Yoga Nidra ~ Entering the Inner Temple (20 minutes)

Take your position… lying down or seated… allowing the body to be supported.

Let the eyes close… or soften.

Feel the simple dignity of arriving.

As if you are stepping across a quiet threshold… leaving the outer world at the door… not rejecting it… simply setting it down for now.

Notice the ground beneath you… steady… ancient… patient.

Allow your weight to be received.

Take a gentle breath in… and release.

Again… breathing in… and letting go.

Feel the subtle message traveling through the body: you can rest here.

Orienting to Presence

Let awareness open to sound.

Sounds near… sounds far… the hum of life continuing.

Notice how sound appears within a field of listening.

Now sense the space around your body… the temperature of the air… the quiet aliveness at the skin.

Feel the contact points… back of the body… legs… arms… head… or the seat beneath you.

Imagine the earth holding you without effort.

Allow yourself to be held.

Quiet Intention ~ Turning Toward Depth

Bring attention inward… to the heart center… or anywhere that feels like an inner listening place.

Sense your reason for being here.

Not a goal… but a sincerity.

Perhaps a willingness to know stillness… to listen deeply… to remember something essential.

Let this intention settle like a lamp being lit in a quiet room.

No need to repeat words… simply feel its presence.

Journey Through the Body ~ Preparing the Vessel

Let awareness move gently through the body… as though you are walking through a sacred landscape.

Right hand… sensing from within… subtle currents… warmth or coolness… or simply presence.

Right arm… shoulder… chest.

Right side of the torso… hip… leg… foot.

Left hand… arm… shoulder… chest.

Left torso… hip… leg… foot.

Back body… the long river of the spine… shoulder blades resting… back of the head.

Face softening… jaw unhooking… tongue resting in the bowl of the mouth… eyes soft… forehead spacious.

Sense the whole body together… as one living field… quietly breathing.

Feel that the body is being prepared… like a vessel becoming still.

Breath ~ The Subtle Tide

Bring attention to the breath… arriving and departing on its own.

Feel the inhale… a gentle rising.

Feel the exhale… a settling.

Imagine the breath as a tide washing through the inner landscape… smoothing… clearing… softening edges.

With each exhale… the surface of the mind grows quieter.

Allow the breath to breathe itself.

Meeting the Inner Weather

Notice what is present in the mind or heart.

Perhaps thoughts moving… emotions flickering… or spaciousness.

Whatever appears is part of the sky of awareness.

If a feeling is present… gently name it inwardly… and allow it to be exactly as it is.

Imagine that awareness is vast enough to hold every wave.

Nothing needs to be pushed away.

Nothing needs to be held onto.

Resting as the Witness ~ The Doorway to Meditation

Now notice that there is an aspect of you that is simply aware.

Aware of breath… sensations… thoughts.

This awareness does not strain.

It does not grasp.

It simply knows.

Rest here… as the quiet witness.

As if sitting beside a still lake at dawn… watching reflections come and go.

Feel the simplicity of being.

The Inner Temple ~ Touching Stillness

Imagine now that you are sitting within a silent inner temple… a place of clarity within your own being.

There is nothing to achieve here.

Only presence.

Sense a subtle radiance… perhaps in the heart… or between the brows… or as a gentle glow throughout.

Let the nervous system absorb this quiet.

Let the mind taste stillness.

Returning with Continuity

Begin to notice the breath more clearly.

Feel the body resting… supported.

Remember your intention… like a quiet flame.

Sense that the stillness you touched remains available… not confined to this practice.

Notice sounds… the room.

Gently invite small movements… fingers… toes… perhaps a stretch.

When you are ready… slowly open the eyes… carrying this inner steadiness forward… as preparation for meditation.

Optional Teacher Closing

“You may notice that meditation is not something you force… but something you allow… and this resting prepares the ground.”