



# MEDITATION YOGA NIDRA



# WHAT IS MEDITATION?

- We do everything out of happiness.
- Meditation will help you realise your true nature - happiness.
- In meditation you rest and remain aware at the same time.
- Meditation is deconcentration and awareness.
- Has an exponential impact on your journey.
- It is becoming a witness of your thoughts.
- Takes care of the mind.





# HOW TO MEDITATE?

- There should be no distractions.
- Keep laptops, mobile phone etc... aside or on do not disturb mode.
- Keep a gap of 2-3 hours between the meal and meditation. Otherwise you may doze off or be unsettled.
- Meditation can be done in sukhasana *cross legged*, padmasana *lotus pose* or ardh padmasana *half lotus*. One must be comfortable in the pose.
- Soft and gentle music can be used. Soft smells as well but not incense too strong, otherwise our awareness will be towards the smell and external environment.
- Main objective is to spend time with yourself. Try not to time yourself, an alarm can be distracting. 15-20 minutes is a good amount of time, but it will eventually feel natural when to stop.
- Whenever you meditate, your consciousness expands.



# BENEFITS OF MEDITATION

- Many benefits.
- Meditation is considered 'food for the soul'.
- Will deepen relationships with others - the bond becomes stronger. Sense of belongingness increases.
- The impact on bio vibes - they become positive. We are referring to vibrations (or 'vibes') that we get from other people. Will have an impact on society and those around you as a positive glow.
- Enhances communication skills.
- Erases the **samskaras** - the past impressions.





# BENEFITS OF MEDITATION

- Hippocampus - stores your memory.
- Every 10 years, 5% of the efficiency of hippocampus reduces.
- Meditation can help reverse the impact on hippocampus.
- Lesions (wounds/injury) are formed over the Hippocampus during times of stress. Meditation brings clarity and can remove detrimental impact of long-term memory loss.





# BENEFITS OF MEDITATION

- Amygdala - regulates the emotions
- Whenever you feel jealous, hatred or any other negative emotions the Amygdala expands
- Meditation will help shrink the Amygdala





# BENEFITS OF MEDITATION

- Cerebral Cortex - reasoning and critical thinking.
- Grey matter increases because of meditation.





