



## *Yoga Nidra*

### “Experiencing Your Wholeness of Being”

Richard Miller, PhD

**RICHARD MILLER:** The following practice is designed to reacquaint you with your basic being as the doorway that leads to your experiencing your basic wholeness, health, and well-being. Your ability to access being and wholeness at a moment's notice provides you with an ever-present tool that you can use to experience deep relaxation, profound healing, and well-being. As you move through this practice, take as much time as you need with each section before moving on to the next part. You might even keep your finger on the pause button so that you can take breaks while you absorb what's being asked of you.

Lie or sit in a comfortable position. Open your senses to your surroundings. Sounds. Color. Light. Open to the feeling of the environment around you. The touch of air on your skin. The sensations where your body touches the surface that's supporting it. The feeling of your entire body. And your felt sense of simply being. Take a moment. Enjoy this moment of simply being. Take delight in not having to be somewhere. Let go of whatever you were previously doing or thinking. Just this moment. Just being. Nothing to do. Nowhere to go. Simply enjoying the easy feeling of just being.

Merge with and lose your sense of separation from this feeling of being. Feel yourself not just in being, but completely absorbed as being. As you listen to each of the following questions, let go of everything you've previously heard or experienced. Enjoy the easy feeling of simply being while you answer each question from your own experience as being.

First messenger: feeling and experiencing yourself as being. When you're just being, how would you describe your experience of where you're located in space? Where, for instance, is your innermost center or outermost boundary as being? When you're just being, do you have a distinct border or boundary? Take a moment, simply feeling the easy feeling of being yourself as a field of radiant sensation without border or boundary.

Second messenger: when you're just being, without going into thinking or memory, what's your experience of time when you're just being? When you're just being, what happens to time?

Third messenger: when you're just being, is there anything that you need to acquire that will make you any better or more perfect than you already are as being? As being, do you need anything?

Fourth messenger: when you're just being, is there anything you need to understand that would make you any more connected than you already are as being? Is being unfamiliar? Or is it something you've always known?

Fifth messenger: when you're just being, is there anything you need to do that, by accomplishing it, would make you any more complete than you already are as being? Is there anything that you need to do that would make being any better than it already is?

Take a few moments now to simply be without going into memory or thinking. Feel your wholeness of being. Spacious and open, without border or boundary. Timeless.

Outside of time when you're just being. Perfect. Just as you are. Connected to this familiar feeling of being. And complete. Just as you are. Just as being is. Without going into thinking, just being. And as you're ready, taking your time, while experiencing the feeling of being and wholeness, sense your physical body. Your physical body is sensation. And the underlying feeling of being. Feel the sensations of your body touching the surface that's supporting it and the feeling of being.

The touch of air on your skin and the feeling of being. Light, color, and the feeling of being. Listening to the sounds around or within yourself and the feeling of being. The feeling of the room around you and the feeling of being.

And as you're ready, gently open your eyes and notice what you see, hear, and feel while also noticing the feeling of being. And you might gently close your eyes for a moment and reaffirm the feeling of being. Then open and close your eyes several times while continuing to affirm this ease of being.

Then, as you're ready, come back to sensing yourself fully alert with your eyes open, feeling present to this moment the sensation of your body, your thoughts, your emotions, the environment around you, even as you continue to experience your underlying feeling of being and wholeness. As you move back out into the world, continue to feel this ease of being, this underlying feeling of being. Spacious. Timeless. Perfect. Connected. Complete. Your wholeness of being just as you are as you move into life.



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