

Yoga Meditations: Timeless Mind-Body Practices for Awakening

by Julie Lusk

Those who go to the very depths of meditation and realize the self within the heart stand firm, grow rich, gather a family around them, and receive the love of all. Taittiriya Upanishad II.6.1

**On this path, no effort is wasted, no gain is ever reversed;
even a little of this practice will shelter you from sorrow
and protect you from the greatest fear. Bhagavad-Gita 2.40**

Dedication and Acknowledgements

How to guide others in meditation, imagery and relaxation - Sanskrit Guide
Resources and Bibliography

Still Yoga Relaxation

Yoga is the settling of the mind into stillness.

**When the mind has settled, we are established in our essential nature,
which is unbounded consciousness.**

Our essential nature is usually overshadowed by the mind's activities.

Yoga Sutras 1.2-1.4

Sinking into Sensation: Here and Now

Squeeze Stress Away

Breathe, Relax, Feel, Watch, Allow by Sudhir Jonathan Faust

Warm Hands by the Tubesings

Complete Relaxation with Yoga Nidra

Affirmations: Energy, Strength and Inner Vitality

Your Portable Paradise Breathing Practices

**Breathing practices stabilize and balance the flow of breath
and increase life energy. Yoga Sutras 2.49**

Complete Breath / Dirgha

Ocean Breath / Ujjayi

Alternate Nostril / Nadi Shodhana / 3 Patterns

Breath of Fire / Kapalabhati

Guided Breathing Experiences

Wholesome Breathing

Resting in the Gap

Energy Breathing

Mental Movies Guided Imagery

Imagination is more important than knowledge. Albert Einstein

Intro for guided imagery for Awareness Adventures and Guided Imagery for Healing

Awareness Adventures

Woodland Walk - Earth

My Garden - Earth

Magical Sea - Water

The Fireplace - Fire

Taking Flight - Air

The Convertible Ride - Light

Hot Air Balloon Ride - Space - Ether

<p>Healing Guided Imagery</p>	<p>Brain Refresher by Liliás Folan Cultivate the Positive: Pratipaksha Bhavana Prana Dharana / Prana Hands Pond of Love Blue Liquid Healing by Lynne Greene Cruising: Magical Motorcycle Ride Intuition Time</p>
<p>Heart Opening Guided Imagery Meditations</p>	<p>The mind becomes clear and serene when the qualities of the heart are cultivated: compassion toward the suffering, happiness toward the pure, and impartiality toward the impure. Yoga Sutras 1.33</p> <p>Light a Candle Meditation of the Universal Light by Nischala Devi Meta Meditation on Loving-kindness Awakening Compassion with Tonglen Gratitude and Abundance Joy, Joy, Joy</p>
<p>Chakras: Centers of Subtle Energy</p>	<p>When the rainbow appears in the clouds, I will see it, that I may remember the everlasting covenant between God and all living beings on earth. Genesis, Chapter 9 Verse 16</p> <p>Chakras: Centers of subtle energy (Intro) Chakra Chart Energy Flow The Chakra Rainbow Chakra Affirmations Root: Security and Safety Sacral: Pleasure and Creativity Solar Plexus: Personal Confidence, Self-esteem Heart: Love, peace of heart, compassion Throat: Communication and Expression Third Eye: Insight and Intuition Crown: Cosmic Consciousness Hatha Yoga Postures to Awaken the Chakras</p>
<p>Paradise Present Yoga Practices</p>	<p>Concentrating your whole mind on a single object will soon purify your mind. Bhagavad-Gita 6.12</p> <p>Namaste Journey to the Core by Christopher Baxter Gazing / Trātaka My Thoughts are Made of Consciousness by Sally Kempton The Inner Eye of Awareness OM Mantra or Chant / OM Meditation Japa - Mantra Repetition Mindfulness Walking Meditation - Charles MacInerney</p>
<p>Timeless Treasures Teachings for Reflection and Meditation</p>	<p>Meditation is higher than thought. Chāndogya Upanishad</p> <p>Reflecting and Contemplating on the Wisdom of Yoga</p>