A Body and Breath Focused Yoga Nidra | #400



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With your host:

Susi Hately

From Pain to Possibility with Susi Hately

Introduction (00:00.00)

You are listening to From Pain To Possibility with Susi Hately. You'll hear Susi's best ideas on how to reduce or even eradicate your pain, and learn how to listen to your body when it whispers so you don't have to hear it scream. And now here's your host, Susi Hately.

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Welcome and welcome back. I'm really glad you're here because today I'm gonna walk you through a short sleep meditation with a focus on a body scan and a breath practice. I find these types of practices really, really effective, especially when, when we focus in on biomechanics, it can get very logical and very step-by-step, and sometimes we can miss out on just settling into our own awareness. And when we combine the two worlds of settling into our awareness and the logical step-by-step, our process of healing and recovery can really pick up a pace and a tempo.

So to prepare for this, find a place that's comfortable—not while you're driving. And you can be seated, though. You can be lying down. You can be on your side. You can be cozy on the couch under a blanket. The key is, is, is can you find yourself in a comfortable place, eyes open or closed? And before we get into it, just scan your body, scan your mind, and notice if you can be just a little more comfortable. Like, do you need to turn your phone off, turn the lights down, close the door? Do you need to add a blanket or a pillow?

And so take a moment—either pause me, or I'll take a pause here as well—and just find what you need so that you can j—you can just really let go.

And as you get comfortable, a really great practice is to set an intention. And is there something that you would really love for this practice? And as an example, it may just be: what could the practice do for you in this moment? But sometimes I do practices like this if I'm, if I'm facing a logical problem that I can't quite find a logical solution for, or I'm stuck. And so I might put that as a, as a finding a solution to the problem, because sometimes when we just relax a little bit and let go of trying to figure it out, the solution shows up right in front of us.

So consider an intention for you. And what might it be?

And formulate this intention into a one-sentence affirmation in present time. And once you've established the sentence, affirm it silently to yourself several times. And we're gonna come back to this intention later in the practice, but for now, just leave it aside.

Now become aware of the sensations in your body: feeling the sensations of your body resting on the surface underneath it, of whatever material is touching your skin, the air on exposed skin, the movement of breath in and out of your body.

And then bring your attention to your left foot, and feel the whole of your left foot. And then your left heel, the sole of your foot, top of your foot, all of your toes. So you're feeling the whole of your left foot.

And then take that feeling into your left ankle, calf, shin, knee, Bye. Feeling the whole of your left leg now.

And then feel your right foot: your right heel, sole of your right foot, top of your foot, all of your toes. Feeling the whole of your right foot. The right ankle, Cap, knee, Bye. The whole of your right leg.

Notice that each time I'm asking you to feel the sensations, notice how it may spontaneously relax without even trying to.

Feel your pelvis—the whole of your pelvis. And then feel the sensations in the lower part of your torso, the middle of your torso, your upper torso. And then feel the whole of your torso all at once.

As you continue to follow these invitations to feel sensations, you might be noticing a deepening sense of inner calm and peace. Keep noticing what you're feeling.

Feeling your left shoulder, left upper arm, elbow, forearm, Rest, palm, back of the hand. Feeling the sensations in your left thumb, index finger, middle finger, ring finger, pinky finger. Feel the sensations in the whole of your left hand and the whole of the left arm.

And now feel your right shoulder, right upper arm, right elbow, wrist, palm, back of the hand, the right thumb, index finger, middle finger, ring finger, pinky finger. Feel the sensations in the whole of the right hand, whole of the right arm. Feeling both hands, arms, and shoulders all at once.

Now feel the sensations in your neck: the whole of your neck and throat, where the neck connects to your head, around the back of your head, top of your head, forehead, and the sensations of all your facial muscles.

Feel the sensations in your left ear, your right ear, and then both ears at once. Feel the sensations in and around your left eye, your right eye, and then both eyes at once. Feeling sensations in and around your nose: the movement of breath within the nostrils, and the caress of air on the outside of your nose. Feeling sensations in and around your mouth: your tongue, the roof of your mouth, floor of your mouth, left sidewall, right sidewall. Feeling the whole of your mouth as sensation.

Now feel the whole of your head as sensation. And the whole of your body now—all the sensations in your whole body from head, neck, arms, torso, pelvis, legs, hands.

Next, bring your attention to your breath, feeling the air coming in on inhale, and out on exhale. Feel where the breath is moving in your torso, where your body moves with inhale, and where it moves with exhale. Focus on where your breath feels open, easily moving: inhale and exhale.

And now count your breath down from five to zero, with each inhale and exhale counting as one.

Notice how you feel as a result of this breathing practice. Feel the weight of your body against the surface beneath you, the material touching your skin. Feel space: space between arms and torso, between neck and shoulders, between your feet. Feel the space at the bottom of your feet and top of your head. Feel the space on either side of your body.

Bring your attention to your breath again, noticing the inhale coming in and exhale going out. Notice where the breath feels open, where it moves in your body. Notice that you can both feel sensation and movement of your body. And notice how you can bear witness of yourself noticing sensation and movement of your body—that you can be in sensation and be aware of sensation. You may be aware of a deepening sense of inner peace, of calm, a sense of openness or expansion.

Now allow for your intention for this practice to bubble back up into your awareness from this place of physical relaxation. And from this place, imagine your intention now—how your life with this intention as true. How do you feel?

In a moment, we'll be completing this practice. Allow for your awareness to come back to your breath, maybe bringing gentle movement to your fingers and toes, taking time to move. And you can be in the position you are currently in for as long as you need to. And when you're ready, take a few more breaths, and allow those breaths to transition you into the rest of your day.

Have a great practice and have a great rest of your day. We'll see you next week.