# 3 GOLDEN SUTRAS OF MEDITATION

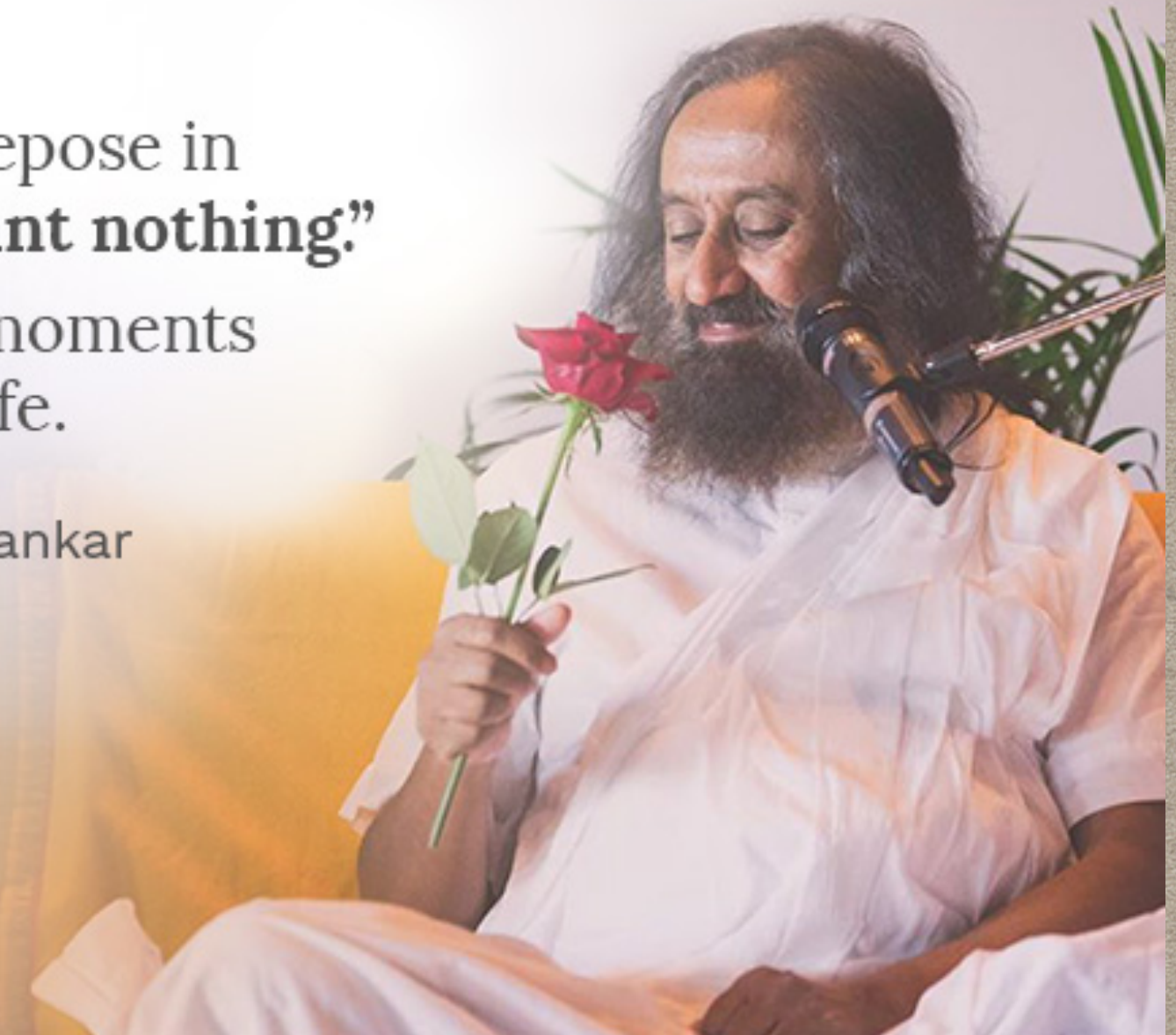
*thread, principle*

- 1ST - I WANT NOTHING. Dropping all desires and surrounding everything to the divine.
- 2ND - I DO NOTHING. Dropping the doership during meditation.
- 3RD - I AM NOTHING. Dropping the identity of yourself, whoever you are.

Be grateful for the human birth and take full care of it. Respecting your existence.

For a few moments, repose in yourself and say **“I want nothing.”**  
Be desireless. Those moments are very precious in life.

— Gurudev Sri Sri Ravi Shankar





# GUIDED MEDITATION - PILLAR OF ENERGY

*Integrate Kumbhaka pranayama with ratio 1:1:1. You can increase/decrease the number of counts as per your own breath rhythm.*

