

YOGA NIDRA - GUIDED MEDITATION A LUCID DREAM

In this exercise we're going to challenge you to think only positively. Put your critical thinking aside for another day. I'm going to take you on a journey. We'll be drawing images for you. Let your mind play with these images. Sometimes I'll say things that don't comport with your personal experience. Don't fight it. Don't argue. Accept the thought and experience it with sincerity.

Lie down on your back
Close your eyes
Breathe slowly
Breathe deeply

With your next deep breath, open your mouth wide and say "Om"
and repeat at your own pace.

Notice the vibration. Where do you feel it?

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Inhale and absorb life giving oxygen.
Exhale carbon dioxide and expel negativity.

Inhale and hold as you squeeze your toes tightly.
Squeeze out old sluggish, blue blood.
Release and let in fresh, oxygenated red blood.

Squeeze, tighten or tense your right leg and release

Left leg

Buttocks

Abdomen

Neck Shoulders Fists and Arms

Jaw, Lips and Eyes

Mentally scan your body.

Relax your legs.

Relax your abdomen.

Relax your shoulders.

Relax your jaw.

Relax your lips.

Relax your brow

Breathe softly.

Wherever you feel tension or tightness, let it go.

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For our next sequence, I'm going to ask you to exhale and hold your breath while you follow my instructions. Try not to inhale until I tell you to.

Take a long, deep breath and exhale slowly and repeat.
When you come to the end of your third exhale,
empty your lungs completely, close your airway and hold.
Pull your knees to your chest and wrap your arms around them.
Squeeze every muscle in your body tight and focus on your navel.
Imagine you're under water, in a warm, churning vortex.
Now, open your mouth wide, release your legs and
take that first breath loudly and violently.
Scream as you exhale and repeat.
After your third scream, slow down your breathing
until your breath is soft and silent.

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Imagine you're an infant being bathed in your mother's loving spirit.
You listen carefully and hear her soft, angelic voice singing to you.
You're in your mother's arms.

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You're one year old now.
Your mother is dressing you in clean white clothes.
She opens the front door and you carefully climb down the front steps.
The spring time sun is warm.
You lift your face toward the sun like an open flower
and feel the sun's rays gently warm your cheeks.
The warmth radiates down to your chest and to your arms and legs.
The soft breeze feels cool as it passes over your new skin.
You breathe in the sweet garden air.
You sit on the bottom step and look over to your right.
There's a daisy standing erect next to you.
Its petals are a bright white and perfectly formed. The center is bright yellow.
You've never seen a daisy before.
A monarch butterfly lands on a nearby licorice plant. You can smell its fragrance.
Your mother's spirit comes to you, hugs you and lets you go.
You are free.

Think back to over the happy memories of your youth.

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(silent meditation)

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You're 89 years old now and looking back on your life.
Your father's spirit appears at the door.
You remember the goodness in him.
You hear his voice.
And it vibrates through your whole body.
He tells you you are strong.
He tells you you are confident.
He tells you you are beautiful.
He tells you he loves you.

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(silent meditation)

Now you are back in the present.
It's a new day. It's a new time. It's a new you.
You are secure.
Your will is strong.
Your body is healthy.
You can run with the wind.

Squeeze your toes, wiggle your fingers.
Reach overhead and stretch.

As we arise from this dream, we all stand up and start moving our bodies.
Jiggle your body and laugh.
Look at your neighbor and laugh.
Walk, jump or hop around the room and laugh.
It's okay if you have to pretend to laugh, just keep laughing and moving.
Namaste.