

EARTH ELEMENT YOGA NIDRA SCRIPT

Preparation

‘Get ready for Yoga Nidra. Lie down in Shavasana. Adjust your position, so that you can be comfortable and still for the whole duration of this practice. If required adjust yourself finally.’

(pause)

‘Become aware of the weight of your physical body. Your body is heavy, let the floor hold your body. Let it go, let it sink into the floor.’

(pause)

‘Bring your focus on your breath. Take easy, relaxed, and natural breaths. Observe the breaths as they enter and leave your nostrils.’

(pause)

‘Now bring your focus on your whole physical body, from head to toe.’

‘Focus on your whole body, your whole body, observe your whole body. You are aware of the whole body, the physical body from the head to toe, not just the awareness of your legs, arms, trunk, chest, or head, but the awareness of the whole body, awareness of the body as a whole, complete and constant awareness of the whole body.’

‘Be aware that you are going to practice Yoga Nidra and say mentally,’ “I am aware, I am going to practice Yoga Nidra; I am aware, I am going to practice Yoga Nidra.”

Relaxation

‘Relax your body, relax your mind, you are completely relaxed by breathing normally and concentrating on the natural flow of the breath in your nostrils. As you inhale your belly is rising and as you exhale the belly is relaxing. With each exhalation let your body relax a bit more into the ground.’

‘Observe the breath as it passes through your nostrils. Check if you are breathing more from the left or the right nostril. Observe the flow of the breath. Enjoy your breath. Easy, relaxed, and calm breathing.’

‘Keep focus on the practice, do not wander away.’

Sankalpa / Resolve

‘Now think of a positive resolve / *Sankalpa*. The Sankalpa should be simple, short, in clear Language.

‘Now repeat your resolve, the Sankalpa, three times mentally.’

Step 1: Rotation of consciousness

‘Now we start to observe the element of the earth throughout our body. Earth element gives us heaviness, hardness, and structure.’

‘Bring your awareness to your feet. Visualize and sense your feet and as you do so, observe the element of earth in your feet. Become aware of the element of earth in the various tissues of your feet, the skin, the bones, and the toenails. Feel the heaviness of the earth element within your feet.’

‘Bring your awareness to your lower legs. Visualize and sense the shape and position of your lower legs and observe the element of earth. Become aware of the element of earth in the various tissues and feel the heaviness of the earth element.’

‘Bring your awareness to your knees. Visualize and sense the shape and position of your knees and observe the element of earth. Become aware of the element of earth in the various tissues and feel the heaviness of the earth element.’

‘Bring your awareness to your thighs. Visualize and sense the shape and position of your upper legs and observe the element of earth. Become aware of the element of earth in the various tissues and feel the heaviness of the earth element.’

‘Bring your awareness to your pelvis. Visualize and sense the shape and position of your pelvis and observe the element of earth. Become aware of the element of earth in the various tissues and feel the heaviness of the pelvis.’

‘Bring your awareness to your lower back. Visualize and sense the shape and position of your lower back and observe the element of earth. Become aware of the element of earth in the various tissues and feel the heaviness of the earth element. Feel the weight of your vertebrae.’

‘Bring your awareness to your abdomen. Visualize and sense the shape and position of your abdomen and observe the element of earth. Become aware of the element of earth within your organs and observe the heaviness of the earth element.’

‘Bring your awareness to your entire spine and observe the element of earth in your spine and back.’

‘Bring your awareness to your chest and observe the element of earth in your chest as you become aware of the shape and weight of your rib cage.’

‘Bring your awareness to your hands and observe the element of earth in your hands.’

‘Bring your awareness to your arms and observe the element of earth in your arms.’

‘Observe the element of earth in your shoulders and neck.’

‘Observe the element of earth in your head and face.’

Step 2: Observing the body filled with the element of the earth:

‘Be aware of your physical body in its lying posture and nothing else.’

‘Your body is perfectly steady and still like a rock.’

‘Be aware of how solid and compact your whole body is, rigid and still like a statue. Visualize your entire body filled with the element of earth.’

‘Visualize your limbs melting and see your body as one big piece of earth element.’

‘Experience the earth element; the physical presence and weight of the body, the feeling of all the bones touching the ground, the teeth in your mouth, the forehead and the skull.’

'Notice these experiences of solidness throughout your entire body, and even if you try, you will be unable to move any body part now.'

Step 3: Observing the earth element around the body:

'Now bring the focus on the earth element outside of our body; everything that is solid outside of ourselves.'

'Start with the floor upon which you are lying, then expanding outward to visualize buildings, vehicles, roads, mountains, rocks, pebbles, soil, the bodies of other beings, trees, wild plants, and crops growing in fields.'

'Do not start to think, but just allow images and sounds to come to mind as you observe the element of earth outside of your body.'

Step 4: Merging the inner and outer earth elements:

'Everything solid within the body and everything solid externally is the same earth element.'

'There is really no "me" earth element or "other" earth element - it's all the same.'

'Become aware of the inner and outer earth merging.'

'Visualize the earth element inside and outside of you joining and becoming one.'

'Stay with this awareness of oneness, moving deeper and deeper.'

'Lose all sensations of your body, let go of all ideas that your body is separate from the world around you.'

[silence]

'Now try to become your own witness, try to become your own witness, try to become your own witness.'

'Say to yourself, "I am not this physical body, I am not these senses, I am not this mind, I am not this breath, I am not these thoughts, I am not these feelings, I am not heaviness, I am not pain, I am not cold, I am not this mind. All of these are changeable, but I am unchangeable. I am the immortal Self."

(pause)

'Observe the 'Self' silently for the next five minutes.'

[five-minute silence]

'Bring your attention back to your breath. Observe the movement of the breath.'

(pause)

'Now repeat your Sankalpa / resolve three times.'

(pause)

'Yoga Nidra is now complete.'

'Slowly become aware of your surroundings. Move your fingers, toes.'

'If required stretch a bit.'



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(pause)

'And slowly coming into the sitting position.'

'Om Om Om

Shanti Shanti Shanti'