

# Embodied Living

**Y**oga-nidra is an efficient method of inducing complete physical, mental and emotional relaxation while maintaining consciousness. In fact Yoga Nidra not only brings physical and mental relaxation but also prepares the mind for spiritual evolution. It is mainly associated with pratyahara (withdrawing senses from sense-objects) and dharana (concentration).

In normal sleep consciousness is absent and the unconscious is in charge. In Yoga Nidra the consciousness directs the unconscious to relax. Yoga Nidra is a 'sleep' where all the burdens, stress, strain, anxiety are thrown off to attain more blissful state of awareness, a relaxation much more intense than ordinary sleep. Yoga Nidra is said to be the doorway to samadhi!

Generally Yoga-nidra is practiced in Shavasana or sitting position. It may last for 25 to 45 min. It is important to remain awake and aware during the practice.

## Relaxation

Preliminary preparation of the body.

## Resolve

A personal goal is programmed into the unconsciousness. A very special feature of Yoga-nidra is 'Sankalpa', a positive resolve about the aim in life. The relaxed body and mind are ideal soil for making a resolve. The 'Sankalpa' is affirmative autosuggestion of the statement. These are short, positive, precise about what you want to achieve.

e.g.

"I am successful,"

"I am peaceful,"

"I am becoming happier, healthier and more relaxed",

"I will awaken my spiritual potential",

"I will be successful in my all undertakings",

"I will achieve total health",

"I will be a positive help in spiritual progress of others",

etc.

This recitation of auto suggestions in relaxed mind (alpha level of brain waves) sinks easily into subconscious mind and direct the conscious mind to transform the positive thought into reality.

## Rotation of Consciousness

The consciousness is taken on a tour of the whole body in a structured fashion. The person has to just visualize the parts of the body to rotate the awareness. one has to shift one's awareness from one part to the other. The whole process should be a pleasure and not a burden. There should not be any anxiety or expectation.



## Respiration

A period of awareness of the breath at special positions in the body. After rotation of the consciousness in such a sequence, focusing the attention on the act of breathing completes physical relaxation. One simply maintains awareness of breath, either at the nostril or of its passage through the navel and throat. This helps to withdraw the sense centers from their objects of sensations in "pratyahara".

## Feelings and Sensations

Pairs of feelings and emotions are experienced. Now an effort is made to bring to memory the intense physical and emotional feelings; they are re-experienced or re-lived and then effaced. Usually this is practiced with pairs of two opposite feelings like hot and cold, lightness and heaviness, pain and pleasure, joy and sorrow, etc. Relaxation at the emotional level and building up of strong will-power are the two major outcome of this procedure.

## Visualisation

Images are visualised mentally. The final stage of yoga nidra relates to mental relaxation. Generally such images and symbols are chosen for the visualization that have universal significance. To quote a few: the mountain, river, ocean, temple, church, cross, saint, flower etc.

Resolve - is repeated.

## Return to Full Awareness

A careful return to a normal state. A short yoga nidra follows. You can make your own script into a tape player or other recording device, and play it back any-time you wish. This particular yoga nidra will take about 25 to 45 minutes for the practice.