

Session 7 - RECAPITULATION

Welcome to session 7 - Recapitulation

We now embark on a journey of exploring beyond the emotions that bind us to this life, and we will be working with the specifically designed Sankalpa - **I AM AWAKE AND AWARE**

Recapitulation means confronting your past to free your future

In this practice, you will be gently guided into a tranquil state where the body can find deep relaxation and you remain awake and aware as the quiet observer

PREPARATION & RELAXATION

Making sure you have all your props before we begin

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

We begin by engaging every muscle in the body

Open the hands - spreading the fingers wide

Flex the toes back toward the shins

Shrug the shoulders up toward the ears

Shutting the eyes tight

Taking a big Inhale through the nose -

Tensing the entire body, to where it almost lifts off the ground

Open the mouth - exhale with any sound that wants to come out

Allowing the body to soften, and re-settle, knowing you are supported and held by the space around you

Spend the next moment ensuring you are as comfortable as possible, making any small adjustments to the props - to help you to settle into your space

If you haven't already, softly close down the eyes

Feeling your whole being surrender into your practice

Softening the eyes behind the lids

Feeling the brows part slightly as the forehead relaxes

Feeling the points of the body touching the surface beneath you become soft

If any thoughts or images come to mind, allow them to pass by, not giving them your attention, instead keeping your focus in this present moment of your practice

Invite all your senses to draw inward - taste, touch, sight, sound - while you remain present in the serenity of Infinite Awareness

Take a slow deep breath in through the nose

and on the exhale imagine every muscle within your body sighing into relaxation

Observing how your attention to the breath anchors you in this present moment

Begin to deepen and lengthen the breath

Slowly inhale through the nose, feeling the belly rise, the ribcage expand

Slowly exhale through the nose, feeling a sense of calm ground you in this space

Inhale, filling the lungs completely, deepening the breath

Slowly exhaling - slowly releasing into this present moment

Inhale slowly, through the nose, completely filling the lungs, when you get to the top pause

Exhale and release the breath slowly out through the nose, emptying the lungs completely and pause at the bottom of the breath

Begin again slowly in through the nose, pausing at the top

Exhale through the nose releasing the breath and pausing at the bottom

Continue breathing - giving yourself rest at the beginning and end of each breath

Feeling your body relax into the space between the breaths

It is in those pauses of the breath that remind you to stay fully present, fully aware

Allow the breath to settle into it's natural rhythm, letting the body to breathe how it needs to

SANKALPA

Bringing your attention to your seat of Awareness in your 3rd eye center,

Now, with your mind's eye, move your seat of Awareness into your heart space

Sensing the warm, amber glow of Infinite Awareness in your heart center

Your place of patience and absolution

Here, in your seat - in this sacred space, you plant the seed of Sankalpa, - I am awake and aware - your heartfelt intention and deep resolve to awaken your innate power

Repeat the Sankalpa mentally three times - **I AM AWAKE AND AWARE**

This Sankalpa is your loving companion, accompanying you on this journey inward to reclaim your innate power to create the life you desire

ROTATION OF ATTENTION

You will now be guided on a journey throughout the body

As your attention is guided to various places, you remain the unbiased observer

With the only task of noticing sensations, without judgement or expectation

All the while staying alert and present

Bring your attention to the pinky toe of your RIGHT foot

sending it over to the big toe

to the top of the foot

down to the heel of the foot

sending your attention to the bottom of your RIGHT foot

Now send your attention to the inside of your RIGHT ankle

moving it to the RIGHT calf

over to the top of the knee

around the back to the RIGHT bum cheek

back around the front to the outside of the RIGHT hip

Now move your attention to the pinky toes on the LEFT foot

over to the big toe

to the top of the foot

down to the heel of the foot

bringing your attention to the bottom of your LEFT foot

Now send your attention to the inside of your LEFT ankle

moving it to the LEFT calf

over to the top of the knee

around the back to the LEFT bum cheek

back around the front to the outside of the LEFT hip

Pause there and expand your attention to include both legs from the hips to the feet

Feeling both of the legs grow heavy and relaxed

Become aware of any sensations within the energy of you flowing throughout legs and feet

Patiently observing without judgement or expectation, allowing any sensation to be just as it is

