

Yoga Nidra Meditation

by
Elizabeth Carman



Sleep is the state where your body as well as your mind go into sleep, but in Yoga Nidra, your body goes into the deepest sleep possible while the mind remains fully aware: a wakeful state of deep introversion. Yoga Nidra is an inner awareness, a movement of consciousness, rather than a deliberate auto-suggestion. You cannot relax by trying to relax. You need to feel relaxed. Yoga Nidra is a complete package that involves relaxing the mind, body and spirit. You sleep in the lap of Eternal Spirit.

Yoga Nidra is beneficial for releasing stress, improving health and healing, and for experiencing the joy of subtler spiritual explorations.

1. Lie down and rest on your back. Make sure that you are warm enough for the duration of the practice. Shift and adjust your position until you are comfortable. Remain still during Yoga Nidra so that both your body and mind have a chance to relax; however if you become uncomfortable, feel free to change position.

Place feet 1-2 feet apart, feet falling down to both sides. Arms at a 45 degree angle from body. Palms up. Close eyes until the practice has ended.

2. Listen to the 9-minute track from Yoga Nidra called Body Scanning. Listen to the sound of my voice. Do not worry if you do not hear everything. It is natural to flow in and out of conscious hearing. If you fall asleep, you will still get benefits. This is one of the core practices of Yoga Nidra. Repeat track a few times, if you like.

3. After Body Scanning: Lie quietly until you feel ready to move. Sense your fingers and just imagine them moving. Now begin to wiggle your fingers, feeling every sensation. Notice your toes. Begin to wiggle your toes. Gently rock your head side to side. Draw a deeper breath into your belly, into your chest. Inhale and stretch arms over head.

When you are fully awake, open your eyes. Rock slowly over to your right side in fetal position. Stay on your right side for a few more moments before sitting up.

Rest a few minutes and rub palms until you generate heat. Cover eyes with palms and feel heat entering eyes and relaxing them. Then slowly open eyes.

Notice the effects of your relaxation practice.

May there be peace, Eternal Peace in your Heart.

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