

# **SCRIPT PACKET for Divine Sleep® Yoga Nidra Teacher Training**

*These Script Segments and Complete Scripts are reprinted in this handout for you from Divine Sleep® Yoga Nidra Teacher Training Manual*

*~For the use of Divine Sleep® Yoga Nidra Teacher Training and it's Graduates~*

**Script Segments: Stages 1 – 6** **Pages 1-18**

**Scripts: 4 Complete Scripts** **Pages 19-28**

*These Script Segments and Scripts are yours to use as students and graduates of this training. You may guide them to students, clients, group settings, one-on-one, in-person, online, recorded or not recorded, by any method that you choose. All Scripts are in "quotation marks". (Note: these are the same scripts from Chapters 3 and 6 in the training manual).*

## **STAGE 1. ENTRY**

*Note: 'Scripts' have "quotation marks" and are meant to read out loud. 'Practices' are INSTRUCTIONS or IDEAS for you as the teacher to create a script from, and are not 'scripts' to read out loud.*

### **A. Awareness and Movement Permission Script:**

"Allow yourself to get comfy... Make any final adjustments to get as comfortable as you can... Feel free to move or to adjust anything, any time during this journey, to support your comfort. Moving slowly and mindfully when you move... Becoming more aware now: this is a practice of awareness... Noticing your body resting, resting... Aware of your breath... Become more and more aware of each level of your being as you are guided through sensations, breath, thoughts, feelings... Allow yourself to be the observer of all that you truly are. The observer who is filled with compassion and acceptance..."

### **B. Welcoming In Script:** *This script is great for any practice. And you may also find this script helps if you think there will be sounds, or snoring, during practice.*

"As best you can, welcome everything in, just as it is... Whether sensations arise, thoughts or feelings flow through you, notice and welcome them in, as they are... Or perhaps you notice something external - like a sound that catches your attention or distracts you... If distractions happen, let it be the reminder to bring you back into deep inner focus, no need to go into agitation... Welcoming in, as best you can, everything that you notice - inside or outside of you..."

### **C. No Way To Do This Wrong Script:**

"There is no way to do this practice wrong. There is no wrong thing you can experience... You may, along the way, feel relaxed, easy and peaceful... You might also happen to feel discomfort or unease - that is normal and natural during meditation... As best you can, welcome in everything that you notice, pleasant or unpleasant... What is important is to be with what is..."

### **D. Settling Body Script:**

"Settle into your body... Settle your body down into the ground... Feel the ground underneath you, holding and supporting you in your practice today... Feel secure here, in your body, your body on the ground... Letting go into the ground..."

### **E. All Koshas Numerical Script:** Yes! You can read the numbers out loud if you choose. This will help students feel the progression of the kosha layers. This script counts upward.

"One: Allow your body to be heavy... Feel your body, letting yourself sink down into the ground... Letting go...  
Two: Feel your breath... Feel it flowing through your body... Feel your breath and it's flow..."

Three: Allow your thoughts to settle... Notice thoughts that are present for you right now... Aware of feelings and emotions... touching in with acceptance and kindness...

Four: Let personality and the roles you play drop away... Sensing your essence - pure, clear, and free... Notice yourself as the kind observer who greets all that arises...

Five: Notice a sense of joy... Feel bliss... Allow bliss to fill your body... Bliss filling your whole being..."

**F. Counting Down Through the Koshas Script:** *Counting down with numbers takes students deeper and deeper into themselves and the subconscious.*

- "Five: Soften your whole body..."
- Four: Let go on your exhalation..."
- Three: Let any lingering thoughts fade..."
- Two: Notice yourself unwinding..."
- One: Notice joy in your body..."

**G. Doubling Ease Script:**

"Feel the level of ease within your body... Notice the level of ease... And now allow the ease to double, as you exhale your breath... Every exhalation is an opportunity to double the ease within you..."

**H. Sound Script:**

"Now notice sounds you're aware of... Hear the most distant sound you can detect... Now focus on a sound that is closer... Just notice the sounds, allowing them to be here in this moment... Now notice the sound that is closest to you, perhaps even in your own body... Notice sound..."

**I. Exhaling 'Aum' Script:**

"Each time you exhale, hear the sound of 'Aum' in your mind... You may even like to gently open your mouth and whisper the sound of 'Aum' on each exhalation... Continue on your own for a few more breaths..."

**J. 'Sighing' Breath Script:**

"Take a deep breath in and as you exhale, sigh a long sigh... And again: deep breath in and 'ahhhhh...' And now more softly, inhale and exhale 'ahhhh..."

**K. Relaxing Color Through Breath Script and PRACTICE:**

"Notice a color that is relaxing... The most relaxing color for you right now... And now imagine breathing your relaxing color through your body... Breathe your relaxing color into your belly... Let your belly completely fill with your relaxing color and feeling..." *(now you continue with other body parts).*

**L. Counting Down PRACTICE:** *Count down from 5 to 1, inviting a body part, or plane of the body, to soften with each number.*

**M. Progressive Muscle Relaxation PRACTICE:** *Contract, then relax the whole body, part by part. Counting can also be used to create a more refined approach. For example, squeeze hand into a fist progressively tightening as you count 1 to 5 slowly, increasing contraction as the number increase; then count 5 to 1 releasing muscles progressively. (Progressive Relaxation was originally created in 1929 by Edmund Jacobson).*

**N. Autogenics PRACTICE:** *This utilizes the interactive relationship between the body and the transformative power of mental suggestion. Invite the students to repeat in their minds: "My legs are warm and heavy" as they focus on feeling those specific sensations. Sensations: heavy, warm, soft, and*

so on. *These sensations mimic the parasympathetic response in the nervous system - relaxation response. (Autogenics was developed by Johannes Schultz and Wolfgang Luthe in the 1930's).*

- O. Breath in Body PRACTICE:** Bring the breath into individual body parts with inhalation, and soften and release that body part, or the whole body, on exhalation.
- P. Planes of Body PRACTICE:** Soften, release, or let go, the 'planes' of the body: back/front, right/left, upper half/lower half.

## **STAGE 2. Heart's Intention SANKALPA - Soothing Place & Heart's Longing Intention**

### **Soothing Place**

- A. Soothing Place:** *Remember to give lots of time and space for the students to imagine, sense, and feel.*

"Imagine yourself now in a place that feels soothing, peaceful and calming... Peaceful and calm... This could be somewhere that you know, or an imaginary place... It may be outside in nature that you like – such as at the beach, or in the woods - or it could be indoors somewhere that is soothing to you... Feel yourself here... And begin to see all the surroundings: the colors... light... objects... plants... or any special objects – you get to choose what is here... All things peaceful and calming for you..."

Now see yourself here in your soothing peaceful place... Feel this place calming and soothing you... Your soothing peaceful place is always here for you... At any time during practice, you can come back here... Especially if anything feels intense, odd or uncomfortable in anyway, come back to your soothing place. You can come back to this place anytime you would like to. All you have to do is remember, and you'll be back here... Your soothing place is always here, and part of who you are... Come back here when you want – it's part of the practice..."

### **The Heart's Intention**

- A. Breath Heart's Intention Script:**

"Begin to feel your breath, your natural breath... Aware of breath in your chest... The easy rise and fall of breath in your chest... Now go inward, deep inside and notice 'What is my heart's deepest wish?' Let the answer come from your heart... *(give 20 seconds or more of silence)*.

From your heart's wish, create a positive statement - in present tense, as though it's already happening. Something like 'I am whole and complete exactly as I am.' You can use this statement if you like it and if you heard your heart's wish, then state it three times silently to yourself as the truth..." *(give 20 seconds or more of silence)*.

- B. Heart-Space Flower Intention Script:**

"Go inside into the heart-space... Perhaps imagining a flower, pulsing within your heart-space... Heart-space enlivening with breath... And ask 'What is my heart's deepest desire? What does my heart long for?' ... *(give 20 seconds or more of silence)*.

Now create an intention based on your heart's messages. This is a positive statement, as though it is already happening, in present tense. Something like: 'I am spacious and relaxed'. You can use this statement if you like it, but if you heard your heart's wish, then state it three times silently to yourself as the truth. Allow any colors, images or symbols to also arise with your statement..." *(give 20 seconds or more of silence)*.

## STAGE 3. BODY SCAN

### A. **Body Scan with Planes of the Body Script:** *note: '...' signifies time/space to feel and experience instructions.*

“Now let your awareness move through your body as you are guided. Feel each body part then move on to the next when prompted. Do not worry if you cannot feel every body part.

Sense your face... Notice your jaw... Become aware of sensation in your mouth... Feel the roof of your mouth... underneath the tongue... notice teeth... gums... tongue...root of the tongue... sense taste in your mouth... Now feel all of the parts of your mouth all together... the entire mouth.

Now feel your nose... nostrils... right nostril... left nostril... both nostrils. Feel your breath passing through the nostrils... aware of your sense smell...feel your nose. Notice your ears... feel the wrinkles and folds of the ears... backs of the ears...ear canals...inner ears. Aware of your ears hearing.

Now feel your eyes... eyelids... eyelashes... surface of the eyes... centers of the eyes... backs of the eyes... behind the eyes. Feel your eyes. Become aware of your forehead... crown... whole head... throat... neck... right shoulder...right arm... hand... right palm.

Feel right hand thumb... 1st finger... 2nd finger... 3rd finger... 4th fingers... All of the fingers... Feel now the whole hand vibrant with energy... Aware of right wrist... forearm... elbow... upper arm... shoulder... Feel throat center... And notice left shoulder... arm... hand. Notice left hand thumb... 1st finger... 2nd finger... 3rd finger... 4th finger... All of the fingers... whole hand radiant with life... Become aware of left wrist... forearm... elbow... upper arm... shoulder... and throat center.

Feel the chest... heart space... heart center... belly... navel center... notice shoulder blades... between shoulder blades... ribs on the back... sense the low back... buttocks. Become aware of your whole back... Feel the right hip... right thigh... knee... right lower leg... ankle... top of the foot... sole of the right foot... notice big right toe... second toe... third toe... fourth toe... and fifth toe... feel all of the toes.

Become aware of sensation in the navel... left hip... thigh... knee... left lower leg... ankle... top of the foot... sole... feel the big left toe...second toe... third toe... fourth...and fifth toe... feel all of the toes. Feel both feet, legs... torso front and back... hands and arms... neck and head. Feel the whole body now... whole body.