Bring your attention to the pinky finger of your RIGHT hand

over to the thumb

to the top of the hand

to the heel of the palm

sending your attention to the center of your RIGHT palm

Now move your attention to the inside of your RIGHT wrist

to the outside of the wrist

moving it up to the outside of the RIGHT elbow

sending your attention into the armpit

bringing your attention to the top of the RIGHT shoulder

Now bring your attention to the pinky finger of your LEFT hand

over to the LEFT thumb

to the top of the hand

to the heel of the palm

sending your attention to the center of your LEFT palm

Now move your attention to the inside of your LEFT wrist

to the outside of the wrist

moving it up to the outside of the LEFT elbow

sending your attention into the armpit

bringing your attention to the top of the LEFT shoulder

Pause there and notice the energy of you flowing through both arms and both hands
 Becoming aware of any sensations and allowing them to be just as they are
 Calmly observing without judgement or concern
 Feeling the body completely soften and relax
 Bring your attention to the tip of your nose
 Sending your attention to the naval
 Moving your attention to the RIGHT shoulder blade on your back
 over to the LEFT shoulder blade
 sending your attention to the center of your chest
 Moving in to the base of your throat
 moving it to the RIGHT earlobe
 over to the RIGHT eye
 sending it to the LEFT earlobe
 and over to the LEFT eye
 bringing it to the space between the eyebrows
 and finally resting your attention at the top of your head
 Now broaden you focus of attention to encompass the entire body
 Become aware of any sensations within the energy of you flowing throughout the body
 down each arm, each leg - from the head and through the trunk of the body
 Quietly observing with patience and unconditional love - allowing any sensation to be just as it is
 Noticing the vibration of you increase as your attention remains focused
 Feeling the body soften and relax

BREATH AWARENESS

Now bring your attention 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
 maintaining 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 for 4
 Continuing to lengthen the breath
 as the body and mind become soft and relaxed
 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 inflates the chest
 exhale through the nose - **letting the breath roll out**
 inhale once to inflate the belly
 again to inflate the chest
 exhale **through the nose**
 inhale belly
 chest
 exhale **feeling the air leave the body**
 continue at your own pace
 inhale fills the belly
 then the chest
 exhale with **letting it roll out through the nose**
 keeping your focus of attention on the breath
 inhale belly - chest - exhale
 if any thoughts float in - simply let them be and

4

mindfully guide your attention back to the breath

inhale fills the belly - inhale fills the chest - exhale - through the nose

feeling any sensations but not attaching to them

4 seconds

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

(breath) (breath) (breath)

(breath) (breath) (breath)

this breath is powered from the solar plexus

(breath) (breath) (breath)

(breath) (breath) (breath)

feel the belly push OUT on the inhales

(breath) (breath) (breath)

and contract with the exhale - as you push the air out

(breath) (breath) (breath)

(breath) (breath) (breath)

remain the observer of sensations

(breath) (breath) (breath)

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 to your Seat of Awareness, situated in your heart space

Bring the image of your physical body into your Seat of Awareness

See your legs in a comfortable seated position with your hands resting gently on your thighs

Sitting up straight

Feeling your spine grow tall as you slide your shoulder blades down your back

and you root down through your sit bones

Feel yourself grounding into your Seat of Awareness at your heart center -grounding into the wisdom of you

In your Seat of Awareness you are immersed in the radiant, amber glow of Awareness - emanating from within you and expanding infinitely in every direction

Next to you on your LEFT - within your Seat of Awareness is a small golden, amber flame

It is the flame of your will, your divine spark

You can see it suspended in the silent serenity of Awareness

The flame stands tall - never shifting or wavering - completely calm, completely still

Now bring your attention to the 3 dimensional cube of consciousness, situated in the right corner of your mind's eye, suspended within 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 seat of Awareness right next to the cube of consciousness, see it suspended 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 focus narrows in, the light begins to fade and you see that you are holding a memory album of your life

This memory album is a complete account of events that have had a profound significance in creating your life

These events, some big, some small, some very personal, and some seemingly insignificant - have been fundamental in creating your life, your behaviors, and your beliefs

Each one of these events has one or more emotion attached to it

Whether it is an emotion of joy or pleasure - sadness or anger, they have all left their emotional imprint on your life experiences

Open the album that is in your lap and turn to the first page where you see a collage of pictures spanning from your birth to this present moment.

