35 - 45 minute Yoga Nidra Script adapted from Wahneeta Trotter

Please get ready for Yoga Nidra by lying down on your back and making sure that you are perfectly comfortable. Make any adjustments necessary to your clothing or your body position so that you can maintain perfect stillness throughout the practice of Yoga Nidra. You might place a small pillow underneath your head as when you relax, your body will release more deeply into the floor. Close your eyes. Turn the palms of the hands to face up...in a gesture of receptivity. Make sure nothing is touching the fingertips.

Remember there should be no physical movement throughout the practice of YN. Keep your eyes closed. Take a deep breath in feeling calmness & coolness spreading throughout the physical body. As your breathe out feel all the cares & worries of the day flow out of you.

In the following practice you are going to develop the feeling of relaxation throughout the body. It is not necessary to make any movements or even try to relax. Simply develop the feeling of relaxation throughout the body. It is much like that feeling of deep relaxation just before you fall asleep.

In this practice you might fall asleep, but it is important that you try not to fall asleep. Remain awake and aware. Make a resolution to yourself now that "I will not fall asleep, I will remain awake throughout the practice of Yoga Nidra."

In this practice you are functioning at the level of hearing and the level of awareness. The only thing required of you is to follow my voice. Try not to analyze any of the instructions as this will interfere with your mental relaxation. Simply follow my voice with total attention & feeling. Don't try to relax, Simply develop the feeling of relaxation.

If thoughts arrive, don't worry about it. Just continue with the practice. Allow yourself to be calm and steady. Bring about a feeling of inner relaxation in the whole body, Concentrate on the body and become aware of the importance of complete stillness. Develop your awareness of your body from the top of your head to the tips of your toes and mentally repeat the mantra Om,

Complete stillness and complete awareness of the whole body & again repeat the Mantra Om.

Continue your awareness of the whole body, the whole body, the whole body. Become aware of the fact that you are going to practice Yoga Nidra. Say mentally to yourself I am aware, I am going to practice Yoga Nidra, repeat this to yourself again.

The practice of the Yoga Nidra begins now.
Now is the time for you to make your Sankalpa...your simple short positive statement in simple language....please repeat your Sankalpa to yourself 3 times with total feeling and conviction and gratitude for it's fruition.

We now begin with the rotation of consciousness. I will name the names of different body parts & you will repeat that name to yourself while you will simultaneously bringing awareness to become that part.

Bring your attn to the right hand and mentally repeat after me, right hand thumb, second finger, third finger, 4th finger, 5th finger, palm of the hand, back of the hand, the wrist.
the lower arm, the elbow, the upper arm, the shoulder, the armpit, the right waist, the right hip, the right thigh, the kneecap, the calf mm, the ankle, the heel, the sole of the right foot, the top of the foot, the big toe, second toe, third toe, fourth toe, fifth toe.

Become aware of the left hand thumb, second finger, third finger, fourth finger, fifth finger, palm of the hand, back of the hand, the wrist, the lower arm, the elbow, the upper arm, the shoulder, the armpit, the left waist, the left hip, the left thigh, the kneecap, the calf mm, the ankle, the heel, the sole of the left foot, the top of the left foot, the big toe, second toe, third toe, fourth toe, fifth toe.

