

ADVANCED YOGA NIDRA SCRIPT

ENTRY | STAGE 1

Allow yourself to relax into your space. Gently close your eyes, and commit to keep your body still and calm. Please move if you become uncomfortable. Your Yoga Nidra Practice is one of yogic sleep; it will guide you to the space between conscious wakefulness and deep sleep. Try to remain awake and stay focused on the sound of my voice.

<PAUSE 5 COUNTS>

Become aware of your body in this space, here and now. Allow your body to become heavy and relax deep into the floor. Swallow and allow this action to soften any residual tension in your body, travelling through your throat, neck, face and jaw.

Become aware of your breath. Notice how your body naturally breathes itself. Take 3 deep breaths, in through your nose and out through your mouth.

<PAUSE 10 COUNTS>

SANKALPA | STAGE 2

It is now time to create your Sankalpa, or your highest intention or vow. Your Sankalpa can be in the form of 1 word, keep it simple. What single word makes your heart sing in this moment, what is your heart's desire? What single word would empower the experience of yourself right now in this moment?

Use the following language to create your Sankalpa:

I AM ... I am love....I am courage....I am accepting...I am strong...I am vulnerable...I am compassionate...I am free...I am a success...I am awakening... Silently in your mind - repeat your Sankalpa 3 times now.

<PAUSE 10 COUNTS>

PHYSICAL BODY - ANNAMAYA KOSHA | STAGE 3

Now connect to your physical body. You will hear me name a body part. At that time, in stillness, draw your mind's eye to that body part. When you hear the name of each body part, repeat it silently to yourself. Move through your awareness as quickly as you hear me name each body part. Try to do so without judging. View the object you are guided to with an attitude of a scientific investigator taking an inventory. Become aware of the body sensation. Neither change or deny what you observe. Inquire and feel, "Who is aware of these sensations?"

<PAUSE 5 COUNTS BETWEEN EACH BODY PART>

Right big toe, right second toe, right third toe, right forth toe, right pinkie toe, right heal, entire bottom of right foot, top of right foot, right ankle, right calf muscle, right knee, right leg bones, right buttocks, right hip bone.

Left hip bone, left buttocks, left leg bones, left knee, left calf muscle, left ankle, top of left foot, bottom of left foot, left heel, left pinkie toe, left forth toe, left third toe, left second toe, left big toe. Notice both feet. Allow both feet to completely soften and sink heavy into the floor. Notice both legs. Allow both legs to sink heavy into the floor.

Notice your pelvis, feel it sink down and relax. Feel your sacrum connect to the floor. Notice your lumbar spine and how it curves away from the floor, notice your thoracic spine sink into the floor. Notice space between your neck and the floor. Feel your skull sink heavy toward the floor.

Feel your left shoulder blade, left shoulder, left upper arm, left elbow, left wrist, left thumb, left index finger, left middle finger, left ring finger, left pinkie finger, left palm center, entire left hand.

Feel entire right hand, right palm center, right pinkie finger, right ring finger, right middle finger, right index finger, right thumb, right wrist, right elbow, right upper arm, right shoulder, right shoulder blade.

Notice your skull sink heavy into the floor. Feel the back of your head, top of head, forehead, left temple, left ear, left side of your jaw, left side of your face.

Right temple, right ear, right side of jaw, right side of face. The space between your eye brows, left eye, right eye, both eyes, nose, right nostril, left nostril, whole nose, upper lip, bottom lip, the space where your lips join together, chin, throat, collarbone, chest center.

Feel your whole entire body... whole body.... entire whole body.

ENERGETIC BODY - PRANAYAMA KOSHA | STAGE 4

Begin to feel the miracle of your breath. Notice how your breath breathes your body without even having to think about it. Feel the gentle rise and fall of your belly as you take each breath. Feel your nostrils. Notice the cool air swirling in each nostril as you inhale and notice the warm air swirling out of each nostril as you exhale. Inhale your desires and exhale what no longer serves you. Breathe in (pause for 10); Breathe out (pause for 10).

Continue to be aware of your breath. Inquire and feel. What does my breath feel like? Gently, and with feeling, inquire, Who is feeling this breath? Who is aware of this breath right now in this moment?

<PAUSE 20 COUNTS>

Allow the feeling of your breath to become spacious awareness expanding simultaneously into all directions. See if you can simply exist, before the I thought arises, and before the witness arises.

<PAUSE 20 COUNTS>

EMOTIONAL BODY - MANAMAYA KOSHA | STAGE 5

Begin to feel awake and alert. Even though your eyes are closed and your body is relaxed, feel a vibrant alertness flow through your body.

<PAUSE 10 COUNTS>

Now shift your alertness into a feeling of tiredness. Feel your eyes, face, throat and jaw soften and surrender to the tiredness.

<PAUSE 10 COUNTS>

Go back to to feel awake and alert. Even though your eyes are closed and your body is relaxed, feel a vibrant alertness flow through your body.