- Come in the cross legged position, palms in chin mudra. Relax the shoulders, close the eyes and keep your spine straight. Let's keep our chin parallel to the floor. A beautiful gentle smile on your face. Keeping the eyes closed, let's all take a normal long deep breath in and fill the lungs to the maximum. And you may all exhale completely. Let your mind settle down. It's time to go within. So let's take a normal deep breath in, let's fill lungs to the maximum and as you breathe out just let go of all the efforts. We are going to chant Om three times. Let's all inhale for Om. Once again, inhale for Om. For the third and last time, let's all inhale. Om.
- Let's all begin with the Kumbhaka Pranayama now. Four counts for inhalation, four counts for breath retention and four counts for exhalation. Let's all get ready in three, two, one. Let's all inhale from both the nostrils for 1, 2, 3, 4. Retain for 4, 3, 2, 1. Breathe out 1, 2, 3, 4. Let's all inhale for four counts. 1, 2, 3, 4. Breath retention for four counts, 4,3,2,1. And you may simply breath out 1, 2, 3, 4. And let's practise on our own for a couple of rounds. *Pause.* Keep giving your 100%. A couple of rounds more. *Pause.* Let your chest expand and contract. Last few rounds.
- You may all continue breathing normally now. Place your palms in the open palm position. Let's all take a normal long deep breath in. Breathe from every particle of your body. You may let go of all the efforts during exhalation. There is prana within you and around you. There is energy within you and around you. So let's all imagine our body inside a pillar of energy. Inside a beam of light which is running from the floor to the ceiling or the sky. Our body is right inside this pillar of energy. With each inhalation, take your attention towards the ceiling. With every exhalation, take your attention towards the floor. Turn your attention towards the movement of the breath. Become aware of the flow of the breath. With every inhalation the attention goes up. With every exhalation the attention goes towards the floor while our body is inside this pillar of energy. As you take your attention up and down, just allow the impurities, any kind of blockages to get burned down because of this breath awareness. Let the impurities burn down in the fire of meditation. If there is any kind of restlessness within the body as you take your attention towards the movement of the breath, just embrace the feeling of restlessness. Take your attention towards the movement of the breath, which may require a bit of effort from your end. Let your chest rise and fall with each incoming and outgoing breath. As you inhale and exhale the life force or prana will also rise and fall. During this silence the consciousness expands. Let's all take another long deep breath in. And as you breathe out just let go of all the efforts. And let's continue breathing normally.
- Keeping our eyes closed. Let's all become aware of our body, breath and surroundings. And whenever you feel comfortable and whole, taking your own sweet time. You may all gently open your eyes.



# GUIDED MEDITATION - WITHDRAWAL OF THE FIVE SENSES.

*Integrate Samavritti pranayama /square/box breath with ration 1:1:1:1 with nostrils. You can increase/decrease the number of counts as per your own breath rhythm.*

- Come in the cross-legged position, palms rested in chin mudra. Close the eyes, spine straight. Let's all keep a beautiful gentle smile on our face. Keep your chin parallel to the floor. Let's prepare ourselves for the pranayama and the meditation. Just make sure you are sitting upright, sitting tall. You may take your attention towards the sounds around you. You may become aware of your body temperature. You may also take a couple of long deep breaths.
- Let's all get ready for the equalising breath. 3,2,1. Let's all inhale for four counts, 1,2,3,4. Let's hold 4,3,2,1. Let's exhale. 1,2,3,4. Let's retain the breath for 4,3,2,1. Let's all inhale for 1,2,3,4. Let's hold for 4,3,2,1. Let's exhale for 1,2,3,4. Let's retain for 4.3.21. Let's continue with samavritti pranayama on your own. Please remember the ratio is 1:1:1:1. You may change the number of counts to whatever feels more comfortable for you. *Pause for a few rounds.*
- Let's all continue giving our 100%. Last few rounds. And you may gently relax the entire body now. You can open the palms facing towards the ceiling or the sky. Let's all keep our eyes closed. Let's all take a normal long deep breath in. And you may all breathe out naturally. Your eyes are closed right now. At this moment we are not interested in the scenery or the view that is right in front of us. So let's all keep our eyes closed. Let's all repose in ourself by keeping our eyes closed. We are not utilising the sense of sight. At this moment we are retrieving our mind. Let your mind withdraw from the sense of sight. Let's all turn our attention towards the nostrils now. We have been smelling all kinds of fragrances and smells throughout our life. At this moment we retrieve our mind. We are withdrawing from the sense of smell. We have had good and bad experiences with sense of smell. We are not interested with this sense at this particular moment. Let's take our attention towards our tongue now, towards our mouth. We have tasted all kinds of foods using our tongue. Using our saliva. We are not interested with the sense of taste. Just turn your attention towards the ears now. You have heard a lot of sounds, noises through these ears and the eardrums. You have listened to the music using these ears. At this moment let's all withdraw from the sense of hearing. We are not interested in the sense of hearing also. Let's all turn our attention towards the skin now. The largest organ within our body through which we have felt a lot of sensations. Through the sense of touch. We have also felt the hot and cold temperature through our skin. Let your mind retrieve. as you withdraw yourself from all the senses. Feel the expansion within you. Let's all take a normal long deep breath in. And you may all exhale completely. Simply rest now.
- Keeping our eyes closed. You may take your awareness to your body, breath and surroundings now. And with a big beautiful smile on your face, whenever you feel comfortable and whole. You may all gently open your eyes.



