

## Sensational Breath Inquiry Technique

This practice is inspired by the science of Yoga Nidrā, Pranayama, Bilateral Stimulation practices, EMDR, Somatic Experiencing by Dr. Peter Levine and the Dyad practices by Dr. Richard Miller as well as my direct experience working with trauma survivors.

This technique is a guided meditation with dialogue. The facilitator asks prompts and the responses of the practitioner inform the direction of the experience. The facilitator is invited to not analyze or comment on the person's experience but rather hold space for everything that arises without judgment, and allow space for the individual to process which typically leads to inner insight.

### TIYN Script 12: SBI Technique

(45 minutes - 1 hour)

#### 1. Welcoming / Settling

Welcome to Sensational Breath Inquiry. This technique is a simple way to feel embodied, to process any sensations, thoughts, emotions, or beliefs and integrate them into your daily life to feel whole and anchored in a sense of ease and well-being.

#### 2. Secure Sanctuary

Settle into a comfortable position. Make a gentle commitment to remain attentive and follow along to my guidance, please know this is your practice and we are co-creating it together. I'll offer guidance, and you follow what feels good to you; you are invited and welcomed to engage with this practice in whatever way best suits you.

Any position of your choice will work, and if you are seated be sure you are leaning against something secure and stable like a wall. Settle in, and feel the solid support behind your back and feel the support beneath the sits' bones. Feel every meeting point where the body is in contact with the support beneath you. Spend some time giving attention to each point. You may even notice as you feel, there is a subtle and gentle release into the support beneath you...the head, neck, shoulders and belly progressively release. [Pause 4 breaths]. Welcome a sense of ease, well-being and security into the body. Perhaps you may like to bring in an image, a special place in nature, a person or a memory that makes you feel at ease. Feel it fully with all of the senses: touch, taste, sight, sound and smell. [Pause 4 breaths] Notice where you sense ease and well-being in the body as you settle.

### 3. Rotation of Consciousness

Notice the body from head to toe..... from toe to head.... Scan through every body part: sense and feel the soles of the feet and toes.... legs.... ...sits bones rooted into the (floor or chair) ...the belly, chest and shoulders...neck and head....feel the arms, palms, hands and fingertips..... sense and feel the face muscles soften, notice the jaw...unhinge the jaw once or twice to release any tension there... notice the whole of the mouth: teeth, tongue and gums... the head... the torso.... Arms....sits bones...legs and feet....sense and feel the whole body at once... the whole body in awareness.... just notice every sensation... notice the breath.

### 4. Breath

#### Part A.

Use your finger to trace a figure 8 on the board (or materials you're working with). Inhale let the fingers draw one half of the infinity symbol on the course materials and at the top of the breath change hands, and use the other hand's fingers to draw the second half of the figure on the soft part of the board as you exhale. Match the material to the breath in synchronization. Try a few times...there's no way to do it wrong.... Just explore breath, movement and sensation.

(Optional elongated practice: alternate ....change orientation to the corresponding materials and breath i.e. inhale with the soft, exhale with the course...alternate back and forth and the last set go back to the original inhale with the course material, exhale with the soft).

#### Part B.

Now do this movement with the pointer fingers in the air, drawing the figure 8. Inhale draw half of the shape and at the moment the inhale becomes the exhalation, connect the tips of the pointer fingers. If it's comfortable, try it with the eyes be closed and explore this exercise with curiosity and without judgment.

Let your hands rest by your sides or lap. Now do this practice in your mind's eye. Observe the natural flow of breath. No need to change it, just simply watch and become aware that you can observe the breath, like a moving rolling object. Imagine this breath cycle like an infinity symbol, a rolling wave... Visualize the figure 8 in your mind, in your body or in the space in front of you....

Trace the figure 8 with your awareness as your breath... Inhaling trace the upward curve and as you are exhaling trace the figure downward..... Notice the corresponding breath and movement along the figure 8....be sure to slow the breath so the attention can follow in complete synchronization....

There is no start and there is no end..... the inhale merges with the exhale, and the exhale dissolves into the inhale. Consciously soften the quality of the breath when the inhale becomes exhale, and the exhale becomes inhale. What links them together is awareness. Become aware that you are aware..... How soft can you make this turning point? Let breath rise and fall like the softest, most gentle undulating wave where the rise and fall are effortless.... The breath becomes subtler, quiet and gentle... feel the progressive release of the exhale as you continue to breathe .... Ride the waves of your own breath for a couple more slow and steady cycles ..... Now let the breath return to its own, natural rhythm. Let the breath be effortless...the body breathing itself... Be aware that the body is breathing itself.... Effortlessly and at ease.... Make no effort to make anything happen...you are enough just as you are.... Just resting, at ease...breathing effortlessly....

Settle into a still, quiet, spacious awareness... recognizing that you are the all abiding awareness that is ever present beneath the movements of mind.... Recognize and affirm... "I am spacious awareness itself... I can watch the coming and going of thoughts, emotions, sensations and beliefs.... I am calm, peaceful, spacious awareness that is ever-present and at ease...."

(Pause 4 breaths)

Come back to the body...the breath... the room you are resting in.....welcome sounds, sight, smell, taste and touch..... welcoming yourself to rise back to the waking state..... Your practice is now complete.

5. Sensational Inquiry ---- (*\*The Second part to be taught at the retreat*)