



*Yoga Nidra*

“Sensing Thoughts, Beliefs, and Images”

Richard Miller, PhD

RICHARD MILLER: And set your attention free to wander again through your senses, noting sounds around you, thoughts that are passing through your mind, the movements of your breath and energy, noting feelings or emotions that are present. And your body is a radiant orb of sensation. And let my words become your words as we continue on our meditative journey together.

And now you're going to spend time perceiving thoughts, beliefs, and images as means to deepen the relaxation and letting go in both your body and your mind. While thoughts and images come and go, I invite you to experience how you truly are the unchanging ground of being, in which everything is arising and dissolving.

And take note of thoughts that are present in your mind in this moment, thoughts and beliefs that you may hold true about yourself. These may be positive thoughts, or you feel confident about yourself, or secure and safe that you can speak and bring yourself into the world. Or they may be negative beliefs where you doubt yourself, or you may feel, I'm unlovable in some way.

Note each belief and how it impacts your body and your mind, how you feel when this belief is held to be true, and see if you can locate opposites.

If you have the belief, I'm unlovable, what would be true if this were no longer present? It might be, I'm love itself, love towards myself, love towards life, and move between these opposites of

your own beliefs. And if you'd like, stay with your own movements or come along with me as I suggest new ones.

For instance, in this moment, is there anything that you feel you need to do in order to be better than who you are? Or can you find its opposite, which is, I'm perfect as I am. There are plenty of things that need to be done. But in the end, I'm OK and perfect just as I am. There's nothing that I need to know in order to be better than who I am.

Or do you have the belief that I need to know something, some piece of information. By having it, I'll somehow be safe or better than I am. And move between these two opposites-- I need to know something and I'm OK not knowing, just feeling myself as an openness in this moment.

And I'm going to suggest some images. Just let them float freely through your mind as I suggest them and see how each acts on your body and your mind.

The sun rising in the morning sky. Waves rolling across an infinite, calm ocean. Storm clouds gathering, torrential rain, a storm raging at sea. People angry, fighting with one another. Storm abating, calming down. Waves breaking on a beach. A warm, sunny day, a sandy beach, feeling relaxed and at ease walking along the beach. A meadow, flowers, stream. A dark cave leading into the ground where you can feel the moisture and the wetness of the walls, the floor, the ceiling, darkness all around you. And the light up ahead. A candle burning brightly, sitting in meditation, surrounded by darkness. A path leading up a mountain to a circle of trusted friends, a circle of trusted friends. And vast open, spacious sky-- vast, spacious sky.



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