# GUIDED MEDITATION - FOR POSITIVE ENERGY.

*Integrate Viloma Pranayama. There are different ways and executions of this pranayama. In this meditation, we are going to interrupt the inhalation.*

- Rest palms in Chin Mudra. If you want to take wall support or back support, that is completely fine. Today we are going to start in the cross-legged position. Lets all close our eyes. Lets all keep our spine straight, eyes closed. Spinal muscles engaged. Chest pushed out. Shoulders relaxed. Chin parallel to floor with a beautiful gentle smile on your face. Remember we are not going to retain the breath in Viloma Pranayama. We are simply going to take a couple of pauses during inhalation and the exhale will be smooth without interruption. Keeping your eyes closed. Become aware of your surroundings, wherever you are sitting. Just maintain this state of balanced awareness. Become aware of your body weight. Turn your attention towards your body temperature. Lets all take a long normal deep breath in, lets fill our lungs to the maximum. And you may breathe out naturally. Lets all get ready for Om, we are going to chant Om three times during exhalation. Lets all inhale for Om. Om. Om.
- And let's all get ready for Viloma. In 3,2,1. Let's all inhale. And you may breathe out. Second time. Couple of pauses in the inhalation followed by smooth exhalation. In 3,2,1. And you may breathe out. Let's continue practising together on our own. Continue giving your 100%. Continue inhaling and exhaling let your chest expand and contract. Last few rounds. And you may relax your palms in the open position, palms facing the ceiling or sky. Let's continue breathing normally.
- Let's all take a normal long deep breath in. And you may all exhale naturally. Just let go of all the efforts and just feel the expansion of your consciousness, the mind is subtler than the air and the water. So let it wander around, let it go all over the place. Let's not try to control the mind. Becoming a witness to your thoughts takes us within ourselves. Just as you enjoy the landscape with the open eyes. Just watch your thoughts and enjoy the scenery with your closed eyes. Thoughts come and go feelings and emotions rise and fall. Let's not hang on to anything at all. Let's all inhale once again, let's fill up the lungs. And as you breathe out just repose in yourself. We are moving from effort to effortlessness, from movement to stillness. Experience the stillness in this vast space which is around us and within us. Let's all take another normal long deep breath in. And with full awareness empty the lungs.
- And very slowly and gently, just take your attention towards the internal and external environment. If you are sitting inside the room, just take your attention towards the ceiling, towards the walls, on the left, right, back and front sides. If you are sitting in the open, just become aware of your surroundings. And slowly and gradually, whenever you feel comfortable and whole, you may all gently open your eyes.



# GUIDED MEDITATION FOR STRESS AND ANXIETY EXAMPLE

*Take pauses in-between full stops.*

- Let's begin by allowing our body to get in a comfortable position and just let your muscles relax. Your palms can rest comfortably on your lap, or your thighs in the open position. When it feels right, you may gently close your eyes. Let all of your awareness for now be present with your breath. Notice how it feels as it enters and exits your body. As you breathe in through your lungs, be aware of all the sensations that occur within you. Notice what muscles you are engaging and follow it, as it comes out through you. Feel your lungs deflate, and as you become more and more aware of the sensations, simultaneously be aware of your body as a whole, tuning in to the sensation of gravity.
- Feel your feet and any sensations. Feel your ankles and calves, being present with your knees and your thighs. Letting yourself simply be present with your hips, your lower spine and back. Abdomen. Chest. The entire body. Let yourself simply be present in your body. For now, you are not trying to judge it or change it. You are simply being present with it. For the next several moments, simply maintain this mindfulness of your breath and body. If any thoughts come and go, try to return your focus to inside your body right now.
- For a few more moments see what it feels like to let your awareness expand outward. Feel your presence in the space you are currently in. Notice how your body takes up space, how it pushes the air around you, as you breathe in at a pace that is good for you. Let your awareness continue to expand and then return inwards. Just see how aware you can be in your body at this moment and this presence in the world around you. Now bring your awareness to the space in the middle of your chest. Tuning into your heart's energy centre. Breathe in into this space and out of this space comfortably and easily.
- Just feel a sense of gratitude towards yourself and this practise, for taking out time for your body and mind. This feeling is something you can carry with you well beyond the meditation. As if you have this deep inner knowledge that you can be this present in any moment. Take this feeling with you, as you slowly begin to roll your shoulders. Wriggle your fingers and toes. Just become aware of your body and the surroundings. Become aware of the space that you are in. While taking your own sweet time, whenever you feel comfortable and whole, you may gradually open your eyes.



