



*Yoga Nidra*

“Sensing Breath and Energy”

Richard Miller, PhD

RICHARD MILLER: And set your attention free to wander now through your senses once again, noting the sounds around you, the images and thoughts that are passing through your mind, and the feeling of your body. The body is a vibrant orb of sensation, radiating in all directions simultaneously, inwardly and outwardly.

And let my words become your words as we continue our meditative journey together. And now you're going to spend time perceiving your breath and the flows of energy that are constantly coursing through your body, in order to deepen the relaxation, and letting go in both your body and your mind. As the movements of breath and energy come and go. I invite you to experience how you truly are unchanging equanimity, in which everything arises and everything dissolves.

Now be aware of your body breathing itself, the spontaneous coming and going of the breath, without any intention to manipulate it or change it in any way-- just pure noting, moment to moment, of the sensation that is created by the movement of breath. And enter into the stream of the breath, so that you feel yourself flowing moment to moment, all the way to the end of inhalation, and all the way to the end of the exhalation. Moment-- the moment.

At the end of exhalation, there may be a spontaneous pause where you just fall into the breath and its completion. Just live here, waiting for the next breath to come spontaneously. And can you note the rise and fall of the abdomen with each breath? Inhalation, abdomen rising, exhalation, abdomen falling.

Just noting, flowing with the breath, noting the rising and falling of the abdomen with each breath, and the breath as a movement in you. Can you feel how the breath has its own aliveness, like an energy moving and coursing through your body that you can flow with in the stream of the breath, moment to moment?

As you sense the breath, the rising and falling of the abdomen, be aware of other flows of energy in your body, in the arms, or the torso, in your pelvis, or the legs or in the head.

The body is made up of energy that supports all the organs, all the tissues, all the inner processes of body and mind. Sense the body as energy, flows of movement, moment to moment.

And can you follow the inhalation all the way to its top, and for a moment, hold the breath, and take your attention over to the left side of the body? And while exhaling, feel only the left side of the body. Sense the left side of the body during exhalation and during the subsequent inhalation. And then, at the very top of the breath, while retaining the breath momentarily, come over to the right side of the body. And during exhalation and inhalation, explore and feel only the right side of the body.

And breathe this way now for several rounds of inhalation and exhalation. At the top of each inhale, momentarily hold the breath. Bring your attention over to one side of the body, exhaling. Invite into awareness all the sensations, all the flows of energy. Let them rise into your awareness spontaneously, so you feel yourself as a welcoming, as an openness in which these sensations and these flows of energy reveal themselves, unfold, and then dissolve back into your awareness, moving back and forth. At the top of each inhale, holding the breath, moving over to the opposite side of the body, exhaling, and inviting sensation into awareness.

And then there comes a moment where it just feels right, at the top of an inhale, for both sides of the body to re-harmonize, re-orchestrate together as one feeling and one flow of breath and energy. At the top of an inhale, while holding the breath, feel both sides come together. Feel the whole body during exhalation. Invite all the sensations into awareness, the entire body as an orb of radiance, a flow of energy and sensation in awareness.

And again, feeling the entire body breathing itself, all very natural, just noting these very natural movements of the breath and the flows of energy in your body, the body breathing itself, feeling yourself as an openness, a welcoming, the awareness in which this breath comes and goes.



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