



Yoga Nidra

“Sensing Feelings and Emotions”

Richard Miller, PhD

RICHARD MILLER: And feel yourself open to all of your sensory perceptions, the sounds around you in the room, the inner sounds of your own body, and the thoughts and flows of energy that are moving through your mind and through your body.

Can you feel the vibrant pulsation of your body as an orb of radiance that is emanating in all directions simultaneously? And as you do this, continue to allow my words to be your words as we continue our meditative journey together.

And now you're going to spend time perceiving your feelings and emotions in order to deepen the relaxation and letting go in both your body and your mind. While emotions come and go, I invite you to experience how you truly are the timeless presence in which everything arises and everything dissolves.

Be aware of feelings of heaviness in your body, the weight of your arms or your legs or your torso or head. Feel how the body settles into the surface on which it's lying or sitting. Can you give your body up completely to this surface, and feel the body, heavy and dense? This element of Earth, very heavy.

And then find an opposite feeling somewhere in the body, a feeling of lightness. It might be at the very top of your skin where it touches the air or, again, in your legs or torso, arms or head. Sensations of lightness.

And come back, and feel again the sensations of heaviness. And then feel and sense again sensations of lightness. And move back and forth for a moment between these two opposites of feeling, heavy, light. And then take a moment and feel them both simultaneously. And feel how this impacts and acts on your body and mind when you feel both simultaneously. I'll give you a hint, your mind can't do this. It may struggle back and forth, but there comes a moment where we have to let go of the mind in order to feel both simultaneously.

And feel sensations of warmth somewhere in your body, sensations of warmth or heat. And locate their opposites, sensations of coolness or cold, just the pure sensation. You may think about it for a moment, but then, as much as possible, give up thinking, and really feel sensations of warmth, sensations of coolness. And go back and forth between these two feelings of warmth and coolness, your own firsthand experience of these two feelings. Feel them both simultaneously, and feel how this acts on your body and mind.

And can you feel sensations of calmness or peacefulness in your body, where you feel relaxed? And then find their opposites, where you feel agitated or even angry. Perhaps remember a time when you felt agitated or angry, and bring these feeling emotions into your body right now. Then give up the memory and just sense, when you feel angry or irritated, where do you feel this in your body?

And come back over to the feelings of calmness and peacefulness, where do you feel this in your body? And come back to the feelings of agitation, anger, and sensations of calm or peacefulness. And just move back and forth between these two opposites of emotion, sensing where you feel them in your body and, at some point, bring them together. Feel both simultaneously, and see how this acts on your body and your mind.

And feelings of safety or security, when you feel safe and secure, with a sense of foundation and ground, where this is in your body. And their opposites, when you feel afraid or abandoned or ungrounded, where you feel these emotions in your body. And move back and forth between these two opposites of emotion for a moment, and then feel them both simultaneously. See how this acts on your body, on your mind, and how all that's arising in this moment you are aware of.

And if you'd like, find your own opposites of emotion that you're working with in your own life, and move between the two opposites. And at some point, bring them together, and be aware of what's present.



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