



*Yoga Nidra*

“Sensing the Body”

Richard Miller, PhD

[MUSIC PLAYING]

RICHARD MILLER: Welcome to yoga nidra: the meditative heart of yoga. As your body begins to settle, you may wish to close your eyes in preparation for engaging this practice. Set your tension free to wander through your senses. Note the sounds around you in the room, the images and thoughts that are passing through your mind in this moment, and the feeling of your body.

And as you do this, please allow my words to become your words as we enter into this meditative journey together. I invite you now, through this practice, to realize the timeless wisdom that lies hidden within you that your underlying true nature is unchanging, heartfelt equanimity, or presence that is always present amidst every circumstance of your life.

With this realization, you recover your true radiant health and mental disposition that gives you the strength to meet, greet, welcome, and respond to every situation that you face during your lifetime. Everything is a pointer to your authentic ground of equanimity, being, or presence, which is always awake and knows the perfect response to every situation.

For this reason, we affirm the following resolve as we enter into the practice of yoga nidra. I am awake. I am aware. And I welcome every perception as a messenger that is guiding me home to my authentic ground of being. Now feel and affirm this resolve as you quietly repeat it once more to yourself. I am awake. I am aware. And I welcome every perception as a messenger that is guiding me home to my authentic ground of being.

And take a moment to find within yourself a heartfelt prayer that you feel about yourself-- a friend, a lover-- for health, healing, or enlightenment. And phrase it in your own mind in the present tense as a statement of fact and truth in this moment. And later on at the end of the practice, you'll come again and pick up this affirmation, and affirm it at the end of the practice.

During this session, you're going to spend time perceiving your physical body as pure tactile sensation in order to experience a profound relaxation in letting go in both your body and your mind. As a way of beginning, you may enjoy taking a few moments now to readjust your body so that you're even 5 percent to 10 percent more comfortable and are ready to enter into deep meditation and self inquiry.

Bring attention into your mouth. Be aware of the sensations in the walls, the floor, and the ceiling of the mouth. Sensation in the lips, the teeth, the entire mouth as a radiant orb of sensation. Be aware of the tongue. It too is made up of sensation. Feel the tongue and the mouth simultaneously. And follow the sensations of the mouth out into the inner-ear canals and trace sensation from the mouth through the ears and out into the outer architecture of each ear, feeling and exploring sensation in the folds and the valleys of the ears. And be aware of both ears simultaneously. Sensation.

Be aware of the cheeks and the sensation of the nose, perhaps even the feeling of the breath as it moves across the nostrils. Be aware of the eyes. Sensation in the orbits and the eyes themselves. Each eye is an orb of radiant sensation. And trace the feeling of the eyes back into the head itself.

Be aware of sensation inside the brain. Sensation in the forehead, scalp, in the back of the head. And feel the back of the neck. And now bring all of these sensations together and feel the entire head simultaneously-- mouth, ears, nose, eyes, scalp-- inside and outside. The head is an orb of radiance.

Be aware of the back of the neck and the throat. And follow sensation from the throat down the shoulders, down the arms, and be aware of sensation in the palms of the hands. The palms of the hands, the fingers, the back of the hands. Can you feel the pulse, the vibrancy, of the hands as a radiance of sensation and aliveness? And sense both arms simultaneously.

And sense the throat once again. Sensation in the throat. And follow sensation down into the chest. Be spontaneously drawn to sensations that you come upon. So we're not inventing or creating anything here. We're discovering what's already the case. Be aware of sensation in the chest, the front, the back, and the sides.

And follow sensation down into the abdomen, the front wall, the back wall of the abdomen, and the two side walls. The entire abdomen is an orb of radiant sensation. Follow sensation down into the pelvis and be aware of the floor of the pelvis as sensation-- the sidewalls left and right, front and back. And all of these sensations of the pelvis come together, so it feels it's one radiant orb of sensation.

Follow sensation from the pelvis down through the hips like streams of flowing sensation into the legs pouring down into the feet. And sense the feet and the soft bottoms of the feet, toes, and both legs simultaneously. Feel the legs as orbs of radiant sensation.

And now allow all of the sensations in your entire physical body to come together like a symphony coming together harmoniously. Feel the entire body as a radiant orb of sensation. Feel the front of it, the back of the body, the left side of the body, right side of the body, the entire body simultaneously. And feel it as a radiance, the body as sensation radiating out in front, behind, left and right, below and above. The body as an orb of radiant sensation in your awareness.



*All rights reserved. No part of this transcript may be used or reproduced in any manner without written permission of Sounds True.*