# GUIDED MEDITATION TO RELAX AND CALM YOUR MIND EXAMPLE

*Take pauses in-between full stops.*

- If you feel like sitting with a wall, you can take the support and sit. We will sit in easy pose. If not, you can sit with your spine straight. Let's gently close our eyes. Keep your palms up, facing towards the ceiling. Your hands are on your thigh close to your knees. Eyes are gently closed. Whenever you open your eyes, everything will remain the same. Gently keep your spine straight. A beautiful gentle smile on your face. We are going to do a short meditation for a calm and healthy state of mind. Before we all start, let's take a normal long deep breath in. And breathe out completely. Let's chant Om three times. Inhale for Om. Inhale once again. Once again inhale, fill up your lungs. And relax. Relax your breath. Relax your entire body. With each breath your body is relaxing more and more. Keep a beautiful big smile on your face. This body is a garment to your soul. Let's inhale and take a normal long deep breath in. And breathe out.
- Every cell of your body changes every year. And we still hold on to old things. Again let's inhale, take a normal long deep breath in. And as you breathe out, breathe out all the old things out of you. Let this body and mind rejuvenate. Do not resist any thought or any feeling coming to your mind. Let it come and pass by. Again let's inhale. And as you exhale, your body is relaxing more and more. Let's gently take our attention on the top of our head. Right now, your body is still. Breath is very subtle. And your mind is becoming calmer. Let's take our attention on the space around us. Your mind is scattered in the entire room. Your mind is subtler than the air around you.
- Let's take a normal long deep breath in... and breathe out and let go of any effort from your body. With meditation, our mind becomes calmer. It smiles and blossoms. So let it happen. With every breath out, try and relax and let it happen. Let your mind smile and blossom. Your body is cooling down with each breath out. Let's take a normal long deep breath in and breathe out completely. Your body is letting go of all the heat, stress out of your body with each breath out. Let's gently let the body cool down and relax. Feel the beauty of your subtle breath and calm mind. Right now you are blossoming like a flower. You can smile from ear to ear. Let's all chant Om together. Let's take a normal long deep breath in. And breathe out completely. Slowly let's become aware of our surroundings. And let's become aware of our body. Taking your own sweet time, whenever you feel complete and whole, you may slowly and gently open your eyes. Bow. I hope you all loved it and feeling very relaxed and smiling. Namaste.