Become aware of right side of the body... Now feel the left side of the body... Feel back body, side of the body facing the ground... back body... And now feel front body, side of the body facing the sky... front body... Feel the whole body now, whole body... Notice the entire global feeling of the body.”

### **Columnar Body Scan Scripts**

*These Columnar scripts are helpful to keep you on target to not forget any areas of the body, and to sequence in a way that connects the body parts one after the other. **How To:** Guide the left column first from top to bottom; then middle column from the top to bottom; finally the right column from top to bottom. \*Add directives such as: “Now feel your... Become aware of the...” and so on. Suggestions for directives to add:*

- **Become aware of**
- **Notice**
- **Feel**
- **Observe**
- **Bring awareness to**
- **Witness**
- **Sense**

**B. Short Homunculus Body Scan Script (add directives):**

“Throat	Neck	Belly
Tongue	Shoulders	Whole trunk
Teeth	Arms	Shoulder blades
Gums	Hands	Whole back
Jaw	Thumbs	Hips
Lips	First fingers	Thighs
Lower lip	Second fingers	Knees
Upper lip	Third fingers	Lower legs
Face	Fourth fingers	Ankles
Nose	Both hands	Feet
Eyes	Wrists	Toes
Eyebrows	Elbows	Whole body”
Face	Shoulders	
Head	Chest	

**C. Short Body Scan - Beginning With Hands Script (add directives):**

“Palms of both hands	Head and neck together	Soles of feet
Feel hands alive with energy.	Chest	Back body
Arms	Belly	Front body
Elbows	Back	Right side
Shoulders	Hips	Left side
Throat center	Thighs	Whole body
Neck	Knees	Whole body
Head	Lower legs	Whole body”
Face	Feet	
Eyes	Toes	

#### D. Long Homunculus - With Chakra Wheels - Body Scan Script (add directives):

“Jaws	Right wrist, forearm, elbow.	Sole of the foot.
Lips	Right upper arm	Whole Left foot.
Upper Lip	Shoulder.	Whole Left leg and foot.
Lower lip	Whole Right arm and hand together.	
Between lips	Throat center	Navel center
Roof of mouth		Right hip
Under tongue		Buttock
Teeth... gums... tongue...	Left shoulder	Thigh
All surfaces inside the mouth.	Arm	Right knee
	Left hand	Ankle
Nose	Thumb	Right foot, toes.
Aware of Breath	1st finger	Heel
Ears... wrinkles and folds of ears.	2nd finger	Sole of the foot.
Ear canals... inner ear.	3rd finger	Whole Right foot.
Notice ears hearing	4th finger	Whole Right leg and foot.
	All fingers	Both legs and feet together.
Eyes... eyelashes... Eyelids	Whole Left hand alive with vibration.	Root center between sitting bones.
Eye sockets	Left wrist... forearm... Elbow	Root center.
Eyes radiant with light and wisdom.	Left upper arm	
Forehead	Shoulder.	Navel center.
Between the brows	Whole Left arm and hand together.	Feel navel center.
	Throat center	
Crown		Solar plexus above navel center.
Back of head	Chest	Aware of Solar plexus.
Back of neck	Ribs	
Throat	Shoulder blades	Heart center.
Whole head	Between shoulder blades.	Feel heart center.
Head and neck	Heart center	
Throat center	Back	Throat center.
	Whole back	Throat center.
Right shoulder	Low back	
Arm	Belly	3rd Eye between brows.
Right hand	Navel center	Feel 3rd Eye.
Thumb		
1st finger	Left hip	
2nd finger	Buttock	Crown. Notice crown of head.
3rd finger	Thigh	Feel the whole body.
4th finger	Left knee	Whole body.
All fingers	Ankle	Awake and aware in this resting body.”
Whole right hand alive with vibration.	Left foot, toes.	
	Heel	

**E. Body Scan with Chakras - Beginning with Hands - Script (add directives) \*NOTE: (x2) means repeat that one body part twice.**

“As a way to bring more awareness into your body, notice each body part, as it is mentioned, without needing to move anything...

Palm of the Right hand.	Notice the nose.	Right hip
Right hand thumb.	Right nostril	Thigh
1st finger	Left nostril	Knee
2nd finger	Breath in nostrils.	Ankle
3rd finger	Feel the interior of the nose.	Foot
4th finger	Whole nose as sensation.	Right big toe
Whole hand		All of the toes
Wrist	Notice the ears.	Whole right leg, foot and hip.
Forearm	Earlobes	(x2)
Elbow	Backs of the ears.	
Upper arm	Ear canals	Pelvis
Shoulder	Inner ears	Left hip
Feel the entire right arm, hand shoulder. (x2)	Notice your ears listening.	Thigh
		Knee
	Feel the eyes.	Ankle
Notice the Left palm.	Eyelids	Foot
Left hand thumb.	Eyelashes	Left big toe.
1st finger	Surface of the eyes.	All of the toes.
2nd finger	Centers of the eyes.	Whole left leg, foot and hip.
3rd finger	Backs of the eyes.	(x2)
4th finger	Behind the eyes.	
Whole hand	Notice both eyes.	Soles of both feet.
Wrist		Sitting bones
Forearm	Forehead	Between sitting bones. Root center (x2)
Elbow	Crown	Navel center (x2)
Upper arm	Whole head	Solar plexus area (x2)
Shoulder	Head and neck	Heart center (x2)
Feel the entire left arm, hand shoulder. (x2)	Throat center	Throat center (x2)
	Chest	Third eye between the brows. (x2)
Feel the throat center	Heart center	Crown (x2)
Neck and throat	Ribs	
Jaw	Solar plexus just below the ribs.	Front body
Mouth	Belly	Back body
Lower lip	Navel	Right side
Upper lip		Left side
Between the lips.	Now feel the back: Shoulder blades	Upper half
Inside the mouth.	Between shoulder blades.	Lower half
Feel all the surfaces in the mouth.	Low back – sacrum.	Whole body (x3)”

**F. Sensing Space Around the Body Script and Practice (add directives):** *This script is led only after one of the scripts above so that there is first the awareness of the solid nature of the body before feeling the space around it. That this script AFTER one of the above scripts.*

“Sense presence around hand” (you continue with other body parts).

“Feel the Right side of the body... And now sense awareness and feeling just beyond the right side of the body... Outside of the right side... Now feel the Right side of the body once again...” *(you continue with left side, and other body parts, or planes of the body).*

**G. Hollows Body Scan Script (add directives):** *This script is led AFTER one of the above scripts to feel the solid parts of the body first, then with this script, becoming aware of the body ‘hollows’.*

“Feel the hollows of the:

Mouth	Hollow where skull and spine meet.	Whole torso, whole torso.
Tongue		Hip joints
Throat	Base of the throat.	Backs of the knees.
Nose	Chest cavity	Knee joints
Nostrils	Lungs	Ankles
Nasal passages	Belly	Arches of the feet.
Sinuses in the cheeks.	Pelvic bowl	Now unite all the hollows together in one feeling, one awareness, one sensation...
Outer ears	Shoulder joints	Allow this global body feeling to unfold entirely.”
Ear canals	Palms	
Inner ears	Elbows	
Eyes	Underarms	
Eye sockets	Shoulder blades	
Brain cavity	Back	

## Stage 4. Breath - Energy Awareness

*Guide spaciously to allow time for the natural breath. For pacing, feel your own breath while leading. Ellipses ‘...’ signify 2-3 of your breaths (inhale-exhale-inhale). State with each practice once or many times these phrases or something similar:*

**Phrases to Weave Into Stage 4 Scripts:**

- **“As you next inhale...”**
- **“When you next exhale...”**
- **“There is no need to deepen or change your breath...”**
- **“Using your natural breath, become aware of...”**
- **“Noticing the breath just as it is...”**
- **“As you inhale it...”**

**A. Study of breath Script:**

“Observe your natural breath... Notice each inhalation... Each inhalation... Now feel the exhalations... Each exhalation... Become aware of the pauses between the breaths... The pauses... Now feel the temperatures of your breath... Temperatures... Become very interested in your breath... Nothing else exists right now but your breath... Aware of your breath... Continue to notice your breath flowing in this way on your own now...”

### **B. Breath in Belly To Nose Script:**

“Become aware of your natural breath, unforced breath... Feel breath in the belly... Without changing your breath in any way, notice the rise and fall of the belly with the breath... Feel breath in the chest... No need to deepen your breath, simply notice the natural expansion of the chest with the breath... Breath in the chest... Now become aware of breath in the throat... Feel breath in the nostrils... Breath in the nose... Aware of the sensations of breath... Notice the incoming and outgoing breath...”

### **C. Wave Breath Script:**

“Now notice your breath... Your natural breath as it flows through you... Feel the ‘in’ breath... Note the ‘out’ breath... As you exhale, become aware of a wave of breath and energy passing downward through your body... From crown to feet, downward the breath flows...”

And as you inhale a fresh wave of breath and energy flows upward through your body... As you exhale, notice the downward wave flowing through your body... Inhale feel the fresh wave upward... Continue to notice your breath flowing in this way on your own now...”

### **D. Sensation of Breath and Body Script:**

“Become aware of your breath, unaltered breath... Begin to feel sensations in the body as your breath naturally flows through... Aware of places of ease... Notice places of openness... Aware of sensations in the body with your breath... Perhaps places of tightness or tension – simply notice. There’s nothing to fix or change here... Noticing the breath... Aware all the various sensations in your body... Aware of breath... Aware of sensations... Continue to notice your breath flowing in this way on your own now...”

### **E. Breath Gaps Script:**

“Become aware now of your natural breath as it flows through you... No need to change your breath... Feel your breath flowing easily and rhythmically through your body... Notice your breath and follow it... Now begin to feel the pause between the inhale and exhale... Notice the gap... Now begin to feel the pause between the exhale and inhale... Without holding or changing the breath, notice the pause between breaths... Continue to notice your breath flowing in this way on your own now...”

### **F. Vyana Vayu Breath Awareness Script:**

“Become aware of your breath now... Feel the inhalation... Without changing your breath, notice the inhale travelling to your center... natural inhalation... Each inhalation travels to your core... Feel your natural exhalation... And as you exhale, feel the breath radiating outward through the limbs... Inhale flows inward to center... And as you exhale breath naturally flows outward into arms, hands, legs, feet... Inhale flows to core... Exhale flowing outward... Keep noticing your breath in this way on your own now: Inhale flows to core, exhale flows to the periphery...”

