

Session 6 - DISSOLVING CONTRACTS

Welcome to session 6 - Dissolving Contracts

We now embark on a journey to explore the contracts of life, and we will be working with the specifically designed Sankalpa - **I AM AWAKE AND AWARE**

Belief is the underlying, unifying contract of life

PREPARATION & RELAXATION

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 infinite realm of Awareness

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 the 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

If any discomfort should arise 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

Close down the eyes

Take a deep breath in through the nose - open the mouth and sigh it out

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 your focus inward on Awareness

Your practice of Yoga Nidra begins now

Take a deep breath in through the nose

Exhaling through the nose

Feel the back of the body connected to the earth beneath you

Feel your whole being supported by the space around you

Allow yourself to be present in this moment of your practice

Say to yourself, I am awake - I am aware

Moving into a progressive muscle relaxation exercise

Engage all of the muscles in both legs and both feet

Inhale slowly

Curling the toes

Tensing every muscle in the legs and feet

Pause at the top of the breath

Open the mouth and exhale audibly - releasing the breath

Releasing any effort in the legs

Feeling both legs and both feet soften and relax

Now engaging the muscles of both arms

Inhaling slowly

Curling the hands into tight fists

Flexing every muscle

Pause at the top of the breath

Open the mouth and exhale with a sigh

Releasing any effort in the arms and hands

Feeling both arms and both hand relax and soften

Once more, engaging the muscles in the head

Inhale

Squeezing the eyes shut

Furrowing the brow line

Pressing the tongue to the roof of the mouth

And pausing at the top of the breath

Exhale with a audibly - AAAHHH!

Releasing any effort in the face or head

Releasing any effort within the entire body

Feeling every muscle in your body soften and relax

Noticing the vibration of energy throughout your entire being

As you settle deeper and deeper into relaxation

Resting in this space of here and now

The space of neutrality, the space of patience, the space of Infinite Awareness- the quiet observer of all

SANKALPA

Bring your attention to your Seat of Awareness in your 3rd eye center

Here in the wisdom of you, you plant the seed of Sankalpa, your heartfelt intention to remember who you truly are - **I AM AWAKE AND AWARE**

Repeat the Sankalpa mentally three times, feeling it resonate throughout your entire being - **I AM AWAKE AND AWARE**

This Sankalpa is a beacon of light illuminating the pathway inward to the wisdom of you

ROTATION OF ATTENTION

Your light of attention will now be guided on a journey of throughout the body

As your attention is quickly guided, you remain awake and aware

Bring your attention to your LEFT big toe

Move your attention to the space between your big toe and second toe
over to the pinky toe

sending your attention to the outside of the ankle bone

inner arch of the LEFT foot

Pause there and notice any sensation of energy on or within the entire LEFT foot

Now set your light attention on your RIGHT big toe

to the space between your big toe and second toe
pinky toe

the outside ankle bone

inner arch of the RIGHT foot

Now expand your attention to incorporate both feet

Observing the energy of you flowing through the feet

Allowing the body to soften

As you settle deeper and deeper into relaxation

Now bring your attention to your LEFT shin

bringing it around to the back side of your LEFT knee
to the front of the knee cap

to the back - to the LEFT bum cheek

to the front of the LEFT hip crease

Rest your attention there and notice the sensation of energy flowing throughout the LEFT leg

Now set your attention on the top of your RIGHT shin

bringing it to the back side of your RIGHT knee

to the top of the front knee cap

to the back of the RIGHT bum cheek

to the front of the RIGHT hip crease

Now broaden your attention to encompass both legs in this present moment

Noticing the energy of you flowing through both legs at the same time

Quietly observing without judgement or correction

Allowing the legs to feel heavy and soften

Feeling the energy of you flowing as the body relaxes

Bring your attention to your LEFT thumb

moving it over to the pinky

broadening your attention to include the space between all the fingers of your LEFT hand

