

YOGA NIDRA WORKSHEET

The purpose of this Worksheet is to support the creation of personalized Yoga Nidra Scripts. You can use this script for clients in special populations - individuals and groups; including hospice, first responders, nurses and prenatal.

ENTRY

Prepare your space, get comfortable, close your eyes and connect to your breath. Remember to set yourself up for success. Use pillows, blankets and any props you require. If you become uncomfortable, move and settle back into stillness.

SANKALPA

Create your personal Sankalpa: This statement is most powerful in an I AM statement:
Example: I am whole and healed. I am at peace with my life. I am compassionate.

Manomaya (emotional) Kosha

Feelings: Choose two feelings and their opposites.
Example: Light and heavy, cool and warm.

Emotions: Choose two emotions and their opposites.
Example: Happy and sad, angry and calm.

Vijñanamaya (intellectual) Kosha

Imagery: Choose two imagines that engender ease and relaxation. Then choose their opposites. Example: Beautiful mountain and erupting volcano, hillside of flowers and battlefield.

Symbol: Choose two symbols that hold meaning for you. Then choose their opposites. Example: sun and moon, trusted friends and enemies.

Essential Qualities: Choose two essential qualities of being and their opposites.
Example: Truth and dishonesty, compassion and arrogance, love and hate.

Anandamaya (joy) Kosha: Choose memory that brings an embodiment of great joy, peace or a feeling of balance. Describe the memory in detail as though you are writing a story.

CHOOSE ONE OF THE FOLLOWING A) 6 BODY CONNECTION B) THE WHO C) I AM

A) 6 BODY CONNECTION

Explore the reality of the following statements:

Statement #1 (physical body)

I have a body, but I am not just this body. My body manifests different sensations of health and sickness, restfulness and tiredness, calmness and agitation. But these states change. I am the unchanging awareness in which these changing sensations arise. I value my body, but I am not just this body.

Statement #2 (emotional body)

I have emotions, but I am not just these emotions. My emotions manifest different conditions from love to anger, from calmness to agitation, from joy to sorrow. But these states change. I am the unchanging awareness in which these changing emotions arise. I respect and value my emotions, but I am not just my emotions.

Statement #3 (mental body)

I have a mind, but I am not just my mind. My mind manifests different thoughts and images, which are constantly changing. I am the unchanging awareness in which these thoughts and images arise. I value my mind, but I am not just my mind.

Statement #4 (energetic body)

I can feel energy, within my body and externally. I am not only energy, and I do not need to take on other people's energy. I can allow energy to ebb and flow around me without being affected. I connect to energy, but I do not take on energy. I am purely the energy of creation and manifestation.

Statement #4 (intellectual body)

I am aware of all the changing sensations, perceptions, emotions, thoughts and objects, which compose my body, senses, mind, and the world. I am the unchanging awareness in which all these movements arise. I am pure unchanging Awareness.

Statement #5 (spiritual body)

I have a body, but I am not just my body, I have emotions, but I am not just my emotions. I have a mind, but I am not just my thoughts. What am I then? What remains after having misidentified from body, sensations, feelings and thoughts? I am a center of pure awareness.

B) THE WHO

Physical Body

Take a few minutes to observe your body. What are the different sensations that are present? Create a list of physical body parts you wish to focus on. Scan each body part, allow 5 slow counts in between each part. As you do so, inquire gently - who is aware?

This is where you can record your clients specific body parts that they wish to focus on, and then guide them through the physical body awareness, just as you would during the simple course script.

Emotional Body

Connect to your emotional state. What are you feeling? If it is helpful, recall feelings from earlier events of the day or week. Make a list of emotions / feelings that you want to explore. Go through each one and ask yourself gently, who is aware?

This is where you can record your clients specific emotions that they wish to focus on, and then guide them through each emotion with the question, who is aware.

Thought Body

Do not judge. View the following with the objective attitude of a scientific investigator taking an inventory:

- Become aware of body sensation. neither change, nor deny what you observe. Inquire and feel, who is aware of these sensations?
- Be aware of your breath. Inquire and feel, who is aware of this breath?
- Be aware of feelings, considering both positive and negative feelings. Inquire and feel, who is aware of these feelings?
- Be aware of the desires which motivate your life, inquire and feel, who is aware of these desires?
- Observe your thoughts. Witness a thought emerging. Watch it until another one takes its place, then another and so on. If you think you are not having thoughts, realize that this too is a thought. Inquire and feel, who is aware of these thoughts?
- Observe the observer, the one who is watching sensations, feelings, desires and thoughts. Inquire and feel, who is observing the observer?
- Realize and feel the answer to every inquiry is, "I am". Feel how "I" is not solid or even a thought. I is a pointer to the essence of being, in which all realms arise and pass away. And yet, being remains distinct from all realms as spacious empty-full, unqualified presence. Inwardly, sense and feel the truth of this: "I am pure spacious being, empty, yet full, present, yet without location, everywhere without center of periphery.

