



## *Yoga Nidra*

### “Sensing I-ness, Awareness, and Natural State”

Richard Miller, PhD

RICHARD MILLER: And set your attention free again to wander through your senses, noting the sounds around you, thoughts passing through your mind, images, breath, emotions coming and going. And the feeling of your body is a radiant orb of sensation, and be aware of this sense of I-ness or personality that you take yourself to be.

Imagine that you are in a party, and the door opens. And your personality walks into the party in front of you. What kind of feeling is this personality? Is it warm and inviting? Is it cool or cold?

Can you just have a sense of the personality that has been here all of your life without trying to change it or alter it in any way? It's like you set it free for a moment to be just as it is, feeling yourself as the awareness that is aware of this personality, the sense of I-ness when you say I'm hungry or I'm thirsty or I'm upset or I'm angry or I'm happy, the sense of I-ness that you take to be true as yourself or as your personality. Can you set these movements free for a moment and feel yourself as an observing presence or awareness that is aware of these movements of thirst or hunger or thoughts or emotions that are coming and going?

It's like you touch the emotion or the feeling that's present and then step back for a moment and feel yourself as that which is aware of what's present. Try this several times, first moving into your sense of I-ness or thought or emotion or a feeling that's present. Feel it and then step back. Feel yourself as this presence or awareness that is aware of what's present. We would say instead of I'm hungry, hunger is present, first feeling I'm hungry and then feeling what it's like to say, hunger is present.

And can you step into this awareness for a moment? Feel how it's an openness, a spaciousness of welcoming. Awareness like space doesn't refuse what comes into it. It's an openness of welcoming.

See how everything is changing and moving in your awareness, the body sensations, movement of breath and energy, the emotions and feelings that are coming and going, the different images and beliefs that come and go. Even your sense of I-ness or personality comes and goes. At night in deep sleep, the sense of I completely dissolves and then reappears in the morning. Sense yourself for a moment as the spacious openness of awareness.

And then take a moment, feeling this sense of being awareness, and let your eyes open for a moment. Take the world in, the color and light. Let it flood in, but feel yourself as that which is aware of the world.

Then let your eyes slowly close. Feel all the inner landscape, kaleidoscope of colors and sounds and movements of feeling and thoughts and emotion, of how you're aware of these movements internally. Open the eyes, awareness of the external world. Close your eyes, awareness of the internal world.

Just feel yourself as this awaring presence as all these movements internal and external continue to unfold, and take a moment and find your heartfelt prayer. And let it just echo and resonate throughout your sense of spacious openness. Feel the truth of it in this moment as an actual fact or statement of truth.

And in a few moments, when you let your eyes fully open and you begin to move back into the world, sense both your internal world of objects coming and going, movements of energy and feeling, and the external world of changing objects, colors, lights, and sounds. And feel every once in a while, stepping back into this sense of being the awareness or welcoming spaciousness in which all of this is arising inside and outside. And feel yourself moment to moment as a welcoming-- welcoming all of the outer contents of the world and welcoming all of the internal contents of the inner world, inviting them to be just as they are.

Presence always knows and has a perfect response to each situation, each moment. See how that, too, is arising spontaneously that comes out of some mysterious place in you, asserts itself, and has an adequate and perfect response to each moment where you feel yourself both as this response and equally as the awareness in which it's arising and moving so that yoga nidra becomes integrated into your daily life, both times of practice and taking it moment to moment, as a practice into your life, into your relationships, and into the world.

[MUSIC PLAYING]



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