### **G. Counting Breaths Script:**

“Observe your breath.... Natural breath... unaltered breath... Feel the inhalation... Aware of exhalation... Now count your exhalations from 10 back down to 0. If you get lost or lose track, without judgment or agitation, begin again at 10...”

(wait about 20 seconds). Notice your breath... Counting your breaths...

(to complete): Now let go counting the breaths.”

## **H. Psychic Nadi Shodhana Script:**

“Become aware of your breath... Your natural breath breathing through you... Begin to notice each inhalation... Become aware of every exhalation...

- Now imagine that your next exhalation flows outward through your left nostril.
- And the inhalation flows in through the left nostril.
- And as you next exhale it flows outward through your right nostril.
- And inhales through your right nostril.
- And feel your breath awareness continuing in this pattern: inhale through left- exhale right. Inhale right- exhale left.

Continue on your own now... Keep your mind focused...”

## **Combination Stages 4. & 5.**

*You can combine Stages 4. and 5. together meaning that you can guiding breath-energy awareness with emotion or thought qualities. Here are some examples for you to begin with, and feel free to come up with your own ideas and combinations.*

### **1. Calm Peace Breath Script:**

“Notice your breath, your natural unaltered breath... And now as you next inhale hear in your mind ‘CALM’... ‘Calm’ with each inhalation... Calm...

And now as you next exhale, in your mind, hear ‘PEACE’... peace with each exhale...

As you inhale - CALM... As you exhale - PEACE... Continue noticing your breath with these word qualities on your own now...”

### **2. Heart Center Breath Script:**

“Feel your natural breath... Follow your breath from your nostrils... throat... chest... belly... Follow the breath’s natural flow through your inner body... Watch your breath...feel its rhythm...feel it in your body...feel breath in your chest...feel your breath...

Now focus your attention in the heart center, in the middle of your chest... Feel your heart center... Without changing your breath in any way, feel your breath nourishing and softening your heart center... Aware of your breath nourishing this center of feeling...”

### **3. Chakra Wheels of Energy and Breath Script:**

“Notice your breath, your natural breath... Feel your breath flowing through you, easily and rhythmically... Feel now your root center - between the sitting bones... As you next inhale, notice your root center filling with breath, without even trying or making effort, it fills with breath... And now as you next exhale, notice if there is a color, feeling, sensation, or something else here, in your root center...

Become aware of your navel center as you next inhale... Navel center... And each time you exhale, notice if there is a color, feeling, sensation, or something else here in the navel center... Feel all its details like its color and texture... Inhale becoming aware – and as you exhale - notice... Breathe like this on your own... Notice if you sense a color here, in your navel center.

Bring your awareness to your solar plexus center... As you next inhale, perhaps sensing its warmth... Each time you exhale feel your breath radiate outward... Continue noticing breath like this... Notice if you sense a color, or something else that comes to you, here, in your solar center...

As you next inhale, allow your awareness to travel to your heart center... And as you exhale, sense your heart center expanding like petals of a flower... Keep noticing your heart expanding with your breath on your own... Notice if you sense a color here, in your heart center, sensation or something else...

Become aware now of the throat center as you inhale... And each time you exhale it becomes perhaps more spacious and open... As you inhale become aware of throat – exhale, sense spaciousness... Continue to notice on your own... Notice if you sense a color, or anything else here, in your throat center...

Now as you inhale, feel your third-eye center between the brows... And as you exhale third-eye softens... Inhale aware of third-eye – exhale, it softens... Notice if you sense a color or anything else here, in your third-eye center...

Now become aware of the crown of the head... As you inhale, sense crown... And as you naturally exhale, perhaps notice the crown radiates energy... Notice if you sense a color, or anything else here, in your crown...

And now every time your breath flows, feel all these energy centers come into balance and harmony... alive within you..."

### **Stage 5. Sense – Emotion Perception**

*Sense and notice in your own body, mind and being, what you are guide to your listeners. Give students even more time here than Stage 4. Breath-Energy Awareness, in order to fully be able to feel each directive that you offer. For example, for instructions to feel heavy, give the students 10-seconds or longer with a few experiential suggestions such as 'like you are filled with sand'.*

1. **ONE SENSATION**: You can also use many other individual sensations such as soft, warm, heavy, quiet and so on from the lists and suggestions in the charts, or find new ones.

#### **A. Open Script and Practice:**

"Feel a place in your body that feels open... Become aware of the sensations of this open place... Completely feel the sensation of openness in this place... And now, allow the feeling of openness to spread through your body, and to completely fill your body. Feel openness in your belly..." (you continue to lead openness in the large areas of body: arms, legs, torso, head).

#### **2. ONE SENSATION AND IT'S OPPOSITE:**

##### **A. Contraction - Expansion Script:**

"Now imagine your body feeling contracted... All muscles and tissues pulling inward... Inward flowing like a seed... Tiny tight small... Feel sensations of contraction in your body... How does it feel to feel contraction?..."

And now feel the opposite... Feel your body expansive... Open and spacious... Outward flowing... Feel the sensations of expansion... How does it feel to feel expansion?..."

Now feel a place in your body that feels tight, contracted... Let that feeling of contraction spread through your body... Feel contraction...

Now feel a place in your body that feels expansion, open and free... Let that awareness of openness spread through your whole body...

And now see if on your own, you can go back and forth, between feeling contracted and expanded, on your own...

Now feel both together: notice contraction and expansion at the same time..."

### **B. Heavy - Light Script:**

"Now imagine your body becoming heavy, very heavy and sinking into the ground... Heavy, as though you are filled with sand... Body heavy sinking into soft receptive ground underneath you... Body heavy and sinking... Heavy and sinking... How does it feel to feel heavy?..."

Now imagine your body becoming light... Light as a feather... Light and floating...  
Feel heavy again... Completely heavy and dense...

Now feel light again...

Go between feeling heavy and light on your own now...

Now feel both heavy and light together..."

### **C. Fullness - Emptiness Sensation Script:**

"Feel your body and become aware of feeling fullness in your body... Feel fullness in your entire body... Arms and legs full... Torso full... Feel fullness... How does it feel to feel fullness?..."

Now feel empty, perhaps hollowed out... Sense emptiness, empty like a cup... Feel it through your whole body... How does it feel to feel empty?..."

Now feel fullness again... Completely full... Feel full...

Now feel empty again. Feel it entirely... Now go back and forth between the feeling full and empty on your own.... Now feel both full and empty together. Feel them together..."

### **D. Spacious and Its Opposite Sensation Script:** *Listener finds their own opposite, rather than the teacher suggesting one:*

"Find a place in the body that feels spacious and open... Completely and fully feel it... Now find a place in your body that feels the opposite of spacious... Feel it fully..."

Now feel the spacious open place again...

Feel the opposite feeling again...

Now notice both places at the same time... Feel them simultaneously together."

## **3. POSITIVE EMOTION – BHAVANA**

*You can use other 'positive' emotions/qualities to cultivate such as energized, cheerful, creative, optimistic, playful and so on from the Feeling Wheel and Polar Emotions lists, or find new ones on your own.*

### **E. Positive Feelings in Body Script:**

“Feel happiness, happy, joy... Remember feeling happy... Where does happiness live in your body?.. Notice where you feel it... Let happiness fully expand through your body, through your whole being...”

### **F. Content Feeling with Color Script:**

“Feel content... Content – perhaps like a cat stretching in the sunlight... Feel content... Notice if there is a particular place you feel contented in your body... Let the feeling of contentedness fully unfold throughout your body... Feel content... Notice if there is a color, or associate a color with the feeling of contentment... What is the feeling of content for you? Allow this color and feeling to completely fill you...”

## **4. POSITIVE EMOTION AND ITS OPPOSITE**

*\*\*\*Note: make sure your students are ready, aware and want to do these before leading them as they can elicit strong experiences.*

### **G. Content and It’s Opposite Script:**

“Feel your body, and become aware of feeling content. Feel contentedness in your entire body. Feel content.

Now feel its opposite, feel the opposite of content. What is the opposite of feeling content for you? Sense it fully. Feel it in your whole body. Now feel content again. Completely feel content. Now feel its opposite. Feel it entirely.

Now see if you can go back and forth between the two on your own.

Now feel both contentment and its opposite together. Feel them together...”

## **5. CURRENT EMOTION AND ITS OPPOSITE**

*\*\*\*Note: make sure your students are ready, aware and want to do these before leading them as they can elicit strong experiences.*

### **H. Current Emotion – Optional Opposite Script:**

“Now notice the emotion that has been coming up for you lately... Feel it fully... Allow yourself to feel it fully now... Feel it in your body... Notice how it feels, and if there is a color or sensation with it...”

Now notice the opposite emotion... What is the opposite for you?... Feel it fully now... If the emotion that keeps coming up for you was not there, what would be here?... If the initial emotion were not here, how would you feel?... Feel that opposite emotion fully in your body... Notice if it has a color, place in the body, particular sensation...

Go back to feeling the emotion you are working with again... Allow it to fully fill you...

And now feel it’s opposite... Feel it through and through...

On your own, go back and forth, feeling the emotion and it’s opposite...

Now simultaneously hold both emotions at the same time... Now notice if you can feel them both together...”