You see many versions of yourself at different ages, various heights and even hair color
 having experiences such as your first steps, learning to drive and accepting your first job offer

As you turn another page, you come to an image of yourself as a child

You can see what you were wearing, what you were doing and you can see the expression on your face

You see that this is a picture of a moment in time in your life when someone you loved or admired criticized you, whether it was a teacher, a family member, a friend, a sibling, or a parent

That person may not have even known that their words or actions affected you and may have even believed their own intentions to be good and helpful but nonetheless the memory and the emotions attached to it affect you and are still affecting you today

It could be a memory of someone pointing out one of your errors

It could be a memory of someone judging your actions or decisions

You can recall how the encounter made you feel

Possibly hurt or sad, maybe embarrassed or angry

You can see the expression of emotion on your face - in that moment

You can remember the feeling of the emotion running throughout your body

Seated in your Seat of Awareness - and feeling your body immersed in the warm amber glow of Infinite Awareness

Find where the emotions of that memory of that event reside in your body

Possibly in your head? Possibly in your heart? maybe in your stomach? you may find the emotion in your neck or lower back? it could be in your little finger?

Wherever you feel the emotion of the memory from that event

With your mind's eye***Take your LEFT hand and bring it over to that space on your body

and pull out the energetic imprint of the memory from that event,

including all the people involved (even the bystanders), making sure to get all of the details of the happenings - the words, the actions that transpired, and of course the emotions that were created by you as a way of making sense of the situation

Take all of that out of your body with your LEFT hand and place the memory of that event in the palm of your RIGHT hand

Hold out your RIGHT hand in front of you and look at the memory

As you look upon the memory of that event - You can see all the people involved, you can see yourself

You can see the circumstances of the event, possibly even details from the day's weather

You see clearly exactly what transpired in that very moment

And from the vantage point of your Seat of Awareness, your space of patience and neutrality - Looking at it within the palm of your RIGHT hand, You can now see beyond the image of the memory, beyond the details of the experience, beyond any emotional trauma

And now you are able to see the implications that this event has had on your life

Whether it was certain learned behaviors, self-doubt, created feelings of unworthiness, any emotion that has held you back or created roadblocks in your life

You now see how the emotions of this event have anchored themselves to your past and tethered themselves to your future

As you look upon this memory - you are free to ask yourself

How have the emotions from this event been controlling my patterns of behavior throughout my life

Are these emotions projections of someone else's belief of what transpired that I have taken on as my own?

Will I continue to allow these learned behaviors from this experience to control my life?

Do I have something to learn from this experience?

Maybe it is a lesson of not taking things personally

Possibly a lesson of patience and forgiveness

Maybe it is a lesson of trusting your intuition

Still holding the memory of that event in your RIGHT hand, with your LEFT hand pull out the lesson from that event

Take that lesson and place it in your heart space, into your Seat of Awareness, into the wisdom of you

Feel as the energy of the lesson integrate into your entire being

Looking back at your RIGHT hand now you can see clearly the rest of the details of that event, including the emotions - possibly fear or maybe shame, any feelings of rejection or unworthiness -

Take your RIGHT hand over to the golden flame on your LEFT side and gently blow the left over details and emotions that no longer serve you into the flame and watch as they dissolve into tiny sparks that quickly fade into the amber glow of Infinite Awareness

As you watch the flame dissolve the emotions from that event

Say to yourself

- I AM FREE

Say to yourself

- I will not carry around this emotional baggage any longer

Say to yourself

- I let go!

Say to yourself

- If I remember this event, I will honor the lesson and look upon the rest with patience and resilience

Say to yourself once more

I AM FREE!

RETURN TO SANKALPA

Now bring your attention back to your Sankalpa - **I AM AWAKE AND AWARE**

Repeat it in your mind, 3 times, definitively, and feel as it resonates through your entire being

Forgiveness is remembering the lesson and letting go of the rest

Rest now and enjoy the bliss of your practice - I will be back in a moment to wake you

RETURN BACK TO BREATH & BODY

As you move through this life and begin to recognize patterns of behavior and belief, remember you can always turn to this practice that will guide you into remembrance of your innate power to discern and decide what you will create for your life and beyond!

Slowly returning your attention back to body, back to your breath

Take a deep breath in, feeling the breath move energy throughout your body

Exhaling feeling peace settle within your heart

Slowly returning your attention back to here and now, yet always remaining in your Seat of Awareness

Your place of observation, your place of patience

Begin to bring some small movements to the body

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