<PAUSE 10 COUNTS>

Now shift your alertness into a feeling of tiredness. Feel your eyes, face, throat and jaw soften and surrender to the tiredness.

<PAUSE 10 COUNTS>

With your next inhale, feel your entire body become light. Feel as though it is floating above the floor. Stay in this lightness for a few moments as your breath naturally flows through your body.

<PAUSE 10 COUNTS>

With your next exhale, feel your entire body sink heavy into the floor. Every part. Your whole entire body is heavy and sinking. Allow this feeling to ground and present you into this moment, here and now, in this safe space.

<PAUSE 10 COUNTS>

With your next inhale, feel your entire body become light. Feel as though it is floating above the floor. Stay in this lightness for a few moments as your breath naturally flows through your body.

<PAUSE 10 COUNTS>

With your next exhale, feel your entire body sink heavy into the floor. Every part. Your whole entire body is heavy and sinking. Allow this feeling to ground and present you into this moment, here and now, in this safe space.

<PAUSE 10 COUNTS>

With your next inhale, feel your entire body become light. Feel as though it is floating above the floor. Stay in this lightness for a few moments as your breath naturally flows through your body.

<PAUSE 10 COUNTS>

With your next exhale, feel your entire body sink heavy into the floor. Every part. Your whole entire body is heavy and sinking. Allow this feeling to ground and present you into this moment, here and now, in this safe space.

Bring your awareness to your skin. Remember a time when you felt cold or chilly. Create the experience of cold in your body. Imagine being outside in winter. Feel the chill and the cold permeating your entire body.

<PAUSE 10 COUNTS>

Now allow the sensation of warmth to spread throughout your entire body. Remember the feeling of heat in the summer sun. Feel heat radiate onto your skin. Feel the heat in and all around your body.

<PAUSE 10 COUNTS>

Become comfortable. Comfortable in all ways, from your physical body, to your thoughts, to your emotions, to your breath. Experience extreme comfort.

<PAUSE 10 COUNTS>

Now feel discomfort. Not pain, simply discomfort. Discomfort within your physical body, discomfort within your thoughts, emotions and breath. Be in this discomfort as a witness, free of judgment, free of movement, free of thinking that there is anything to do but simply be.

<PAUSE 10 COUNTS>

Become comfortable. Comfortable in all ways, from your physical body, to your thoughts, to your emotions, to your breath. Experience extreme comfort.

<PAUSE 10 COUNTS>

Recollect the experience of excitement. Feel this excitement in your mind and body but do not concentrate on its source. Create the experience of excitement as clearly as possible.

<PAUSE 10 COUNTS>

Now allow the feeling of complete peace and calm to take over your experience. Manifest the experience of deep peace and calm in your entire physical body, within your mind, emotions and within your energy. You are completely relaxed and aware, you are completely calm. You are peace.

<PAUSE 10 COUNTS>

Return to the experience of excitement. Feel this excitement in your mind and body but do not concentrate on its source. Create the experience of excitement as clearly as possible.

<PAUSE 10 COUNTS>

Now allow the feeling of complete peace and calm to take over your experience. Manifest the experience of deep peace and calm in your entire physical body, within your mind, emotions and within your energy. You are completely relaxed and aware, you are completely calm. You are peace.

INTELLECTUAL BODY - VIJNANAMAYA | STAGE 6

You will now hear a number of images. Allow them to enter your mind, feel the experience of the image on all levels. Notice your physical body's reaction, your emotions, thoughts and energy. If you are unable to tap into an experience, be patient and stay present; it will come with practice.

Sunset, birds chirping, clean cool water, ocean waves, surfer, a circle of trusted friends, horses running, a smiling buddha, and endless desert, light rain, fresh fruit basket, vibrant rainbow, candle burning, face of a loved one, snow capped mountain, fresh cut grass, flowing river, morning sun rise, strong mountain, tall tree, fresh cut flowers, balloons, waves breaking on beach, clouds floating across the sky, heavy rain, beautiful baby, happy old man, sparkling eyes, fresh sheets, warm hug, a comfortable pillow, wise old woman, a cross, a cave leading down into the ground, a yogi in meditation, people shouting, a smiling child, people at war, vibrant sunset, taking a deep breath, the sound of my voice, your body lying on the floor.

<PAUSE 10 COUNTS>

Experience the following essential qualities of presence. Allow each quality to evoke feelings, emotions, thoughts, images and memories. Allow all channels of perception to participate in the experience: seeing, hearing, tasting, smelling, touching and thinking.

Authentic, awake, aware, being, compassionate, creative, empathetic, empty, expansive, full, intelligent, intimate, joyful, loving, peaceful, present, spacious, welcoming.

<PAUSE 10 COUNTS>

VISUALIZATION | STAGE 7

Begin to concentrate on the space in front of your closed eyelids. Imagine a screen as though you were at a movie theatre. The screen is as high and as wide as your eyes can see. Concentrate on this screen and become aware of any phenomena that manifests within it; including colors, patterns and light.