## **STAGE 6. IMAGES, HEALING, LANDSCAPE and the JOURNEY**

### **1. Images**

“Use all of your senses to imagine these things as they are named. Hear, feel, smell, see, using any of your senses to experience each one fully. There is no need to try. Let them come to you...” *(choose from lists below from 3-12 items, stating each three times).*

#### **FIVE ELEMENTS:**

##### **EARTH**

Old white pine tree

Desert

Sand dunes

Moon’s craters

Green rolling hills

Snow capped mountain

Red maple tree

Stone wall

##### **WATER**

Babbling brook

Still pond

Ocean waves

Waves on a sandy beach

River flowing

Deer drinking at the river

Torrential rain

Dewdrops on a green leaf

##### **FIRE**

Bonfire

Flame of a candle

Sunrise over the ocean

Sunset behind painted clouds

Radiant Sun

Fireworks

Sun reflecting on lake

Beams of sunlight through trees

##### **AIR**

Wind blowing through a tall tree

Flute music in a forest

Canada geese flying

White billowing cloud

Silk scarf blowing in the wind (color)

Sound of crickets at night

Flowers blowing in the breeze

Wind chimes

##### **SPACE/ ETHER**

Stars twinkling in the night sky

Dark new moon

Northern lights aurora borealis

Crescent moon

Dark night sky

Twilight

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#### **MANDALAS/ WHOLENESS:**

Bouncing ball

Four leaf clover

Spider web

Perfect circle of a flower

Sun

Moon

#### **CIVILIZATIONS/ EVOLUTION:**

Egyptian pyramids

Ship sailing on the sea

Circle of trusted friends

Ancient village

Native American circle of tipis

Totem crest pole

#### **SAGES/ MEDITATION/ INWARD:**

Buddha in meditation

Wise old man/woman

Smiling Buddha

Mandala

Yantra

AUM symbol

## CHAKRA WHEELS OF ENERGY:

1st Root chakra

Red apple

Red square

4 petalled red lotus flower

Lam (bija mantra)

Earth element

2nd Navel chakra

Sunset

Water flowing

6 petalled orange lotus flower

Crescent moon

Vam (bija mantra)

Water element

3rd Solar Plexus chakra

Sun at midday

Rays of the sun

Golden sunlight

10 petalled saffron lotus- flower

Ram (bija mantra)

Fire element

4th Heart chakra

emerald green jungle

12 petalled Green lotus flower

6-pointed star

Yam (bija mantra)

Air element

Rose, lavender

5th Throat Chakra

sky blue

16-petalled lotus flower

Full moon

Ham (bija mantra)

Space element

Frankincense, sage, pine

6th Third Eye Chakra

Violet

2-petalled lotus flower

Eye

Om (bija mantra)

Jasmine, violet scent

7th Crown Chakra

Crystal light

1000 petalled lotus flower

Lotus scent

Ocean unity

White daisy

Drop of water uniting with ocean

## **2. One Landscape**

### **A. Ocean Landscape Script:**

“And now you are at the ocean... Walking at the ocean... You can feel your legs and feet and you feel present in your body walking... You can hear the waves washing onto the shore... You notice the rhythmic waves... You observe the sunlight on the water... The line where the ocean and the sky meets is crisp and clear - the calming horizon... The sky is open, bright blue, and you feel the expansiveness of the sky... You see yourself from above, or from behind, and you are walking on the shoreline, in all this beauty of nature...

And now you feel like resting, and so you may choose to sit, or to lie down in the sand...

Noticing all the places your body touches the warm sand beneath you... And you sink in even deeper... More relaxed... Feeling peaceful and at ease... Feeling like you have merged with nature, with the beauty here at the ocean...”

## **3. Healing**

### **Nyasa Healing Script**

- A. Moon Marma Points Nyasa Script:** *Effect is cooling and calming. Other symbols can be used to evoke specific energy, chakra, or element: sun, various flowers, star, Celtic knot, cloud, drop of water, and so. Various bija seed sounds, or other sounds like ‘Aum’, or*

*sounds from specific traditions your students practice can be used instead of 'Vam' – which is the bija seed sound for both the navel Swadhistana Chakra, and the Water Element.*

“Going inward now... go inward... Imagine the full moon... Crystal clear moon... The healing moon... Now imagine the moon and its healing energy - or another image or object of your choosing - in the key points in your body. Beginning with the crown: Imagine the full moon at the crown of your head... Moons on your temples... And feel moons on your jaws... Moon on the back of your head... And notice the healing vibration of the moon soothing, calming and cooling absorbing into these places into you...

Imagine moons under your collarbones... Moons in your shoulder joints... biceps... elbows... forearms... wrists... and moons in the centers of your palms... The moons radiate silver, calming energy, that spreads through your hands, and arms from these points...

Moons on your shoulder blades... a moon between the shoulder blades... Moon on your low back... and one on your belly... Moons in your hip joints... thighs... knees... shins... ankles... and soles of your feet... Feel the moon energy balancing and healing you... Feel the moon in your heart center...

And now the sound 'Vam' arises from within the moons in synchronicity, bathing you with healing energy... Sounding like: 'Vaaaaammmmm'... Each time you exhale, the sound of Vam flows through you... Healing and balancing you at all levels of being... And you rest here for some time, receiving all the healing energy you need right now..." (give 20 seconds or more of silence).

## **Pranavidya Healing Scripts**

### **A. Pouring Prana Script:**

“Search for the most open, relaxed, spacious place in your body... Fully feel it... And now feel or ascribe a color to this place... Let that color and feeling pour through the rest of your body... Through your limbs... arms... legs... heart... chest... Notice your color of openness flowing now through your head... thoughts... mind... through all feelings and emotions... Through all levels of being...”

### **B. Love Flowing Script:**

“Allow yourself to feel love... Feel it completely and fully... Notice if there’s a place you feel love in your body... Notice the color of love for you – the color of love... And allow the feeling and color of love to spread through your body now... Feel it your heart...”

Color and feeling of love radiating outward from your heart, flowing through your chest... Feel it like perhaps like a liquid flowing into shoulders... arms... hands... fingers... Feel your arms opening and softening, relaxing as love pouring through... The color and feeling of love... feel it washing from your heart, downward flowing through your torso... legs... feet... Your whole body filled with the color and feeling of love... filling you and surrounding you...”

### **C. Pranavidya Breath Color Script:**

“Notice the places in the body where the breath fully flows... Notice where breath flows fully... Notice the feeling and the color of breath in this place... Notice its color, or assign it a color... Aware of breath in this place and the color here...”

Now notice the places in your body that feel stuck, tight, difficult to feel... Where does the breath not flow fully?... Come back to the place where breath flows freely, aware of its feeling and color... And allow the color and breath to now flow into the stuck, tight areas... Feel the color spreading to each place that needs more openness and flow..."

## **STAGE 7. REPEAT Heart's Intention SANKALPA**

### **A. Heart's Wish True**

"Remember now your Heart's wish statement, the positive intention you set at the beginning. State it silently now three times as the truth..." *(give 20-seconds or more of silence).*

### **B. Heart's Intention Already True**

"Recall your hearts intention, and your positive statement. Repeat it now three times as though it is already happening. It is already the truth..." *(give 20-seconds or more of silence).*

### **C. Heart's Longing Shift**

"Recall your heart's longing intention and repeat is silently three times... If your heart's statement has changed in any way, that is okay... Allow colors, images, symbols, landscapes to arise with your statement should that happen..." *(give 20-seconds or more of silence).*

## **STAGE 8. RETURN**

*This is both the return from places you visited in the Journey, and the return backward through each Kosha.*

### **A. Ocean Landscape Return Script: (only use this if you led an ocean landscape; or change it to make it match the landscape you did lead). IMPORTANT: You need to also add your return through the koshas backward to the physical body – i.e. add B or C after this script.**

"And your healing energy continues to wash through you... Your Heart's intention continues to unfold within you, even as you journey back now. You rise up on the beach and walk back, retracing your footprints in the sand... And you see yourself returning now... You come all the way back to this room, here in this room you began in. Slowly returning..."

### **B. Counting Back Through the Koshas Script: (numbers can be spoken out loud with the script if you choose as numbers help students feel the progression and it will allow them to come back more smoothly).**

"5 – Feel expansive, open and free... Radiating pure bliss and light... Aware of your innate healing energy..."

4 – Now become aware of yourself as your Witness... The one who has observed with love and acceptance your body, breath, journey..."

3 – And now begin to notice thoughts and feelings flowing through your awareness again..."

2 – Notice your breath... Feel its rhythm and pace... Invite your breath to deepen now... Feel yourself gradually reawakening..."

1 – Now sense your body... Notice your back on the ground... Feel all the places where you touch the ground... Feel your front body facing skyward... You are now completing yoga nidra practice, becoming slowly more awake and aware..."

As you're ready begin to wiggle your fingers, feeling every sensation as you do... Begin to wiggle your toes... Gently rock your head side to side, a slow awakening... Draw a deeper breath into your belly, into your chest... Rock slowly over to your left side if that is comfortable.

Press your hands into the floor, and come up to a comfortable seated position... Lengthen your spine... Take a full breath in and out... Notice how you feel – aware of the effects of practice today. [Aum] Peace, Peace, eternal Peace. Slowly allow the eyes to slowly open to a soft gaze.”

### **C. Clear Light Return**

“Become aware now of your body’s healing energy. Inherent joy... And now become aware of the part of you that has been Witnessing – observing yourself in the journey, breath and body... Notice yourself as the Witness.

Begin to feel thoughts and feelings arising within you... Become aware of your breath, breath flowing through you with ease and peace... And now begin to deepen your breath... Breathe through your entire body... Notice your back-body, side of the body facing the ground... Feel all the places where you touch the ground...

We are now completing practice. Begin to wiggle your fingers, feeling every sensation as you do... Notice your toes and begin to wiggle your toes... Gently rock your head side to side, a slow awakening...

Draw a deeper breath into your belly, into your chest... Rock slowly over to your left side if that is comfortable for you. Take more breaths... Press your hands into the floor, and slowly flow up to a comfortable seated position... Lengthen your spine... Take a full breath in and as you exhale imagine filling with clear light... Let your hands rise up to your face... Simply notice how you feel right now... Notice the effects of practice.

[Aum] Peace, Peace, eternal Peace. May there be peace, eternal Peace in your heart. Ever so slowly now allow the eyes to slowly open to a soft gaze on the floor.”

## **Complete Scripts**

*Following are three scripts for you to guide. Allow for spaciousness and gaps between sentences. Repeat phrases or lines that feel key to you. Feel free to guide them as they are, or change them as you like. Ellipses '...' are an invitation for silent spaces for your students to feel into the experience you are leading.*

### **A. Six Stage Script (1-4, 7-8)**

(approximately 20-minutes)

#### **Stage 1. Entry**

“Allow yourself to get comfy... Make any final adjustments to get as comfortable as you can... Feel free to move or to adjust anything, any time during this journey, to support your comfort. Moving slowly and mindfully when you move... Becoming more aware now: this is a practice of awareness... Noticing your body resting, resting... Aware of your breath... Become more and more aware of each level of your being as you are guided through sensations, breath, thoughts, feelings... Allow yourself to be the observer of all that you truly are. The observer who is filled with compassion and acceptance...

Settle into your body... Settle your body down into the ground... Feel the ground underneath you, holding and supporting you in your practice today... Feel secure here in your body, your body on the ground...

#### **Stage 2. Heart's Intention**

Begin to feel your breath, your natural breath... Aware of breath in your chest... The easy rise and fall of breath in your chest...

Now go inward, deep inside and notice ‘What is my heart’s deepest longing?’ Let the answer come from your heart... (give 20 seconds or more of silence).

From your heart’s longing, create a positive statement - in present tense, as though it’s already happening. Something like ‘I am whole and complete exactly as I am.’ You can use this statement if you like it but if you heard your heart’s wish, then state it three times silently to yourself as the truth... (give 20 seconds or more of silence).

