

SHORT YOGA NIDRA TRANSCRIPT

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Contents: Rotation of Consciousness and Breathing

You are about to practice Yoga Nidra. Lie down in a comfortable position on your back. Use blankets and pillows to make yourself as comfortable as possible. In Yoga Nidra, keep the eyes closed, the body still, and the mind aware of what is going on. Though you might drift in and out of awareness of all that you are hearing, it is important that during Yoga Nidra you try to stay awake and not concentrate on or analyze what you are hearing. Allow the inner chambers of your mind to open. Use the following words like you would a rope in a cave, as a way to guide you in and out of the your mind.

Get ready for Yoga Nidra. Adjust your body and the clothing and blankets and pillows until you feel completely comfortable. Become aware of your entire body. You are lying in quiet room, and your body and mental states are still. You are content and you do not want to concentrate, but rather you want to experience, listen, and connect with the words. Keep them closed until I instruct you to open them.

Think mentally to yourself, “I am going to practice Yoga Nidra. I am listening and doing, I am going to practice Yoga Nidra. I will remain still, and awake.”

The body should be straight from head to toe. The palms are turned up and the legs are slightly apart and turned out. Make any adjustments now so that you are completely still and comfortable.

Draw a big, easy breath in. As you breathe out, let all the worries and any stress from your day flow out of you. [pause up to ten seconds]

Now we will take a journey through the body. When I name a body part, say it to yourself and try to draw your awareness to that body part or visualize it in your mind. Do not worry if you lose track or fall behind. We always start with the right hand thumb.

Right hand thumb, second finger, third finger, fourth finger, fifth finger, palm of the hand, back of the hand, wrist, lower arm, elbow, upper arm, shoulder, armpit, waist, hip, thigh, knee, calf muscles, ankle, heel, top of the foot, sole of the foot, right big toe, second toe, third toe, fourth toe, fifth toe.

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Now go to the left side. Become aware of the left hand thumb, second finger, third finger, fourth finger, fifth finger, palm of the hand, back of the hand, wrist, lower arm, elbow, upper arm, shoulder, armpit, waist, hip, thigh, knee, calf muscles, ankle, heel, top of the foot, sole of the foot, left big toe, second toe, third toe, fourth toe, fifth toe.

Now go to the back of the body. Become aware of the back of the head, back of the neck, right shoulder blade, left shoulder blade, right buttock, left buttock, right heel, left heel.

Now to the front of the body. Top of the head, forehead, right eyebrow, left eyebrow, middle of the eyebrows, right eye, left eye, right nostril, left nostril, whole nose, right cheek, left cheek, upper lip, lower lip, both lips together, chin, neck, right collarbone, left collarbone, right side of the chest, left side of the chest, middle of the chest, navel, upper abdomen, lower abdomen, right leg, left leg, right arm, left arm, the whole of the head. The entire body. The entire body. Become aware of the entire body. [pause up to thirty seconds]

Become aware of the entire body lying on the floor. Bring your awareness to the particular points of contact between the body and the floor, beginning with heels. The heels and the floor, the hamstrings and the floor, the buttocks and the floor, the right elbow and the floor, the left elbow and the floor, the right hand and the floor, the left hand and the floor, the head and the floor. The entire body. Become aware of the entire body.

And now become aware of your breath. Start counting your breaths backwards, like this. Inhale 27, exhale 27, inhale 26 exhale 26, and so on. Continue counting backwards in this fashion [brief pause up to twenty seconds]. If you lose track of your counting, go back to 27 and begin again.” [longer pause up to two minutes].

And now let go of your counting.

Start to become aware of the entire body. Think “I am practicing Yoga Nidra. I am visualizing my body and the room in which I am resting.”

Become aware of sounds closest to you. Then listen for sounds just inside this room. Listen for sounds outside the room, and now for the furthest away sound. Feel the entire body on the floor. Recall the room in which you are resting. Begin to make small movements with your fingers and toes, and turn your head a bit from side to side.

When you are ready, roll over to your side into a fetal position. Keep the body and mind soft and receptive. [pause] To end the practice of Yoga

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Nidra, taking your time—there is no hurry—rise up into a seated position. Open your eyes a bit and gaze at the floor. This ends our practice of Yoga Nidra. Namaste. Shanti.