sending it to the center of your palm

and over to the outside of your wrist

and the inside of your wrist

Pause there and feel your pulse - the heart pumping blood throughout the body
 Now bring your attention to your RIGHT thumb
 moving it over to the pinky
 broadening your attention to include the space between all the fingers of your RIGHT hand
 sending your light of attention to the center of your palm
 and over to the outside of your wrist
 and now to the inside of your wrist
 Now expand your attention to include both hands in this present moment
 Observing the energy of you flowing through the hands simultaneously
 Allowing them to soften and be supported by the space around you
 Surrendering any judgment or correction
 As the body settle deeper and deeper into relaxation
 Bring your attention to the inside of your LEFT elbow
 send it to the outside of your elbow
 moving your attention into your LEFT armpit
 to the top of your LEFT shoulder
 to the LEFT side of your neck
 Pause there and feel the energy of you flowing throughout your left arm
 Feel the pulse of energy as the heart beats and the blood flows
 Now move your attention to the inside of your RIGHT elbow
 to the outside of your elbow
 to your RIGHT armpit
 moving it up to the top of your RIGHT shoulder
 to the RIGHT side of your neck
 Move your attention to the divot at the base of your throat
 Rest your attention there and broaden your attention to encompass both of your arms
 Allow them to be heavy on the earth beneath you as you observe the energy of you flowing in an infinite stream throughout both of your arms
 Bring your attention to the back of your neck
 Move it out to the tip of your chin
 up to the LEFT earlobe
 over to the RIGHT earlobe
 Send your attention to the place on the back of your head that is resting on the earth
 moving your attention to the space between your eyebrows - at your 3rd eye center
 and up to the crown of your head
 Pause there and observe the energy of you flowing in a continual stream throughout your neck and head
 Now expand your attention to include your entire body from the crown of your head to both of your big toes
 Observe the energy of you flowing through the head, the trunk of the body, the arms and hands, the legs and feet
 Patiently noticing any sensations without judgment or correction
 Allowing the body to be heavy and relaxed as you observe the energy of you flowing in an infinite stream throughout the entire body

BREATH AWARENESS

Now bring your attention to your breath
 With every inhale feel your body resting deeply, supported by the earth beneath you
 With every exhale feel your whole being supported by the space around you
 Begin to deepen and lengthen the breath
 Inhaling slowly, feeling the belly rise, the ribcage expand as the lungs inflate
 Exhale, slowly, feeling the chest fall, the belly sink and emptying the lungs completely
 Inhaling slowly, sipping the breath to the top and pausing briefly
 Purse the lips as if you are gently blowing out a candle and exhale for 4, 3, 2, 1
 Inhale once more through the nose
 Softly purse the lips - gently blowing out the candle for 4, 3, 2, 1
 Close the mouth and return the breath to the nose

We will now take a breath from within the body

Send your attention to the soles of both of your feet

Utilizing the breath to draw the energy of you up from your feet

Inhale your breath from the soles of your feet- feeling energy draw up your legs, your spine and into your 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 soles of the feet - with the breath as your guide - drawing the energy of the you through the body

Exhaling through the crown of the head

Feeling the energy of you flowing out and expanding beyond your body

Inhale from the soles of the feet - Observing as energy travels - through your throat - and into your head

Exhale out the top of your head - feeling the energy of you expanding and creating a boundary of love around your body

Inhale from the feet and exhale from the top - begin to feel the shape of your energy forming a transparent orb around your body

Inhaling again - feeling the energy of you draw up through the body

Exhale through the crown - feeling the energy of you fortify this protective boundary of love around the body

Continue breathing from within

Feeling the energy of you expand around the outside of the body

Inhaling from the feet - exhaling out from the crown

With every exhale the energy of you is creating a loving boundary around you

a boundary of patience - a boundary of protection

Take one more breath - inhaling from your feet - 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 body to fall into it's natural rhythm with breath

Remain present and just feel the vibration of energy expanding beyond your body energizing your loving boundary of protection

VISUALIZATION

Bring your attention to your Seat of Awareness, in your 3rd eye center

See the radiant, amber glow of Awareness expanding infinitely in every direction

Feel the warm, luminous light of Infinite Awareness fill your entire being

Remembering your Seat of Awareness is the wisdom of you

Bring your attention to the 3 dimensional cube of consciousness, situated in the right corner of your mind's eye, suspended in the amber glow of Infinite Awareness

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

The tiny bright lights are the beliefs you hold about yourself, about others, and about this reality