#### **Stage 3. Body Scan**

Now let your awareness move through your body as you are guided. Feel each body part then move on to the next when prompted. Do not worry if you cannot feel every body part.

Sense your face... Notice your jaw... Become aware of sensation in your mouth... Feel the roof of your mouth... underneath the tongue... notice teeth... gums... tongue...root of the tongue... sense taste in your mouth... Now feel all of the parts of your mouth all together as a whole... the entire mouth.

Now feel your nose... nostrils... right nostril... left nostril... both nostrils. Feel your breath passing through the nostrils... aware of your sense smell...feel your nose. Notice your ears... feel the wrinkles and folds of the ears... backs of the ears...ear canals...inner ears. Aware of your ears hearing.

Now feel your eyes... eyelids... eyelashes... surface of the eyes... centers of the eyes... backs of the eyes... behind the eyes. Feel your eyes. Become aware of your forehead... crown... whole head... throat... neck... right shoulder...right arm... hand... right palm.

Feel right hand thumb... 1st finger... 2nd finger... 3rd finger... 4th fingers... All of the fingers... Feel now the whole hand vibrant with energy... Aware of right wrist... forearm... elbow... upper arm... shoulder... Feel throat center... And notice left shoulder... arm... hand. Notice left hand thumb... 1st finger... 2nd finger... 3rd finger... 4th finger... All of the fingers... whole hand radiant with life... Become aware of left wrist... forearm... elbow... upper arm... shoulder... and throat center.

Feel the chest... heart space... heart center... stomach... navel center... notice shoulder blades... between shoulder blades... ribs on the back... sense the low back... buttocks. Become aware of your whole back... Feel the right hip... right thigh... knee... right lower leg... ankle... top of the foot... sole of the right foot... notice big right toe... second toe... third toe... fourth toe... and fifth toe... feel all of the toes.

Become aware of sensation in the navel... left hip... thigh... knee... left lower leg... ankle... top of the foot... sole... feel the big left toe...second toe... third toe... fourth...and fifth toe... feel all of the toes. Feel both feet, legs... torso front and back... hands and arms... neck and head. Feel the whole body now... whole body.

Become aware of right side of the body... Now feel the left side of the body... Feel back body, side of the body facing the ground... back body... And now feel front body, side of the body facing the sky... front body... Feel the whole body now, whole body... Notice the entire global feeling of the body.

#### Stage 4. Breath - Energy Awareness

Become aware now of your natural breath as it flows through you... No need to change your breath... Feel your breath flowing easily and rhythmically through your body... Notice your breath and follow it...

Now begin to feel the pause between the inhale and exhale... Notice the gap... Now begin to feel the pause between the exhale and inhale... Without holding or changing the breath, notice the pause between breaths... Keep noticing your breath...

Stages 5. and 6. --

#### Stage 7. Repeat Sankalpa

Recall your hearts intention, and your positive statement. Repeat it now three times as though it is already happening. It is already the truth. (give 20-seconds or more).

#### Stage 8. Return

Become aware now of the part of you that has been Witnessing – observing yourself in the journey, breath and body... Notice yourself as the Witness.

Begin to feel thoughts and feelings arising within you... Become aware of your breath, breath flowing through you with ease and peace... And now begin to deepen your breath... Breathe

through your entire body... Notice your back-body, side of the body facing the ground... Feel all the places where you touch the ground...

We are now completing practice. Begin to wiggle your fingers, feeling every sensation as you do... Notice your toes and begin to wiggle your toes... Gently rock your head side to side, a slow awakening...

Draw a deeper breath into your belly, into your chest... Rock slowly over to your left side if that is comfortable for you. Take more breaths... Press your hands into the floor, and slowly flow up to a comfortable seated position... Lengthen your spine... Take a full breath in and as you exhale imagine filling with clear light... Let your hands rise up to your face... Simply notice how you feel right now... Notice the effects of practice.

[Aum] Peace, Peace, eternal Peace. May there be peace, eternal Peace in your heart. Ever so slowly now allow the eyes to slowly open to a soft gaze on the floor.”

## **B. Five Element Images Script: Eight Stages**

(approximately 30-minutes)

### Stage 1. Entry

“There is no way to do this practice wrong. There is no wrong thing you can experience. You may, along the way, feel relaxed, easy and peaceful. You might also happen to feel discomfort or unease. That is normal and natural during meditation. As best you can, welcome in everything that you notice, pleasant or unpleasant... What is important is to be with what is...

Take a deep breath in and as you exhale, sigh a long sigh... And again: deep breath in and ‘ahhhhh...’ And now more softly, inhale and exhale ‘ahhhh...

Feel the level of ease within your body... Notice the level of ease... And now allow the ease to double as you exhale your breath... Every exhalation is an opportunity to double the ease within you...

### Stage 2. Heart’s Intention Sankalpa with Soothing Place

Imagine yourself now in a place that feels soothing, peaceful and calming... Peaceful and calm... This could be somewhere that you know, or an imaginary place... It may be outside in nature that you like – such as at the beach, or in the woods - or it could be indoors somewhere that is soothing to you... Feel yourself here... And begin to see all the surroundings: the colors... light... objects... plants... or any special objects – you get to choose what is here... All things peaceful and calming for you...

Now see yourself here in your soothing peaceful place... Feel this place calming and soothing you... Your soothing peaceful place is always here for you... At any time during practice, you can come back here... Especially if anything feels intense, odd or uncomfortable in anyway, come back to your soothing place. You can come back to this place anytime you would like to. All you have to do is remember, and you’ll be back here... Your soothing place is always here, and part of who you are... Come back here when you want – it’s part of the practice...

Go inside into the heart-space... Perhaps imagining a flower, pulsing within your heart-space... Heart-space enlivening with breath... And ask 'What is my heart's deepest desire? What does my heart long for?' ... *(give 20 seconds or more of silence)*.

Now create an intention based on your heart's messages. This is a positive statement, as though it is already happening, in present tense. Something like: 'I am spacious and relaxed'. You can use this statement if you like it, but if you heard your heart's wish, then state it three times silently to yourself as the truth. Allow any colors, images or symbols to also arise with your statement..." *(give 20 seconds or more of silence)*.

### Stage 3. Body Scan

Now let your awareness move through your body as you are guided. Feel each body part then move on to the next when prompted. Do not worry if you cannot feel every body part.

Sense your face... Notice your jaw... Become aware of sensation in your mouth... Feel the roof of your mouth... underneath the tongue... notice teeth... gums... tongue...root of the tongue... sense taste in your mouth... Now feel all of the parts of your mouth all together as a whole... the entire mouth.

Now feel your nose... nostrils... right nostril... left nostril... both nostrils. Feel your breath passing through the nostrils... aware of your sense smell...feel your nose. Notice your ears... feel the wrinkles and folds of the ears... backs of the ears...ear canals...inner ears. Aware of your ears hearing.

Now feel your eyes... eyelids... eyelashes... surface of the eyes... centers of the eyes... backs of the eyes... behind the eyes. Feel your eyes. Become aware of your forehead... crown... whole head... throat... neck... right shoulder...right arm... hand... right palm.

Feel right hand thumb... 1st finger... 2nd finger... 3rd finger... 4th fingers... All of the fingers... Feel now the whole hand vibrant with energy... Aware of right wrist... forearm... elbow... upper arm... shoulder... Feel throat center... And notice left shoulder... arm... hand. Notice left hand thumb... 1st finger... 2nd finger... 3rd finger... 4th finger... All of the fingers... whole hand radiant with life... Become aware of left wrist... forearm... elbow... upper arm... shoulder... and throat center.

Feel the chest... heart space... heart center... stomach... navel center... notice shoulder blades... between shoulder blades... ribs on the back... sense the low back... buttocks. Become aware of your whole back... Feel the right hip... right thigh... knee... right lower leg... ankle... top of the foot... sole of the right foot... notice big right toe... second toe... third toe... fourth toe... and fifth toe... feel all of the toes.

Become aware of sensation in the navel... left hip... thigh... knee... left lower leg... ankle... top of the foot... sole... feel the big left toe...second toe... third toe... fourth...and fifth toe... feel all of the toes. Feel both feet, legs... torso front and back... hands and arms... neck and head. Feel the whole body now... whole body.

Become aware of right side of the body... Now feel the left side of the body... Feel back body, side of the body facing the ground... back body... And now feel front body, side of the body

facing the sky... front body... Feel the whole body now, whole body... Notice the entire global feeling of the body.

#### Stage 4. Breath – Energy Awareness

Observe your breath.... Natural breath... unaltered breath... Feel the inhalation... Aware of exhalation...

Now count your exhalations from 10 back down to 0. If you get lost or lose track, without judgment or agitation, begin again at 10... (wait about 20 seconds).

Notice your breath... Counting your breaths... (10 more silent seconds).  
Now let go counting the breaths.

#### Stage 5. Sense – Emotion Perception

Feel a place in your body that feels open and relaxed... Become aware of the sensations of this open place... Completely feel the sensation of open relaxation in this place... And now, allow the feeling of openness and relaxation to spread through your body, and to completely fill your body. Feel relaxation in your belly..." (you can continue with large areas of body: arms, legs, torso, head).

Now imagine your body becoming heavy, very heavy and sinking into the ground... Heavy, as though you are filled with sand... Body heavy sinking into soft receptive ground underneath you... Body heavy and sinking... Heavy and sinking... How does it feel to feel heavy?...

Now imagine your body becoming light... Light as a feather... Light and floating...  
Feel heavy again... Completely heavy and dense...

Now feel light again...

Go between feeling heavy and light on your own now...

Now feel both heavy and light together...

Feel happiness, happy, joy... Remember feeling happy... Where does happiness live in your body?.. Notice where you feel it... Let happiness fully expand through your body, through your whole being...

In your mind, silently state: 'I am awake and aware. Awake and noticing. Awake and aware in yoga nidra'.

#### Stage 6. Images: Five Elements Theme

Use all of your senses to imagine these things as they are named. Hear, feel, smell, see, using any of your senses to experience each one fully. There is no need to try. Let them come to you:

- Snow capped mountain, Snow capped mountain, Snow capped mountain.
- Stone wall, Stone wall, Stone wall.
- Babbling brook, babbling brook, babbling brook.
- Deer drinking at the river, Deer drinking at the river, Deer drinking at the river.