**<PAUSE 10 COUNTS> <PAUSE 10 COUNTS>EAD VISUALIZATION NOW
See below for visualization options (Tropical, Cozy, Coastal ***CHOOSE ONE*****

REPEAT SANKALPA | STAGE 8

Recall your Sankalpa, your intention that you set at the beginning of your Nidra practice. Silently and within your mind, repeat your Sankalpa 3 times now... silently and within your mind, repeat your Sankalpa now.

<PAUSE 5 COUNTS>

NATURAL STATE | STAGE 9

Take a deep breath in. Allow this breath and each breath to come to presence you into this right now moment. Feel your back body anchoring into the floor, of this room. Imagine the walls of this room, the colors, the people in the room. Take another deep breath in, feel your rib cage expand as you fill up with air, and feel your ribcage contract as you breathe out.

<insert optional savasana here>

Gently begin to move your toes...rotate your ankles...bring your feet to stillness, bring gentle movement to your fingers...rotate your wrists...bring both of your hands over your head and reach them toward the space behind you, feel a whole body stretch...take another deep breath in, as you exhale sigh out and relax your entire body. Roll to your right side, into fetal position - a posture of new beginnings and transformation. Keep your eyes closed, recall your Sankalpa.

<PAUSE 10 COUNTS>

Support yourself up to a seated position.... bring your hands together at your chest center in Anjali Mudra (prayer position)

<PAUSE 5 COUNTS>

We will close Nidra practice with n AUM. Allow this AUM to represent your connection and commitment to your Sankalpa.

Aum

Namaste (**Bow**)

Visualization Options

Tropical Experience

Picture a deserted white sand beach. Palm trees align the small ocean coastline. There is nobody around; it is the perfect spot to be, in this moment right now. Visualize yourself walking slowly on the beautiful white sand beach. You are barefoot, and you can feel the sand on the bottoms of your feet. The sand is warm, and with each step, your feet become more and more relaxed. See the ocean, it is a beautiful turquoise color, the waves are moving slowly as they gently crash upon the shore. You are happy. You are content. You are relaxed.

You continue to walk until you see something on the ground. It is a lone beautiful white flower. You bend down, pick it up and smell it. It is the most beautiful fragrance you have ever known. The scent relaxes you. You take the flower and lay down on the beach. You smell it one more time, the scent is simply delicious.

See yourself lying on the beach. You feel the warm sand now touching your back body. There is nobody around but you. You close your eyes, and feel the warm sun kissing your skin, and the light breeze dancing on your body. You can still smell the beautiful scent of the flower, along with the salt water of the ocean as you hear the gentle waves crashing. You open your eyes to see the sun peaking through the clouds, you feel peace. You close your eyes. You are relaxed, you are whole ... you are complete. There is nothing more that you need in this moment right here.

<PAUSE 10 COUNTS> go back to stage 8

Cozy Experience

Picture a cold winter's day. You are inside a cozy log cabin. The air is fresh, and there is a wood fire burning in the fireplace. You are snuggled in a soft blanket on a sofa in front of the fireplace. The soft warm blanket is wrapped around you, with only your head and your face exposed to the fresh cool winter air. As the fire grows stronger, you can feel the warmth of the golden flames warm your cheeks. You can smell the fire - the smell is comforting. You reach your hands toward to fire and feel the heat grow stronger, you begin to rub your hands together, bathing in the warmth.

You then take your hands to your face and cover your eyes with your palms. Your hands are so warm, you close your eyes beneath your palms and allow the warmth to permeate your entire skull. The feeling is complete relaxation.

You tuck your hands back into your blanket. Your whole body feels warm as the blanket lovingly hugs you. You open your eyes a few moments later to see giant white perfectly formed snowflakes slowly falling from the sky. They are so big, and falling so slowly you can see the perfection of each one. They look like falling white mandalas - perfect in every way. You close your eyes again, to experience the perfection of yourself. You are whole and complete in every way.

<PAUSE 10 COUNTS> go back to stage 8

Coastal Forest

Picture a forest with large pine trees. See yourself standing amongst these large trees. You are barefoot. You can feel the cool moss beneath your feet. This feeling is refreshing. As you take a breath of the cool forest air, you can smell the scent of pine. It reminds you of Christmas time, with the scent of pine all around. <PAUSE 10 COUNTS>

You begin to walk slowly, feeling a connection to the earth with each and every slow step you take. You pause, standing still. In front of you is a large tree stump. The scent of pine is even stronger now. You are so close to it, you can reach out and touch it's bark. The bark is hard, yet supple and damp. You hug the tree stump and notice the scent of pine becomes even more strong. You notice the moisture of the pine beneath your arms and hands, you can feel the moss beneath your hands. It feels cool, yet comforting, almost as though it is hugging you back.

You close your eyes, and now feel the moss beneath your feet and take a long, slow, deep breath in, the scent of pine relaxes your entire body. Everything is perfect in this moment right now. There is nothing to change. You are perfect in this moment right now - there is nothing to change. Nothing. go back to stage 8

<PAUSE 10 COUNTS> go back to stage 8