly above your body

Now from your 3rd eye - you mind's eye - SEE your whole body resting on the earth

Begin to see a warm amber glow of energy radiating from the bottom of your feet

flowing up through both legs and arms, up through the trunk of the body

to the top of your head

A graceful blend of orange and yellow creating a vibrant golden tone - like the warm golden glow of light through a honey jar - flowing throughout your body

You can feel the luminous amber energy filling every nook and cranny

That is the energy of Awareness!

That energy is you!

See the amber glow of energy flowing

From your crown to your sacrum

Up and down your legs

Up and down your arms

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Feel the warm amber energy moving throughout your entire being - flowing in an infinite stream
Now, see the bright amber glow expanding beyond your body, flowing within the space around you
above you, and beneath you

Begin to listen to the energy flowing throughout and around your body

Listening for the hum of the vibration

When you are awake and more aware and able to tune into the higher vibrational realms of self

Feel your whole being vibrating in the infinite frequency of Awareness

See yourself for who you truly are - boundless, infinite, eternal

RETURN TO SANKALPA

Bring your attention to your Sankalpa

Repeat it 3 times to yourself - **I AM AWAKE AND AWARE**

When you are awake and aware you are aligned with the innate wisdom of you

Take these next few moments to enjoy the bliss of your practice

Resting in Awareness and I will be back to wake you in a few moments

RETURN BACK TO BREATH & BODY

Returning back to body, back to 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.

5. Everything is energy and energy is you

4. You are awake and aware of who you truly are

3. Awareness is beyond consciousness

2. You are the true creator of your life, and beyond

1. Take a deep breath in- bringing

your attention back to your 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 staying awake and aware.