- Torrential rain, Torrential rain, Torrential rain.
- Dewdrops on a new green leaf, Dewdrops on a new green leaf, Dewdrops on a new green leaf.
- Sunrise, Sunrise, Sunrise.
- Flute music in a forest, Flute music in a forest, Flute music in a forest.
- Stars in the night sky, Stars in the night sky, Stars in the night sky.

### Stage 7. Repeat Heart's Intention

Recall your heart's longing and repeat is silently three times. If your heart's statement has changed in any way, that is okay. Allow colors, images, symbols, landscapes to arise with your statement should that happen... (give 20-seconds or more of silence).

### Stage 8. Return

Become aware now of your body's healing energy. Inherent joy... And now become aware of the part of you that has been Witnessing – observing yourself in the journey, breath and body... Notice yourself as the Witness.

Begin to feel thoughts and feelings arising within you... Become aware of your breath, breath flowing through you with ease and peace... And now begin to deepen your breath... Breathe through your entire body... Notice your back-body, side of the body facing the ground... Feel all the places where you touch the ground...

We are now completing practice. Begin to wiggle your fingers, feeling every sensation as you do... Notice your toes and begin to wiggle your toes... Gently rock your head side to side, a slow awakening...

Draw a deeper breath into your belly, into your chest... Rock slowly over to your left side if that is comfortable for you. Take more breaths... Press your hands into the floor, and slowly flow up to a comfortable seated position... Lengthen your spine... Take a full breath in and as you exhale imagine filling with clear light... Let your hands rise up to your face... Simply notice how you feel right now... Notice the effects of practice.

[Aum] Peace, Peace, eternal Peace. May there be peace, eternal Peace in your heart. Ever so slowly now allow the eyes to slowly open to a soft gaze on the floor."

## **C. Ocean-Moon Nyasa Yoga Nidra Script: Eight Stages**

(approximately 40-minutes)

### Stage 1. Entry

As best you can, welcome everything in, just as it is... Whether sensations arise, thoughts or feelings flow through you, notice and welcome them in... Or perhaps you notice something external - like a sound that catches your attention or distracts you... If distractions happen, let it be the reminder to bring you back into deep inner focus, no need to go into agitation... Welcoming in, as best you can, everything that you notice inside or outside of you...

One: Allow your body to be heavy... Feel your body, letting yourself sink down into the ground... Letting go...

Two: Feel your breath... Feel it flowing through your body... Feel your breath and it's flow...

Three: Allow your thoughts to settle... Notice thoughts that are present for you right now... Aware of feelings and emotions... touching in with acceptance and kindness...  
Four: Let personality and the roles you play drop away... Sensing your essence - pure, clear, and free... Notice yourself as the kind observer who greets all that arises...  
Five: Notice a sense of joy... Feel bliss... Allow bliss to fill your body... Bliss filling your whole being...

### Stage 2. Heart's Intention Sankalpa with Soothing Place

Imagine yourself now in a place that feels soothing, peaceful and calming... Peaceful and calm... This could be somewhere that you know, or an imaginary place... It may be outside in nature that you like – such as at the beach, or in the woods - or it could be indoors somewhere that is soothing to you... Feel yourself here... And begin to see all the surroundings: the colors... light... objects... plants... or any special objects – you get to choose what is here... All things peaceful and calming for you...

Now see yourself here in your soothing peaceful place... Feel this place calming and soothing you... Your soothing peaceful place is always here for you... At any time during practice, you can come back here... Especially if anything feels intense, odd or uncomfortable in anyway, come back to your soothing place. You can come back to this place anytime you would like to. All you have to do is remember, and you'll be back here... Your soothing place is always here, and part of who you are... Come back here when you want – it's part of the practice...

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Begin to feel your breath, your natural breath... Aware of breath in your chest... The easy rise and fall of breath in your chest... Now go inward, deep inside and notice 'What is my heart's deepest wish?' Let the answer come from your heart... *(give 20 seconds or more of silence)*.

From your heart's wish, create a positive statement - in present tense, as though it's already happening. Something like 'I am whole and complete exactly as I am.' You can use this statement if you like it and if you heard your heart's wish, then state it three times silently to yourself as the truth... *(give 20 seconds or more of silence)*.

### Stage 3. Body Scan

Now let your awareness move through your body as you are guided. Feel each body part then move on to the next when prompted. Do not worry if you cannot feel every body part.

Sense your face... Notice your jaw... Become aware of sensation in your mouth... Feel the roof of your mouth... underneath the tongue... notice teeth... gums... tongue...root of the tongue... sense taste in your mouth... Now feel all of the parts of your mouth all together as a whole... the entire mouth.

Now feel your nose... nostrils... right nostril... left nostril... both nostrils. Feel your breath passing through the nostrils... aware of your sense smell...feel your nose. Notice your ears... feel the wrinkles and folds of the ears... backs of the ears...ear canals...inner ears. Aware of your ears hearing.

Now feel your eyes... eyelids... eyelashes... surface of the eyes... centers of the eyes... backs of the eyes... behind the eyes. Feel your eyes. Become aware of your forehead... crown... whole head... throat... neck... right shoulder...right arm... hand... right palm.

Feel right hand thumb... 1st finger... 2nd finger... 3rd finger... 4th fingers... All of the fingers...  
Feel now the whole hand vibrant with energy... Aware of right wrist... forearm... elbow... upper  
arm... shoulder... Feel throat center... And notice left shoulder... arm... hand. Notice left hand  
thumb... 1st finger... 2nd finger... 3rd finger... 4th finger... All of the fingers... whole hand radiant  
with life... Become aware of left wrist... forearm... elbow... upper arm... shoulder... and throat  
center.

Feel the chest... heart space... heart center... stomach... navel center... notice shoulder blades...  
between shoulder blades... ribs on the back... sense the low back... buttocks. Become aware of  
your whole back... Feel the right hip... right thigh... knee... right lower leg... ankle... top of the  
foot... sole of the right foot... notice big right toe... second toe... third toe... fourth toe... and fifth  
toe... feel all of the toes.

Become aware of sensation in the navel... left hip... thigh... knee... left lower leg... ankle... top of  
the foot... sole... feel the big left toe...second toe... third toe... fourth...and fifth toe... feel all of  
the toes. Feel both feet, legs... torso front and back... hands and arms... neck and head. Feel the  
whole body now... whole body.

Become aware of right side of the body... Now feel the left side of the body... Feel back body,  
side of the body facing the ground... back body... And now feel front body, side of the body  
facing the sky... front body... Feel the whole body now, whole body... Notice the entire global  
feeling of the body.

In your mind, silently state: 'I am awake and aware. Awake and noticing. Awake and aware in  
yoga nidra'.

#### Stage 4. Breath-Energy Awareness

Become aware of your breath, unaltered breath... Begin to feel sensations in the body as your  
breath naturally flows through... Aware of places of ease... Notice places of openness... Aware  
of sensations in the body with your breath... Perhaps places of tightness or tension – simply  
notice. There's nothing to fix or change here... Noticing the breath... Aware all the various  
sensations in your body... Aware of breath... Aware of sensations...

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Now notice your breath... Your natural breath as it flows through you... Feel the in breath...  
Note the out breath... As you exhale, become aware of a wave of breath and energy passing  
downward through your body... From crown to feet, downward the breath flows...

And as you inhale a fresh wave of breath and energy flows upward through your body... As you  
exhale, notice the downward wave flowing through your body... Inhale feel the fresh wave  
upward... Continue to notice your breath flowing in this way on your own now...

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In your mind, silently state: 'I am awake and aware. Awake and noticing. Awake and aware in  
yoga nidra'.

### Stage 5. Sense - Emotion Perception

Now imagine your body feeling contracted... All muscles and tissues pulling inward... Inward flowing like a seed... Tiny tight small... Feel sensations of contraction in your body... How does it feel to feel contraction?...

And now feel the opposite... Feel your body expansive... Open and spacious... Outward flowing... Feel the sensations of expansion... How does it feel to feel expansion?...

Now feel a place in your body that feels tight, contracted... Let that feeling of contraction spread through your body... Feel contraction...

Now feel a place in your body that feels expansion, open and free... Let that awareness of openness spread through your whole body...

And now see if on your own, you can go back and forth, between feeling contracted and expanded, on your own...

Now feel both together: notice contraction and expansion at the same time...

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Feel content... Content – perhaps like a cat stretching in the sunlight... Feel content... Notice if there is a particular place you feel contented in your body... Let the feeling of contentedness fully unfold throughout your body... Feel content... Notice if there is a color, or associate a color with the feeling of contentment... What is the feeling of content for you? Allow this color and feeling to completely fill you...

In your mind, silently state: 'I am awake and aware. Awake and noticing. Awake and aware in yoga nidra'.

### Stage 6. Images, Landscape, Healing and Journey

Use all of your senses to imagine these things as they are named. Hear, feel, smell, see, using any of your senses to experience each one fully. There is no need to try. Let them come to you:

Desert... the desert... notice the desert...

Full moon... full moon... full moon...

Ocean waves... ocean waves... ocean waves...

Wind chimes... wind chimes... wind chimes...

---

And now you are at the ocean... Walking at the ocean... You can feel your legs and feet and you feel present in your body walking... You can hear the waves washing onto the shore... You notice the rhythmic waves... You observe the sunlight on the water... The line where the ocean and the sky meets is crisp and clear - the calming horizon... The sky is open, bright blue, and you feel the expansiveness of the sky... You see yourself from above, or from behind, and you are walking on the shoreline, in all this beauty of nature...

And now you feel like resting, and so you may choose to sit, or to lie down in the sand... Noticing all the places your body touches the warm sand beneath you... And you sink in even deeper... More relaxed... Feeling peaceful and at ease... Feeling like you have merged with nature, with the beauty here at the ocean...

---

Going inward now... go inward... Imagine the full moon... Crystal clear moon... The healing moon... Now imagine the moon and its healing energy - or another image or object of your choosing - in the key points in your body. Beginning with the crown: Imagine the full moon at the crown of your head... Moons on your temples... And feel moons on your jaws... Moon on the back of your head... And notice the healing vibration of the moon soothing, calming and cooling absorbing into these places into you...  
Imagine moons under your collarbones... Moons in your shoulder joints... biceps... elbows... forearms... wrists... and moons in the centers of your palms... The moons radiate silver, calming energy, that spreads through your hands, and arms from these points...

Moons on your shoulder blades... a moon between the shoulder blades... Moon on your low back... and one on your belly... Moons in your hip joints... thighs... knees... shins... ankles... and soles of your feet... Feel the moon energy balancing and healing you... Feel the moon in your heart center...