Situate your right and your seat of Awareness next to the cube of consciousness, as it floats within the amber glow of Awareness

Reach in with your hand and pluck one of those lights of belief out of the cube and hold it in the palm of your hand

As your attention is focused, the light of belief begins to fade and you can now see a formal binder in your hand - this binder contains all of the contracts and agreements for your life, including contracts from before you were born, throughout your lifetime, as well as contracts for after you depart this body

This binder contains every contract, agreement, permission, and consent - that have been directing, managing and governing you throughout this life and will continue to do so after you depart this body

The contracts in this binder all have your approval whether it was given willingly or unknowingly

These contracts and agreements have been the ultimate orchestrators of your beliefs, your patterns of behavior, and have directed your actions for your entire life

As you open the binder you find the very first contract, the agreement to be born here in this body, in this life

Whether the contract was agreed upon by you and a godhead, you and a guardian angel, you and a soul mate - somehow you got here with the intention to live this life

You can see the details written on this first contract that include your identity, possibly some karmic debts that were intended to provide intense learning opportunities, and a fixed destiny that follows a storyline written especially for you

You can see every detail of this contract and understand now that all of the elements/clauses/components of this agreement relinquishes you from your personal sovereignty - your freedom to decide what you will create for this life and beyond

As you narrow your focus in on the very bottom of this page you can see some fine print of the contract and you see an EXIT CLAUSE

With your light of attention you can easily read the very fine print of the exit clause: **It reads: You can terminate this agreement at any time. To do so, simply stop believing in it.**

As you continue to flip through the contracts in this binder, you notice that all of them have the same exit clause

whether it is pre-birth contract, a familial agreement, a reincarnation consent, a karmic debt, or any collective contracts pertaining to groups of beings of which you are included- They all have the same exit clause at the bottom

It reads: You can terminate this agreement at any time. To do so, simply stop believing in it.

As you turn another page in the binder you come to a contract titled "I agree to suffer"

Take this contract out of the binder and hold it in front of you

This is a contract that includes all capacity of suffering - in every aspect of your life

- from hardships, to relationships, to survival - all with the underlying agreement to suffer

As you look at the very bottom of this page you see the same exit clause reminding you of your power to terminate the contract

It reads: You can terminate this agreement at any time. To do so, simply stop believing in it.

As you look upon this contract

Ask yourself why do I believe I have to suffer?

Is this contract empowering or demoralizing?

To null and void this contract you have to go beyond the thoughts of suffering

beyond even the words of - I will not suffer -

the words or thoughts alone will not dispel this contract

To go beyond belief of suffering - you simply let go

Let go of the belief that you have to suffer,

let go of the belief that somehow and for some reason it will make you a better person

or that suffering will get you what you want

As you hold this contract in front of you

and stand immersed in your innate wisdom

Say to yourself - I let go - I let go of the belief that I have to suffer

Say to yourself

I let go of the idea that I have to endure suffering to please others

I let go of the idea that suffering serves a purpose for me

As you say this to yourself - you can feel the your vibration increase

You can feel your frequency rising and as you do you can feel the belief dispel and dissipate

As you let go - you can see the contract that you hold in front of you begin to dissolve in your hand

You can see the paper begin to come apart and the pieces disappear

As you watch the contract dissolve, Say to yourself - **I am free**

As you let go - you release yourself from any agreement to suffer

And you remain in your innate power to decide what you will create for this life and beyond

RETURN TO SANKALPA

Return 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

Letting go is the purpose effort that will take you beyond belief

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

RETURN BACK TO BREATH & BODY

As you go through this life, and begin to recognize the contracts that bind you and come across anything that does not serve you - you will remember that you have the power to dissolve anything that does not support you or empower you

All you have to do is stop believing in it!

Your practice of Yoga Nidra is complete

Slowly returning your attention back to here and now,

Take a breath in - breath out

returning your attention back to your body

Inhale, feeling the breath bring a cool breeze into the body

Exhaling feeling a sense of peace settle in your heart space

Orienting yourself in this present space and time

Feel your body resting on the earth

Notice the air gently caressing your skin

Begin to bring some small movements to the body

Softly wiggling the fingers and toes

Rotating the wrists and ankles

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 for your willingness and courage to venture beyond belief