



## **SOMA Initiation Phase meditation script**

### **Introduction**

Sit comfortably with your back, straight in an upright position.

Now, close your eyes, and draw your awareness to your breath.

Breathing in deeply and letting go of any tension, ahhhhhhhhhh.

With a sigh of good feelings. Allowing yourself to relax.

Another breath in and letting goooo.

Now breath in, and let out a sound of the sacred chant of om,

AAUUUUUUUUUUUUUUUMMMMMMM

Now begin to breathe in beats.

(1min:23sec)

### **Breathwork Round 1 (2:4 breath)**

**\*\*Counting the breaths-starts - In 2, out 2, 3, 4\*\***

**(Note:** *During The Breathwork rounds you can say certain things such as telling people what they may be feeling and the reason why, inspiring words, reminding them that everything is ok and to keep breathing and connecting... Below are the words Niraj uses during the 21 Day Protocol Meditations)*

(2min:15sec) Smooth on the inhale, smooth on the exhale. Keeping a consistent rhythm with every breath.

Feeling that energy building up inside with every breath you take. Creating a supercharge from deep within.

(3min25sec) You may feel tingly sensations building up inside, as the charge running through your body, stimulating your own creative attention deep within.

That's right keep breathing, keep connecting to a smooth consistent rhythm.

Breathing in gratitude, breathing out love, that's right.

Breathing in this vital prana life force energy,

Breathing out your intention, gratitude, love.

Letting go of any tension on your exhale, breathing in with no force on your inhale... letting go of any stress or tension that may remain.

(5min:30sec) Building up that energy, that life force deep within. Like an electric charge building up and up, that's right.

(5min:50sec) Now fully in, and fully out. Letting out a little hiss, letting go of all of the remaining air from your lungs.

## **Breath Holds #1 Meditation**

(6min:20sec) Life is just a series of inhales and exhales... as you press pause on your breath, you press pause on life.

Enjoy this moment of stillness as you go deep into a meditative state.

If you get an urge to breathe just let out in a little inhale and exhale out again holding your breath.

(7min) Now seed these words into your subconscious mind. Who am I, what do I really truly want, and what does it feel like to have it.

Embody those feelings of having it right now... any thoughts, feelings or ideas that emerge in this time, come from within, so they are important. Pay attention to them.

## **In-breath hold 1**

And when you get an urge to breathe, override the first sensation to breathe, and then take a nice deep full inhale (deep breath) pulling up your sexual energy through your root chakra, contracting the pelvic floor muscles, the muscles that you use to hold in your urine.

Drawing up this energy, straightening your back, leaning your head forward and screwing up your forehead, your third eye, and shooting this energy, this life force, right up your spine and into your midbrain, activating the seeds of your creative mind.

And hold your breath.

(9min:05sec) Then let go with a sigh AAAAAAUUUUUUMMMMMMM

Bring yourself back to your normal breath... Breathing in gently and slowly. Staying relaxed on every exhale... That's right...

As we get ready to breathe in beats.

## **Breathwork Round 2 (2:4 breath)**

(10min:16sec) This time every time you breathe in, on your exhale let out a sigh of good feeling, a little moan or an ahhhhhh. Stimulate a vibration that feels good.

In 2, 3, 4, out, 2, 3, 4

In 2, 3, 4, out, 2, 3, 4

(12min:08sec) With every sound, letting a wave of relaxation floating on top of your body, down into your abdomen, to your toes, relaxing every muscle in your body.

As you get more and more relaxed... That's right... connect deeper and deeper... dissolving into the sacred sound of your own breath.

Feeling more bliss building up inside with every inhale, and every sound you make on the exhale, more and more bliss, waves of good feelings washing over you.

That's right... feeling more and more charged with ecstasy, bliss, good feelings, good sensations, good vibrations.

Getting deeper and deeper and deeper into a state of bliss.

(14min:31sec) That's right... get ready to take a big breath in, fully in, now fully in (breath in) and fully out, that's riiiiiiiiighhhht.

(Counting the breaths-Stop)

## **Breath Hold #2 Meditation**

Hold your breath.

(15min:40sec) You are amazing... You are a miracle... you have everything you need to receive... love, wealth, health, abundance... Just open your heart and let the love pour in.

As you open your mind and find the divine within.

Enjoy the bliss

(16min:22sec) And when you get a big urge to breathe just, take a little breath, and let the air out again, exhale, hold your breath. As you go deeper and deeper within, enjoy the bliss.

## **In-breath hold 2**

And when you get a big urge to breathe fully in, squeezing your pelvic floor muscles, shooting this electricity up your spine and into your midbrain, screwing up your forehead as though you're shooting bright white light into the centre of the room, filling up a big orb of blue, golden white light, it grows bigger and bigger as you hold your breath.

And supercharge it as it emanates and grows, bigger and brighter, this is your sacred energy, your life force waking up to its true self, this higher power.

[\(17min:59sec\)](#) And then let out a chant, sending your attention into your beautiful ball of white light. AAAAAAAAAUUUUUUUMMMMMMM

[\(18min:45sec\)](#) Bring yourself back to normal breathing, and enjoy the bliss, as you connect to your higher self, higher power.

Open your heart and let the love pour in... open your mind and connect the divine within.

Much love positive energy for the day ahead.





