



Yoga Nidra

“Welcoming Feelings and Emotions”

Richard Miller, PhD

RICHARD MILLER: Welcoming Feelings and Emotions. The practice of iRest teaches you how to relate to your feelings and thoughts as messengers. This enables you to recognize the actions you need to take with any situation that arises in your life. Welcoming your feelings and your emotions as messengers enables you to experience a calmness and peace within yourself that can't be ruffled by any circumstance you may encounter during your lifetime.

Allow your senses to open to the environment and sounds around you, the touch of air on your skin, the sensations where your body touches the surface that's supporting you. Scanning your body, release any unnecessary tension.

And relax and let go into being at ease throughout your entire body and mind.

Bring your attention to the feelings of your inner resource, the felt sense in your body of ease, well-being, security, and feeling grounded. Allowing your attention to wander now through your body. Be aware of and welcome feelings that are present, perhaps the feeling of warmth or coolness, sensations of heaviness or lightness, comfort or discomfort, feelings of tension and of being at ease.

Without changing anything, simply welcoming feelings that are present just as they are, just as you experience them. As you attend to what's present, remember that you can always return to the safe haven of your inner resource whenever you feel the need to take a momentary timeout to feel grounded, secure, and at ease.

And locate and move between opposite feelings. If you're sensing warmth, find sensations of coolness. If you're sensing heaviness, welcome sensations of lightness. If comfort, then discomfort. If tension, then find sensations of ease.

Without going into thinking, first just experience one opposite. Then come over to the other opposite. Moving back and forth between opposites at your own pace.

And when it feels right, welcome both opposites at the same time, both warmth and coolness or heaviness and lightness, comfort and discomfort, tension and ease, taking your time, experiencing how perceiving opposite feelings at the same time acts on your entire body and mind, not with your thinking mind, just sensing, just experiencing at the same time two opposites of experience.

Now move between feeling your inner resource of well-being while experiencing opposites of feeling. Welcome the feeling of your inner resource of well-being, then an opposite of feeling. Go back to feeling your inner resource, then the other opposite of this feeling. Move from one experience to the other, inner resource, feeling, inner resource, opposite. Taking your time.

And when it feels right, experiencing everything simultaneously, your inner resource and both opposites of feeling. And sense how this affects your body and your mind. Now welcome in an emotion that's present in your body. Or recall a specific emotion that you'd like to work with in this moment.

If it's helpful, recall a memory that invites this emotion more fully into your body. And if no emotion is present, this too is your experience in this moment. Be with whatever's most calling your attention right now in this moment, whether it's an emotion, a feeling, or another sensation.

Remember that you can always return to the safe haven of your inner resource whenever you feel the need to take a momentary timeout to feel grounded, secure, and at ease. And if an emotion is present, where in your body do you feel this emotion? Might be in your belly, your heart, your throat. Where do you feel this particular emotion in your body?

Notice if there are any particular thoughts or images that accompany this emotion, welcoming your experience, just as it is, without judging it or trying to change it. And while sensing this emotion in your body, imagine a door opening and your emotion walking in through it. In your imagination, what does your emotion look like? What's its form? What's its shape? Does it have a form, or is it formless or shapeless? Is it an animal, a plant, a mineral, or a person?

Welcome your experience, just as it is, however it is, and invite the image of your emotion to stand or sit down at a comfortable distance from you and ask it what brings you here into my life in this moment? Is there something that you want? What do you need? What action are you asking of me that I should take in the world?

With each question you ask, imagine yourself then as the emotion speaking its answer back to you. When you ask it-- is there an action that it's asking you to take? Then become the emotion speaking back to you. This is the action I need you to take. Taking your time now, asking these questions, and listening to the responses. What do you want? What do you need? What action are you asking that I take into the world?

And when it feels right, if it's helpful, locate an opposite emotion of what you're experiencing and where and how you experience this opposite in your body. If it's helpful, recall a memory that invites this opposite of emotion more fully into your body. And when you have it and the felt experience of this opposite, then move back and forth between these opposites of emotion, experiencing first one, then it's opposite in your body, in your own rhythm and pacing, sensing how each opposite of emotion affects your entire body and mind.

And when it feels right, sense both emotions simultaneously, sensing how this acts on your entire body and mind, when you welcome opposites to be here at the same time. And when you're ready, move between experiencing your inner resource and experiencing these opposites of emotion, weaving in the felt sense of being at ease or well-being as you welcome in the opposites of these emotions, inner resource, emotion, moving from one experience to the other.

And when it feels right, experiencing everything at the same time, your inner resource of ease or well-being and both opposites of emotion, experiencing how this affects your body and mind. Taking your time. And when you're ready, in your own rhythm and timing, gently open and close

your eyes several times while continuing to experience your inner resource, whatever emotion or emotions are present, sensations.

And with your eyes open or closed, bring your attention to your surroundings while internally continuing to sense your inner resource, ease, well-being, a sense of peace throughout your entire body. And affirm to yourself that as you go about your daily life, talking, walking, eating, working, playing, even sleeping, sensations of deep relaxation and well-being are accompanying you in each and every moment.

And at your leisure and when you're ready, come fully back to your eyes open state of wakefulness, grateful for taking this time for yourself, for health, for healing, for your practice of iRest. And if it feels right, take some time to write in your journal about what you've just experienced, noting actions that you may wish to carry out into your life. Write them down as intentions that support your heartfelt mission.



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