And now the sound 'Vam' arises from within the moons in synchronicity, bathing you with healing energy... Sounding like: 'Vaaaaammmmmmm'... Each time you exhale, the sound of Vam flows through you... Healing and balancing you at all levels of being... And you rest here for some time, receiving all the healing energy you need right now... (give 20 seconds or more of silence).

#### Stage 7. Repeat Sankalpa

In this place of love, healing and bliss, recall your hearts intention, and your positive statement. Repeat it now three times as though it is already happening. It is already the truth. (give 20-seconds or more).

#### Stage 8. Return

And your healing energy continues to wash through you... Your Heart's intention continues to unfold within you, even as you journey back now. You rise up on the beach and walk back, retracing your footprints in the sand... And you see yourself returning now... You come all the way back to this room, here in this room you began in. Slowly returning...

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Become aware now of your body's healing energy... Sensing inherent joy... And now become aware of the part of you that has been Witnessing – observing yourself in the journey, breath and body... Notice yourself as the Witness...

Begin to feel thoughts and feelings arising within you... Become aware of your breath, breath flowing through you with ease and peace... And now begin to deepen your breath... Breathe through your entire body... Notice your back-body, side of the body facing the ground... Feel all the places where you touch the ground...

We are now completing practice. Begin to wiggle your fingers, feeling every sensation as you do... Notice your toes and begin to wiggle your toes... Gently rock your head side to side, a slow awakening...

Draw a deeper breath into your belly, into your chest... Rock slowly over to your left side if that is comfortable for you. Take more breaths... Press your hands into the floor, and slowly flow up to a comfortable seated position... Lengthen your spine. Take a full breath in and as you

exhale imagine filling with clear light... Let your hands rise up to your face... Simply notice how you feel right now... Notice the effects of practice.

[Aum] Peace, Peace, eternal Peace. May there be peace, eternal Peace in your heart. Ever so slowly now allow the eyes to slowly open to a soft gaze on the floor.”

#### **D. SHORT SCRIPT**

(approximately 5-7 minutes) *Note: this script was created from your Script Segments and shortened slightly from Chapters 3 of the training manual.*

##### Stage 1. Entry

“Settle into your body... Settle your body down into the ground... Feel the ground underneath you, holding and supporting you in your practice today...”

##### Stage 2. Heart’s Intention

“Begin to feel your breath, your natural breath... Aware of breath in your chest... Now go inward, deep inside and notice ‘What is my heart’s deepest longing?’ Let the answer come from your heart... (*give 20 seconds+ of silence*). From your heart’s longing, create a positive statement - in present tense, as though it’s already happening. Something like ‘I am whole and complete exactly as I am.’ (*give 20 seconds or more of silence*).

##### Stage 3. Body Scan

“Now let your awareness move through your body as you are guided. Sense your face... Notice your jaw... Become aware of sensation in your mouth... feel the entire mouth. Now feel your nose... both nostrils. Notice your ears... feel the wrinkles and folds of the ears. Aware of your ears hearing. Now feel your eyes... centers of the eyes... Feel your eyes. Become aware of your forehead... crown... whole head... throat... neck... right shoulder...right arm... hand... right palm.

Feel right hand thumb... 1st finger... 2nd finger... 3rd finger... 4th fingers... All fingers... Feel the whole hand vibrant with energy... Aware of the arm... shoulder... Feel throat center... And notice left shoulder... arm... hand. Notice left hand thumb... 1st finger... 2nd finger... 3rd finger... 4th finger... All of the fingers... whole hand radiant with life... Become aware of left arm... shoulder... and throat center.

Feel the chest... heart space... belly... Now notice the back: shoulder blades... between shoulder blades... ribs on the back... low back... buttocks. Feel the hips... thighs... knees... lower legs... feet... Notice all of the toes. Feel the whole body now... whole body.”

##### Stage 4. Breath – Energy Awareness

“Now notice your breath... Your natural breath as it flows through you – no need to change your breath... Feel the ‘in’ breath... Note the ‘out’ breath... The waves of breath...”

##### Stage 5-6 (also Soothing Place)

Imagine yourself now in a place that feels soothing, peaceful and calming... Peaceful and calm... This could be somewhere that you know, or an imaginary place... It may be outside in nature that you like – such as at the beach, or in the woods - or it could be indoors somewhere that is

soothing to you... Feel yourself here... And begin to see all the surroundings. All things peaceful and calming for you... Now see yourself here in your soothing peaceful place...

Stage 7. Repeat Heart's Intention (You can Repeat Heart's Intention if you have time, or leave this stage out.)

Stage 8. Return

Become aware now of your body's healing energy. Inherent joy... And now become aware of the part of you that has been Witnessing – observing yourself in the journey, breath and body... Notice yourself as the Witness.

Begin to feel thoughts and feelings arising within you... Become aware of your breath, breath flowing through you with ease and peace... And now begin to deepen your breath... Breathe through your entire body... Notice your back-body, side of the body facing the ground... Feel all the places where you touch the ground...

We are now completing practice. Begin to wiggle your fingers, feeling every sensation as you do... Notice your toes and begin to wiggle your toes... Gently rock your head side to side, a slow awakening...

Draw a deeper breath into your belly, into your chest... Rock slowly over to your left side if that is comfortable for you. Take more breaths... Press your hands into the floor, and slowly flow up to a comfortable seated position... Lengthen your spine... Take a full breath in and as you exhale imagine filling with clear light... Let your hands rise up to your face... Simply notice how you feel right now... Notice the effects of practice."

# ASSIGNMENTS

## INSTRUCTIONS for IN-CLASS & ONLINE PEER PARTNER EXCHANGES ASSIGNMENTS

### Divine Sleep® Yoga Nidra Teacher Training

This training incorporates assignments that account for important training hours. You will need to hand in some of the assignments by Uploading into Course: these are noted with '>>' below. These are Journal Entries and one Script.

And some of the assignments do not need to be handed in, but you will keep track of on your own. As you complete your homework, ✓ checkmark it off for yourself on the left side to keep track:

#### ASSIGNMENT SUMMARY

- READ: Read the whole Manual.
- SELF-PRACTICE: Practice 3 Yoga Nidras: Practice on your own three Yoga Nidras with Jennifer from Jennifer's Live-Online Thursday evening classes, or from your 14-Day Divine Sleep® Yoga Nidra Immersion offered to you in this training.
- SELF-GUIDED YOGA NIDRA: At different times, guide yourself in the Body Scan, Breath, Opposites, positive Bhavanas, Heart's Intention Sankalpa, etc. without reading or listening to a recording but instead mentally going through what you remember from one or more of any of the 8 Stages.
- PROPS & POSITIONS: Experiment and try out various Savasana props and positions for yourself from Chapter 4.
- BEFORE & AFTER YOGA NIDRA PRACTICES CH 4: Practice a variety of Before & After Practices in Chapter 4 (Mudras, breathing, mandalas etc) to get to know them.
- **>>PEER PARTNER EXCHANGES: Assignments 2, 3 & 4** Prepare scripts that you'll be leading with your assigned Peer Partners, then get together online with them to lead and be led. You are required to hand in your Journal Reflection for each exchange by Uploading into Course under 'Assignments'.
- **>>Homework Assignment #4: Your WHOLE PERSONAL SCRIPT: 8-Stages of Divine Sleep® Yoga Nidra – DO THIS ONLY AFTER YOU HAVE FINISHED COURSE CURRICULUM 'LEARN A Online Coursework'**  
Compile or write a 30-minute Eight Stage Yoga Nidra script based on what you need right now for yourself in each koshic level. Get together online with your assigned Peer Partner to lead and be led. Hand in both your Script and a Journal Reflection by Uploading into Course under 'Assignments'.

#### Peer Partner Exchanges Info

- After our Training Weekend you will be getting together with 3 assigned Peer Partners from this training for your 3 Assignments. You will lead each other in parts, or all 8-Stages of Divine Sleep® Yoga Nidra.
- You will contact your partners to set up DATES & TIMES to meet up online (zoom, facetime, messenger: you can decide with your partner what online platform you'll use).

**#1**  
**IN CLASSROOM**  
**Stage 1. Entry & Stage 3. Body Scan Practice**

*Partners guide approximately 10+mins each*

- **Read all Stage 1. Entry Script Segments in the Scripts handout or Manual (A-K)**
- Choose FIVE that you like.
- Order them in a way that is pleasing to you to guide one after the other to your partner.
  
- **Read all Stage 3. Body Scan Script Segments in the Script handout or Manual.**
- **You will guide Script B first, then A**, then guide another Body Scan script of your choice (C-E).
- Guide different Body Scans one after the other – this is so that you will get practice leading a variety of ways.

*Instructions*

*Remember to FEEL IT IN YOUR BODY as you guide it. Silent space between directives. Use your INDEX DIRECTIVES to lead columnar scripts.*

- **Guide Stage 1. Entry (approx. 3-minutes)**
- **Guide Stage 3. Body Scan (approx. 7-minutes. Script B, then A, then others)**
  - **REMEMBER TO USE YOUR INDEX CARD DIRECTIVES**
- **Guide your partner to roll to side then back up to sitting using your own words. (approx. 1-minute)**

## #2 Assignment ONLINE WITH PARTNER

### Stage 4. Breath - Energy Awareness Practice

*Partners guide scripts for approximately 10+ minutes each, plus Sharing after. (about 30-minutes total meeting time)*

1. Read all Stage 4. Breath - Energy Awareness Script Segments from Scripts handout or Manual pg 89-90
2. Choose FIVE that you like from A-H (do not lead Combination Stages 4. & 5. Scripts in this exercise).
3. Order them in a way that is pleasing to you to guide.
4. You will guide them to your partner one after the other for variety and experience. You may like to receive this as the 'student' in a seated position.

Remember to FEEL IT IN YOUR BODY as you guide it – you are practicing what you are leading at the same time. Use your INDEX CARD DIRECTIVES. You are 'guiding' an embodied experience, not just simply reading off of a script. Give students enough time to feel your directives which takes longer than Body Scan: **teacher is silent 1/2 of the time in this Stage**. This is 'breath awareness' only, you are not asking them to breath in any other way but naturally. "As you next inhale, there is no need to deepen your breath." Word it to give permission to not alter breath pattern to follow your instructions and the index card will help you to do that.