C) I AM

- Sense an object in awareness - a sensation, feeling, emotion, thought or image.
- Be aware.
- Gently, and with feeling inquire, who is aware of this object?
- Sense the answer I AM.
- Feel where I AM is located in the body.
- Trace the feeling from the brain, down to the heart.
- Feel the resonance of I AM in the heart.
- Now relinquish AM and let it drop away.
- Feel only the I...I...and where it arises in your body.
- No drop this I thought.
- Be one with Being, before the I thought arises.
- Allow the observer to dissolve into Being observing.
- Allow the feeling of spacious awareness to expand in all directions.
- Be before the I thought arises.
- Be before the witness arises.
- Be without center or periphery.
- Be before during and after mind arises and makes a difference.

OPPOSITES OF FEELING, EMOTION, THOUGHT, IMAGE AND ESSENCE.

The following lists are examples as opposites. Find your own or pick opposites from the below list.

During your practice, allow each opposite to be your embodied experience before going onto its opposite. Go back and forth several times between each pair of opposites before experiencing each pair at the same time. Choose 5-10 opposites from both the feelings list and the emotions list.

Choose a mixture of opposites that evoke both a feeling of contentment and discontentment.

FEELINGS

awake / tired
calm / anxious
centered / spacey
comfortable / uncomfortable
deep / superficial
dry / moist
dull / sharp
spacious / claustrophobic
strong / weak
hot / cold
light / heavy
pleasurable / painful
relaxed / tense
sensitive / numb
warm / cool

EMOTIONS

passive / aggressive
approving / disapproving
assured / perplexed
boisterous / mellow
calm / agitated
composed / worried
confident / insecure
cooperative / uncooperative
delighted / disgusted
domineering / meek
empathic / indifferent
fearless / frightened
flexible / obstinate
generous / stingy
grateful / ungrateful
happy / sad
humble / stingy
innocent / guilty
interested / bored
loving / hateful
peaceful / enraged
powerful / helpless
proud / ashamed
responsive / apathetic
safe / abandoned
satisfied / frustrated
secure / apprehensive
sensitive / numb
tender / aggressive
trusting / suspicious
unafraid / anxious
outgoing / shy
vital / exhausted

THE INTELLECTUAL BODY: IMAGES AND SYMBOLS

Allow each image to be experienced on all levels of feeling, emotion and imagination. You can choose 10 or more images from this list or create your own. This is where you can bring images and themes of memories you need to heal. You can create a list of images that create both contentment and discontentment.

IMAGES

a circle of trusted friends
birds flying
burning candle
cave leading to underground
coffin
cross
dark sky
tunnel
dead body
dying person
endless desserts
clouds floating across the sky
frail old man
frail old woman
horse running
human skeleton
yogi in meditation
ocean
space
knife
naked body
people at war
people shouting
people fighting
smiling buddha
sunrise
sunset
torrential rain
waves breaking on beach
well going into the ground
wise old man
wise old woman

THEMES

moving through a tunnel
performing an asana practice
travelling down a river
traveling down an opening
traveling down into the depths of the ocean
traveling into the past
trailing up a mountain
travelling up into the sky
walking along the ocean
walking into the desert
traveling into the future
talking to a loved one
talking to someone you dislike
public speaking
being at a busy party

ESSENTIAL QUALITIES OF PRESENCE

Experience the following essential qualities of presence. Allow each quality to evoke feelings, emotions, thoughts, images and memories. Allow all channels of perception to participate in the experience: see, hear, taste, smell, touch and think (you can add any of your own "positive" qualities to this list).

authentic	empty
aligned	expansive
awake	full
appreciative	grateful
aware	intelligent
being	intimate
beautiful	inspired
blessed	joyful
compassionate	loving
creative	peaceful
connected	powerful
empathetic	present
empowered	spacious
	welcoming

REPEAT YOUR SANKALPA

Recall your sankalpa, and repeat it three times in your mind's eye now.

Remember your sankalpa is your most sacred vow. Keep your sankalpa until it creates peace, balance and healing in all six of your bodies: physical, emotional, mental, intellectual, energetic and spiritual.

RETURN TO YOUR NATURAL STATE

Connect back to the physical body parts listed above to bring awareness.

Guide yourself to seated and close your practice.