Now go to the back. Become aware of the right shoulder blade, the left shoulder blade, the right buttock, the left buttock the spine, the whole back together
Now to to the top of the head. top of the head, the forehead, the right eyebrow, the left eyebrow, the space between the eyebrows, the right eyelid, the left eyelid.
the right eye, the left eye, the right ear, the left ear.
the right cheek, the left cheek, the nose, the tip of the nose, the upper lip, the lower lip.
the chin, the throat, the right chest, the left chest, the middle of the chest, the navel, the abdomen
the whole of the right leg, the whole of the left leg, both legs together.
the whole of the right arm, the whole of the left arm, both arms together.
the whole of the back, buttocks, spine, shoulderblades.
the whole of the front, abdomen, chest, the whole of the back & front together, the whole of the head
the whole body together, the whole body together, the whole body together.
Please do not sleep (at about 20 min. here)
total awareness, no sleeping, no movement, effortless awareness
the whole body is on the floor, become aware of your body lying on the floor
your body is lying on the floor, see your body lying on the floor in this room visualize this image in your mind,
Feel the flow in and out of your lungs, do not try to change the rhythm, the breathing is natural and automatic, there is no effort, you are not doing it.
Maintain awareness of your breath, complete awareness of breath.  
Now concentrate your awareness on the movement of your navel area, concentrate on your navel movement.  Your navel is rising and falling slightly with every breath.
With each & every breath it expands and contracts, concentrate on this movement in synchronization with your breath.  (long pause)
Awareness of breathing, breathing and awareness.
Now start counting your breaths backwards from 27 to 1, like this......27 navel rising, 27 navel falling, 26 navel rising, 26 navel falling, 25 navel rising, 25 navel falling, and so on,
Say the words and numbers mentally to yourself as you count your breaths.  
If you make a mistake simply return to 27 and begin again. (Pause for about a minute)
Effortless awareness, effortless awareness, if you make a mistake simply return to 27 & start again. (Pause 1/2 min)
Now stop your counting of the navel breath and shift your attn to you chest.  
Your chest is rising and falling with each breath, become aware of this.
Continue concentrating on the movement of the chest and start counting from 27 to 1 as you did before.
27 chest rising, 27 chest falling, 26 chest rising, 26 chest falling, 25 chest rising, 25 chest falling and so on, again repeating the words & numbers to yourself as you count.
Try not to make any mistakes, but if you do simply return to 27 and begin again (long pause here).
Awareness of breathing, awareness of counting. Counting your breath backwards. Doesn't matter if you don't make it to 1, just continue with the practice. (pause here)
Cease your counting of the chest breathing and move your awareness to your throat  
Please move your awareness to the throat.
Become aware of your breath moving in and out of the throat.  Become aware of this.  Concentrate on the movement of the breath. And continue counting as you did before from 27 to 1. 27 breath in, 27 breath out, 26 breath in, 26 breath out.
Complete awareness of the counting & of the breath.  (long pause).
Continue the practice. Counting & breathing, breathing & counting. No movement, no sleeping. (long pause)
Stop counting and now go to the nostrils. Become aware of the breath moving in and out of the nostrils. Concentrate on the movement of the breath in and out
of the nostrils.

27 breathing in, 27 breathing out, 26 breathing in, 26 breathing out & so on.

Complete awareness, effortless awareness. (long pause)

Continue the practice. Counting & breathing, breathing & counting. No movement, no sleeping. (long pause)

Stop your counting now. It doesn't matter if you came to 1.... leave your breathing. We now go to visualization..I will name the names of different objects. And as I say them, develop an image of them on all levels...feeling, awareness, emotion as best as you can.

If you are able to find each vision, your relaxation is complete.

Burning candle, burning candle, burning candle
Endless desert, endless desert, endless desert
Egyptian pyramid, repeat 2 more times
Torrential rain, repeat 2 more times
Snowcapped mountains, repeat 2 more times
Greek temple at sunrise, repeat 2 more times
Coffin beside a grave, repeat 2 more times
Birds flying across a sunset, etc...
Red clouds drifting, etc..
A cross above a church, etc..
Stars at night, etc,
Full moon, etc..
Smiling Buddha, etc..
Wind from the sea, etc..
Waves breaking on a deserted beach, etc..
The restless sea, eternal restless sea, eternal restless sea.
Waves breaking on a deserted beach (say one time)

Now is the time to repeat your sankalpa, your resolution, the same sankalpa you repeated at the beginning with the same feeling & gratitude.

Please repeat your sankalpa 3 X to yourself

Now relax all efforts and become aware of
Awareness of the whole body a& awareness of
Your body
You are breathing quietly & slowly
Develop awareness of your body from the top of the head to the tips of the toes and say mentally to yourself Om, repeat the mantra Om mentally to yourself 2 more times.
Become aware of the floor & the position of your body lying on the floor.
Visualize the room around you, become aware of your surroundings. Lie quietly for a few more moments & keep your eyes closed. Begin moving your body slowly, please take your time, there is no hurry.
When you are sure you are wide awake. Sit up slowly, & open your eyes. The practice of YN is now complete. Hare Om, Tat Sat.