### *Instructions*

- **Guide Stage 4. Energy - Breath Awareness (10 minutes)**
  - USE YOUR INDEX CARD for PHRASES
- **Guide your partner to roll to side then back up to sitting using your own words. (approx. 1-minute)**
- **SHARING: Spend a few minutes after the experience, sharing with your partner –**
  - *How was this experience for you?*
  - *How was the pacing?*
  - *What did you learn about yourself?*
  - *What did you learn about the practice?*
- **>> JOURNAL: 100 or more words about how this experience was for you personally. What did you notice? How was the pacing? What did you learn about yourself? And about yoga nidra? \*Then HAND IN your journaling by uploading to 'Assignments UPLOAD HERE' in your online Course.**

**#3 Assignment**  
**ONLINE WITH PARTNER**  
**Stage 5. Mental-Emotional Level Focus**  
***(Script for you to use with this assignment is Provided Below)***  
*Partners guide 20-mins each plus sharing after. (about 50-minutes total meeting time)*

- **Read ‘PRACTICE SCRIPT’ For At Home Assignment #3 on the next page.** This script forms the base of what you’ll be leading AND you’ll INSERT your choices of Stage 5. Script Segments.
- **Read Stage 5. Sense - Emotion Perception Scripts from Script handout or Manual pgs 99-103.**
- Choose SIX script segments from each category for variety to guide to your partner.
- Insert your chosen SIX script segments into the PRACTICE SCRIPT in the Stage 5. Area to guide your partner.
- *As you lead it FEEL IT IN YOUR OWN BODY AND HEART as you lead it, giving even more time and silence to feel it within as you guide it. Approximate timing is suggested below to keep you on track.*

*Instructions*

- **Before leading your script, ask your partner if they do or do not want to be led in:**
  - **Positive Emotion and It’s Opposite**
  - **Current Emotion and It’s Opposite**
- **Guide SCRIPT for At Home Assignment #3**
- **Insert your choices for STAGE. 5 Sense-Emotion Perception**
  - **Honor your Partner’s preferences re Positive Emotion/Opposite and Current Emotion/Opp**
- **SHARING: Spend a few minutes sharing with your partner –**
  - *How was this experience for you?*
  - *How was the pacing?*
  - *What did you learn about yourself?*
  - *What did you learn about the practice?*
- **>> JOURNAL: 100 or more words about how this experience was for you personally. What did you notice? How was the pacing? What did you learn about yourself? And about yoga nidra? \*Then HAND IN your journaling by uploading to ‘Assignments UPLOAD HERE’ in your online Course.**

## **PRACTICE SCRIPT TO USE FOR ASSIGNMENT #3**

### ***Stages 1, 2, 5, 7, 8 (no Stages 3, 4 or 6)***

*Partners guide scripts for approximately 20+ minutes each, plus Sharing after. (about 50- minutes total meeting time)*

#### **STAGE 1. Entry**

**STAGE 2. Heart's Intention Statement Sankalpa and Soothing Place (note: you are not guiding STAGES 3, 4 OR 6 in this script).**

**STAGE 5. Sense - Emotion Perception- this is the MAIN EVENT!!! You will insert your choices from script segments in 'SCRIPTS' packet.**

**STAGE 7. Repeat Heart's Intention Statement Sankalpa**

**STAGE 8. Return**

#### **STAGE 1. ENTRY (2 mins)**

"Allow yourself to get comfy... Make any final adjustments to get as comfortable as you can... Feel free to move or to adjust anything, any time during this journey, to support your comfort. Moving slowly and mindfully when you move... Becoming more aware now: this is a practice of awareness... Noticing your body resting, resting... Aware of your breath... Become more and more aware of each level of your being as you are guided through sensations, breath, thoughts, feelings... Allow yourself to be the observer of all that you truly are. The observer who is filled with compassion and acceptance... Feel the level of ease within your body... Notice the level of ease... And now allow the ease to double, as you exhale your breath... Every exhalation is an opportunity to double the ease within you...

#### **STAGE 2. HEART'S INTENTION STATEMENT SANKALPA and SOOTHING PLACE (3 mins)**

Imagine yourself now in a place that feels soothing, peaceful and calming... Peaceful and calm... This could be somewhere that you know, or an imaginary place... It may be outside in nature that you like – such as at the beach, or in the woods - or it could be indoors somewhere that is soothing to you... Feel yourself here... And begin to see all the surroundings: the colors... light... objects... plants... or any special objects – you get to choose what is here... All things peaceful and calming for you...

Now see yourself here in your soothing peaceful place... Feel this place calming and soothing you... Your soothing peaceful place is always here for you... At any time during practice, you can come back here... Especially if anything feels intense, odd or uncomfortable in anyway, come back to your soothing place. You can come back to this place anytime you would like to. All you have to do is remember, and you'll be back here... Your soothing place is always here, and part of who you are... Come back here when you want – it's part of the practice...

Begin to feel your breath, your natural breath... Aware of breath in your chest... The easy rise and fall of breath in your chest... Now go inward, deep inside and notice 'What is my heart's deepest longing?' Let the answer come from your heart... (give 20 seconds or more of silence).

From your heart's longing, create a positive statement - in present tense, as though it's already happening. Something like 'I am whole and complete exactly as I am.' You can use this statement if you like it but if you heard your heart's wish, then state it three times silently to yourself as the truth... (give 20 seconds or more of silence).

**STAGE 5. SENSE – EMOTION PERCEPTION >>> THIS IS THE MAIN EVENT! (10 mins)**

- **You insert your own choice of scripts from the Script packet.**
- **Choose 6 Stage 5. Script segments.**

**STAGE 7. REPEAT HEART'S INTENTION STATEMENT SANKALPA (1 min)**

Recall your hearts intention, and your positive statement. Repeat it now three times as though it is already happening. It is already the truth..." (give 20-seconds or more of silence).

**STAGE 8. RETURN (3 mins)**

5 – Feel expansive, open and free... Radiating pure bliss and light... Aware of your innate healing energy...

4 – Now become aware of yourself as your Witness... The one who has observed with love and acceptance your body, breath, journey...

3 – And now begin to notice thoughts and feelings flowing through your awareness again...

2 – Notice your breath... Feel its rhythm and pace... Invite your breath to deepen now... Feel yourself gradually reawakening...

1 – Now sense your body... Notice your back on the ground... Feel all the places where you touch the ground... Feel your front body facing skyward... You are now completing yoga nidra practice, becoming slowly more awake and aware...

As you're ready begin to wiggle your fingers, feeling every sensation as you do... Begin to wiggle your toes... Gently rock your head side to side, a slow awakening... Draw a deeper breath into your belly, into your chest... Rock slowly over to your left side if that is comfortable.

Press your hands into the floor, and come up to a comfortable seated position... Lengthen your spine... Take a full breath in and out... Notice how you feel – aware of the effects of practice today. [Aum] Peace, Peace, eternal Peace. Slowly allow the eyes to slowly open to a soft gaze."

**#4 Assignment**  
**ONLINE WITH PARTNER**  
**WHOLE PERSONAL SCRIPT: 8-Stages of Yoga Nidra**

*Partners guide 30 minutes each plus sharing after.  
(about 70-minutes meeting time, or meet twice for 35-minutes each)*

**DO THE ENTIRE WORK OF #4 ASSIGNMENT**

**ONLY AFTER YOU HAVE FINISHED COURSE CURRICULUM 'LEARN A Online Coursework'**

**\*You have more to learn from these videos and practices that you will need to incorporate into this assignment.**

## HOW TO PREPARE:

- You compile or write a complete **Divine Sleep® Yoga Nidra script including all Eight Stages and Five Koshas** for you as a personal script and practice that a peer partner will lead you in.
- Create your script by asking yourself what you need right now in each individual kosha. For example: "What does my physical body need right now?" etc. Your intention for your script will focus on what *you need* thus tailoring it for you!
- **\*\*\*READ THE WHOLE SCRIPTS IN CHAPTER 6 so that you have an idea of content and format of what is expected of your script formatting. Your script needs to have short paragraphs, be easy to read, and your stages clear, with page numbers.**
- You can use any of the scripts in the manual, from any other source, or from your own creative well-spring, but it must follow the Eight Stages of Divine Sleep® Yoga Nidra.
- **Please use ONLY 'Body Scan A' from the SCRIPTS. Do not use any other body scan.**
- You may like to use the *Worksheet* from your Assignment Packet and also on page 151, Chapter 5 of the manual to structure your outline.
- Your script should be approximately 30-minutes in length. This will be about 1600-2000 words total. If it is less than that, it may be too short. If it's longer, it may be too long.
- *Read it out loud to yourself, to a friend (phone, etc), pet, teddy bear - for practice to see if your timing is about right.*
- Make sure you **TITLE** each Stage eg: 'STAGE 1. ENTRY' (but do not title the script segments, just the Stage).

## WHOLE PERSONAL SCRIPT Peer Partner Exchange

Your partner will guide you with your script - and you will guide your partner with their script!

- **Arrange a time to meet** with your partner online (zoom, messenger, etc).
- **EMAIL your SCRIPT to your Partner** at least 24 hours before you lead each other.
- **Read your partners Script** three times beforehand in preparation to lead the script.
  - You may like to print your partners script out for easier reading and guiding. Or you can use a second device, as you'll be online with them on your main laptop or device.
- **Sharing:** After leading each other in your scripts, spend at least 10-minutes listening and sharing about the experience. **SHARING Questions:**
  - *How was this experience for you?*
  - *What did you learn about yourself?*
  - *What did you learn about the practice?*
- **>> JOURNAL:** 100 or more words about how this experience was for you personally. What Did you notice? How was the pacing? What did you learn about yourself? And about yoga nidra?
- **HAND INTO 'Assignments UPLOAD HERE' both:**
  - **A. YOUR SCRIPT**
  - **B. JOURNAL 100 or more words**

## Divine Sleep® Yoga Nidra Script Worksheet

You can copy and paste this into a doc for you to fill out for your Script Creating. This is timed for 30-minutes. You can change the timing to suit your needs.

Your Personal Intention for this particular Divine Sleep® Yoga Nidra:

Set Up/ Props You Need:

Stage 1. Entry (2 mins)

Stage 2. Heart's Intention, Soothing Place (3 mins)

Stage 3. Body Scan (7 mins)

Stage 4. Breath - Energy Awareness (3 mins)

Stage 5. Sense – Emotion Perception (4 mins)

Stage 6. Images, Healing, Landscape, Journey (7 mins)

Stage 7. Repeat Heart's Intention (1 min)

Stage 8. Return (3 mins)

