

Yoga Nidra for Dreaming on the Isle of Sheppey - by Ellen Mara De Wachter

Script:

Welcome to your yoga nidra, which will guide you into a deep and restful sleep.

The word 'Nidra' means sleep. It is an ancient practice during which we allow the body to deeply rest while the mind is free to wander, explore and imagine, tapping into your deepest creative self.

As you begin your nidra, find a comfortable position, arranging your body so you feel completely supported.

Allow your legs to be slightly apart, your arms away from your body with palms turned upwards.

Support the back of your head with a pillow so that your chin is slightly below the level of your forehead, to help your thinking mind let go.

Close your eyes - you can cover them with a rolled tshirt or an eye pillow.

During this nidra, if you feel that your body wants to move, try to sense into that urge first and then, if the body really does want to move, feel free to adjust yourself as you need.

You can pause this recording while you get completely comfortable, and restart it when you are ready.

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- Let my voice guide you on this journey, which will last around 15 minutes, and will end quietly to allow you to fall into a deep sleep.
- As we begin, notice any residues, feelings or thoughts that remain from your experiences today
- Set them aside and give yourself permission to simply be here and now. nothing to do, nowhere else you need to be
- Take a long slow breath – and let a sigh out of the mouth
- And again: Inhaling – and exhaling
- Breathing in and out

As you settle, welcome your intention for deep and restful sleep

a felt sense of ease and wellbeing in your body and mind

Open to experiences of comfort and restfulness in the body.

- Now tune into your senses. Come into the inner felt sense of the body, allowing sensations to come to *you*
 - Beginning with the ears – feeling in to the ear canals, noticing sounds far away, and close by in the room, perhaps sounds from within your own body
 - Let awareness move to your nose – the feel of cool air on the nostrils as you breathe in ... and the warmer air as you breathe out. notice any smells that might be present in the air around you

- Welcome your body breathing itself – letting yourself arrive into the feeling of simply being, feeling at ease in your entire body
 - Noticing the play of sensations
 - The breath comes in and out of your body
 - The belly softening with each exhalation
 - letting go of any tension or holding with every time you exhale
 - Welcoming in a sense of peace, wellbeing, ease – into every fibre of your being
 - You have this inner resource, the capacity for rest and release. Simply being.
 - Notice sensations in the mouth – relax the jaw, relax the tongue and throat
 - Now, become aware of your skin.
 - Notice the feel of your clothing on your skin, and the temperature of the air where it touches your exposed skin. The sensations of pressure and softness where your body touches the support beneath you
 - And your eyes – let the skin around your eyes soften, the eyeballs gently resting in their sockets
 - Feeling the whole body as a field of sensation – letting go into deep restful sleep
- Give up thinking and let yourself visualise, sense or imagine:
 - You are at the centre of the island.
 - The air feels warm against your skin
 - The water is there, in the distance, all around
 - The sun is just beginning to set, casting colours against the sky, shimmering in the water

As you breathe in, you arrive in this place

As you breathe out, your body becomes heavy, muscles soften away from the bones

Notice your breathing – slow and steady

Heartbeat – slow and steady

You are at ease as you connect with your surroundings

Enjoy the simplicity of this moment

From your place at the centre of the island, you face the coast.

Beneath your feet, the ground, formed over millions of years and rich with clay and fossils

Above you, endless sky, a full moon is rising. A bird sweeps overhead, its feathers fluttering in the breeze

In front of you, Elmley marshes stretch out as far as your eyes can see

Nature, abundant with life, safe and protected.

Behind you the villages and towns of the island, and beyond that, the water.

To your right, beyond the edge of the land, the Swale, winding its way along the contours of the island.

In the distance, to your left, the seashells on shell beach. And beyond that, the sea.

Sense into the left side of your body – allow my words to be your words as you travel through the left side of your body

Left foot

Left ankle

Left knee

Left hip

The natural weight of your entire left leg

Sensation opening through the Left side of your torso

Left shoulder

Left elbow

Left wrist, hand and fingers

The natural weight of Your entire left arm

Noticing the sensation in the Left side of your neck

Left side of your face

Left ear

Left eye

The natural weight of the entire left side of your body

A slow and steady heartbeat

Let go of thinking ... Feel your way into sleep

Welcome every sensation and experience in the left side of your body, on the surface of your skin, and deep inside the body. The left side of your body as a radiant field of sensation.

Now, Sense into the right side of your body – allow my words to be your words as you travel through the right side of your body

Right foot

Right ankle

Right knee

Right hip

The natural weight of your entire right leg

Sensation opening through the Right side of your torso

Right shoulder

Right elbow

Right wrist, hand and fingers

The natural weight of your entire right arm

Noticing the sensation in the Right side of your neck

Right side of your face

Right ear

Right eye

The natural weight of the entire right side of your body

Welcoming every sensation and experience in the right side of your body, on the surface of your skin, and deep inside the body. The right side of your body as a radiant field of sensation.

Breathing steady and slow

Both sides at once, relaxed and at ease

With each exhalation, your entire body relaxed, heavy, at ease.

Feel your way into sleep

Welcoming you from all directions : Front and back ... Left and right ... outside and in

The whole body breathing, heavy on its support

a profound sense of being and wellbeing throughout your body

Feelings, emotions, images come ... and go

in this peaceful moment

as you continue your journey into deep and restful sleep ...