



Yoga Nidra

“Body Sensing with Autogenics”

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RICHARD MILLER: Body Sensing with Autogenics. Begin your practice of body sensing with autogenics by adjusting your body so that you feel completely supported by the surface upon which you're resting. Let your senses open, sounds around you, the touch of air on your skin. Allow your attention to wander through your body, welcoming and releasing any unnecessary tensions, welcoming sounds, welcoming sensations, and the feeling of being at ease throughout your entire body and mind.

And take a few moments. Reflect on your heartfelt mission, the felt sense of life-- living you, pulsing through your muscles and bones, your entire body, giving your life purpose, meaning, and value, the feeling of life living you. And as you're doing this, bring to mind your intention for this practice of body sensing and for what helps you affirm and live your heartfelt mission. Your intention might be to stay present throughout this practice or to welcome a particular messenger in your body or mind. Whatever your intention, fully welcome and affirm it with your entire body and mind.

And even as you're doing this, welcome in your inner resource, the sensations of being at ease, secure, grounded, experiencing your inner resource as a felt sense of well-being that you can turn to whenever you feel the need to take time to feel secure, to feel deeply at ease, to feel at peace. Now begin sensing your body with the understanding that whatever you experience is perfect just as it is. Be aware of sensations in your jaw, mouth, tongue. Give up thinking. And just

welcome sensation in your jaw, in the mouth, sensations just as they are, sensations of your left ear, right ear, both ears at the same time, both ears as radiant sensation.

Sense your cheeks, nostrils, nose, and the flow of sensation inside both nostrils. Welcome sensation of your left eye, right eye, the sensation of both eyes at the same time, both eyes as sensation. Give up thinking, simply feeling your way. Sense your forehead, the touch of air on your forehead, sensations of coolness, coolness and ease, your forehead, cool, soft, at ease.

Sense your scalp, the back of the head and neck, sensations inside the throat as air comes and goes, feeling at rest and at ease. Welcome the sensation of your left shoulder and shoulder blade, left upper arm, the sensation of the left elbow, forearm, wrist, palm, and fingers, the entire left arm. Welcome sensations of heaviness, relaxation, ease. The entire left arm at ease, heavy, relaxed.

Bring attention into your right shoulder, shoulder blade. Welcome sensation in the upper right arm, elbow, forearm, wrist, palm, and fingers. The entire right arm, heavy, relaxed, at ease. Give up thinking. And welcome both arms and hands at the same time as sensation, both arms completely at ease, sensing the heaviness, the natural sensations of heaviness in the arms and hands.

Bring attention into the upper chest, middle chest, abdomen, upper back, middle back, lower back, the entire torso, front and back, the entire torso as radiant sensation. Let go of thinking, just sensing and feeling your way, your entire torso heavy and relaxed, warm and at ease, arms heavy, mouth soft, eyes, forehead at ease, the touch of coolness in the forehead, arms, torso.

Welcome sensations of your pelvis, left buttock or sitting muscle, left hip, left thigh, knee, foreleg, calf, ankle, the left foot, toes, the entire left leg, the sensation of the entire left leg, natural sensations of heaviness, at ease. Feel yourself aware and attentive, yet relaxed and at ease. Bring attention into the right buttock or sitting muscle, right hip, thigh, knee, foreleg and calf, ankle, foot, toes, the entire right leg as sensation, heavy, at ease, relaxed.

Welcome the sensation of both legs at the same time, both legs heavy, relaxed, at ease, feet, legs, hips, sensation of the entire torso, both arms, heavy, at ease, mouth, eyes soft, forehead soft, a

touch of coolness on the forehead, sensing the abdomen as it expands and releases with each inhalation and exhalation. With each exhalation, feel the body, all the tension, releasing, the whole body at ease.

Welcome sensations, the entire front of the body, the entire front of the body, just as sensation, the entire back of the body, just sensation, back of the body, left side of the body. Just sense left side of the body, leg, arm, left side of the torso, neck, head, and face, just the left side of the body, just sensation. Right side of the body, leg torso, arm, neck, head and face, just the right side of the body, sensation.

The whole body, welcome the feeling, the sensation of the entire body all at once without thinking, just sensing. Sensations deep inside the body, sensations on the surface of the body, the entire body, outside and inside, at ease, the entire body as radiant sensation.

And notice how you're the observer of the body and all of these different sensations. Feel yourself as the observer, as the spacious openness of awareness in which all of these sensations are coming and going, body breathing, heartbeat slow and regular, your entire body and mind relaxed and at ease.

And welcome sensations of well-being, peace, ease throughout your entire body, with every exhalation, sensations of warmth, sensations of well-being radiating throughout your body, face, head, neck, shoulders, torso, arms and hands, legs and feet, sensations of well-being, peace, and deep relaxation throughout your entire body.

The body is a field of radiant sensation. Perhaps allow your ears to open to the sounds of your body breathing, to the natural sounds that your body makes during exhalation and inhalation. Give your undivided attention to feeling your body as a field of radiant sensation, while hearing the natural sounds of your body breathing itself. As you listen, welcome in the felt sense of your inner resource, feelings of security, ease, and your body letting go into an ever-deepening relaxation, feeling of well-being.

And rest here as long as it feels right for you. When you're ready, gently open and close your eyes several times, while continuing to sense and feel your body as sensation, reorienting

yourself to your surroundings, while continuing to feel a sense of deep relaxation, and ease, and well-being throughout your body. Welcome in your inner resource, the feeling of life living you as your heartfelt mission, along with feelings of ease and well-being throughout your body.

Affirm to yourself that, as you go about your life walking and talking, eating, working and playing, even while sleeping, sensations of deep relaxation and well-being are accompanying you in every moment. At your leisure, when you're ready, come fully back to your eyes-open state of waking consciousness, grateful for taking this time for yourself, for your health, for your healing, for your wholeness, for your practice of body sensing. And before returning to your daily activities, you might take a few minutes and reflect on the practice you just did. Then record your reflections in your journal.



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