

Yoga for Joy and Relaxation

Yoga Nidra: Garden of Blossom

Welcome home

Lay flat, feeling the earth beneath you, like the roots of interlaced flowers that you spread out, reaching down into the earth, that belongs to you and your body.

Close the eyes

Exhale and allow the body to settle

Feel the breath becoming spacious, slow and steady

Allow the body to be breathed by the trees and the air around you, pulsating in unison with all life

As you breathe out, the trees breathe in, as the tree breathes out, you breathe in, belonging to nature

Settling the body into effortless stillness, deep stillness

Be aware 'I am practicing Yoga Nidra, I am practicing Yoga Nidra, I am practicing Yoga Nidra

Repeat your intention or you can use this one:

I belong, I belong, I belong

Let this be a form of awareness,

Be held by this state of consciousness

Be safe within the vessel of the form of awareness which is yoga nidra

Exhale – drop the mind down into the heart

Let the awareness be deep in the heart

'I am my heart, I am my heart, I am my own true heart, my heart is wide open'

Welcome the feelings and insights that arise in the heart

Welcome the voice of the inner teacher

Guide now the light of conscious awareness around the body,

The body remains still but the awareness moves from point to point

It is as if the body belongs to the ground

The light of mental attention shines at each point
Awakening the shining presence of a new growth in the ground
So that the body becomes a web of interlaced flowers and opening blooms

Inhale, the breath moves out to all flowers

Let a flower blossom at each point

At the crown of the head

Between the eyebrows, in the throat, between the collarbones

Shine the bright light of awareness down the right arm and watch how the blooms open along the arm

Shoulder, elbow, wrist, thumb, index finger, middle finger, ring finger, little finger and back:
Inside the right wrist, elbow, shoulder.

Bring the awareness back to the throat, between the collarbones,

Shine the awareness down into the heart space

A bright full flower in the middle of the chest, behind the breastbone, a deep red rose

Drop the awareness down to the navel, let the awareness shine there and watch a blossom bloom

Drop the awareness to your pelvis, let the awareness shine there, watch the flower bloom

Shine the awareness over the right hip, and feel a trail of flowers opening down the right leg

Knee, ankle, big toe, second toe, third toe, fourth toe, little toe

And back inside flowers blooming in the right ankle, knee and hip

Bring the awareness back to the blossom in the yoni

Shine the awareness over the left hip, and feel a trail of flowers opening down the left leg

Knee, ankle, big toe, second toe, third toe, fourth toe, little toe

And back inside blossoms blooming in the left ankle, knee and hip

Bring the awareness back to the blossom in the pelvis

Bring the awareness back to the navel and the shining light allowing the flower to blossom there

Bring the awareness back to the deep heart and flower there

Be aware 'I am practicing yoga nidra, I am practicing yoga nidra, I am practicing yoga nidra'

Be aware of the whole body and the garden of flowers growing and blossoming in every space, a garden of blossoms, the whole body

Inhale the space between the flowers open

So more flowers fill the space

Exhale the petals fall to the earth, settling in a pattern on the body

Inhale, flowers rise and spread, spacious open dark between them

Exhale, light allows the petals to drop like light rain

Landing on the garden of the body, resting on the earth

Light dawns

Feel the petal drops warmed on the body as the sun shines

Inhale the earth is warmed

The petals on the body, released by the fire in the sky

Exhale petals to the earth

Inhale flowers reach for the sky

Exhale into the roots

Pause between the breath

With awareness in the magnificent rose at the centre of the heart space

Awareness in the anchor roots, heels, hands

Awareness in the anchor roots – legs and arms

Awareness in the spine and head

Breathing in the web of roots, anchored in the earth, breathing flowers into being

Let the bright light of consciousness travel triangles in the body web of roots

Exhale; breath moves down from the pelvis to the heels

Inhale: breath moves up from the heels to the pelvis

Upward-pointing triangle

Pause to exhale, awareness at the pelvis

Inhale, breath moves up from the yoni to chest

Exhale, breath moves down from the chest to the pelvis

Inhale, breath returns to the chest

Pause to exhale, awareness at the chest

Downward pointing triangle

Inhale, breath moves up from chest to eyebrow centre, like a rhizome finding its way

Exhale, breath moves down from the eyebrow centre to chest

Inhale, breath moves up to eyebrow centre

Upward pointing triangle

Let conscious awareness join the upward pointing triangle

To the downward pointing triangle

They meet at the chest

Let the breath move in the diamond of the body root web

Blossoming diamond of flowers

Exhale from the eyebrow centre to the chest

And pause to exhale

Exhale from the breasts to the pelvis

Inhale from chest to the pelvis

And pause to exhale

Inhale from the chest to eyebrow centre

Exhale back to chest

Breathe awareness consciousness in the diamond

Diamond breath makes the shape vivid

A shining diamond of awareness

I am practicing yoga nidra, I am practicing yoga nidra, I am practicing yoga nidra

Then

Exhale all awareness, from the edges of the diamond into the heart space

In the centre of the diamond

Inhale awareness outward to the edges of the diamond of flowers

And back to the full rose of the heart space

Being in the heart space in the diamond, in the web

Feeling the flowers blossoming

I am my heart, I am my heart, I am my own heart, and my heart is open!

Breathe awareness into the heart space

Welcome the insights of the inner teacher, carried on the silent voice of the heart

Welcome home to yourself

Repeating your intention again:

I belong, I belong, I belong

Woman on the web of dreams

Integrated

Laying like a web of flowers

Safe in the consciousness that is yoga nidra

Securely held by this state of awareness

Safe within the vessel of the form of awareness which is yoga nidra

Know that this practice of yoga nidra is coming to an end

Carry the blessings of the practice, the awareness of connection out with you

The practice of yoga nidra is complete

Stretch, yawn and open your eyes

Let your breath be a bridge to a move everyday state of consciousness

Yet savour still the shining presence of awareness

Hari Om Tat Sat