# GUIDED MEDITATION FOR CLARITY EXAMPLE

*Take pauses in-between full stops.*

- Let's start by shaking our palms. Let's all shake our hands. Let's create some movement. And relax. Relax your hands on your knees, palms facing towards your knees for now. Bring your head up and down for some neck movement. And let's change and move right to left. Let's change and bring our ear to shoulder. Let's relax and come back to centre. Palms now face up towards sky. Spine straight. Gently close your eyes. A beautiful gentle smile on your face.
- Let's take a normal long deep breath in. And breathe out. Lets recollect our age. However long you have been on the planet Earth. This planet has been here for centuries. Let's take a normal long deep breath in. And breathe out. Now recollect your weight. Our body is made up of trillions and trillions of cells. With those cells, everything is changing within us and around us.
- Let's become aware of our body. Become aware of your legs. Your feet, your ankles. Become aware of your middle body. The organs of your middle body. Your heart. Your stomach. Intestines, pancreas. Your chest. Observe the beautiful movement of the breath. Take your attention on the diaphragm. As you inhale your diaphragm expands. As you exhale it rises up towards the lungs. Take a long deep breath in. And breathe out completely. Let's take 5 long deep breaths. Experience the rise and fall of your chest. With each breath, you are relaxing more and more. Relax your shoulders. Your arms. And your entire body. Don't let go of the beautiful smile on your face. Let each breath energise your body.
- We are here on this planet. Everything is changing. We have come here and one day we will leave. Once again, take a long deep breath in. And breathe out. Our body is the first dimension. Our breath is the second dimension. Each incoming breath energises your body and each exhale relaxes your body. You control everything in your body with your breath. Our mind is the third dimension. Take a deep breath in. And as you exhale, try to relax more and more. Let go of all the efforts of your body and your mind. If you have any thoughts, feelings or emotions, just embrace them. Welcome them with an open heart and open arms. Do not resist anything. Silence is the key. In silence your mind expands. Once again, inhale and exhale. Gently relax. Let your mind expand all around the room. Experience the walls arounds you, mentally touch them. Let your mind expand beyond the ceiling, beyond the walls, let your mind be free. Keep the beautiful smile on your face. It not only purifies you but also the environment around you.
- Let's all chant Om together. Once again take a long deep breath in. Gently become aware of your body and surroundings. Whenever you feel whole and complete, you may slowly and gently, open your eyes.



# MORNING MEDITATION EXAMPLE

*Take pauses in-between full stops.*

- Let's all sit comfortably and easily. Let's gently close our eyes. Let's keep our spine straight, body erect. Try to relax your body, do not tighten or stiffen your body. Just relax. Let go of everything right now.
- Let's take a normal long deep breath in and breathe out completely. Once again take a normal long deep breath in... and breathe out. And relax your shoulders, your arms. Your middle, and your lower body. Relax your entire body.
- Take your attention to the temperature of your breath, whatever it may be. Do not use any effort, just direct your attention to your breath. Simply do nothing and just relax. Once again inhale, take a long deep breath in, and exhale completely. As your body relaxes, your mind expands. Let your breath become longer and deeper.
- It's a beautiful morning, a beautiful day. You have nothing to do right now. Right now, just relax and think about how beautiful the day is. How beautiful your day is going to be, without making any effort. The more your body is relaxed, the more you are going within. As passion brings heat, dispassion brings a cooling effect. With each breath, try to relax and cool down your body. Repose in silence.
- Let's take a normal long deep breath in... and breathe out completely. Once again, take a long deep breath in. And as you breathe out, keep a genuine and beautiful smile on your face. You can smile a little bit more. Let go of any efforts from your body and mind.
- Let's all chant Om together. Once again let's take a normal long deep breath in. And breathe out. Again, take a normal long deep breath in, and breathe out. Let's become aware of our surroundings. Let's become aware of our body. And with a big smile on your face, you may slowly blink open your eyes.



# AROUND THE BODY MEDITATION

Sit straight, shoulders relaxed. Your body is a gift, your mind is the wrapper around the body. So wrap your mind around the body. There is no face to your mind. Body has a face, but your mind has none. It is just an energy and feel the energy that you are. Become aware of the space one foot in front of your body.

Become aware of one foot of space on your right side. Take a deep breath in and breathe out. Become aware of the back of your head. Become aware of the space one foot away from your body, behind your back. Take a deep breath in and breathe out. Our consciousness/mind has no face. It is just an energy. Take a deep breath in and breathe out. Become aware of the empty space.

Let's take our attention on the top of our head. Become aware of the vast space above your head. Vast sky, millions of sky above your head. Let go of all your efforts. Whatever thoughts are coming in the mind, just let them come. This moment, you want nothing. Nothing to know, nothing to do either. As you let go and let be, every cell of your body, every corner of your mind will start blossoming and smiling, let it happen.

Let every layer of your consciousness and mind relax, let go. Let go of all that you are holding onto and repose in yourself. You are on the lap of the divine, divine consciousness light energy surround you in and out, in every particle of your existence.

Another deep breath in and with a big smile. Breathe out. Slowly and gradually, taking your own sweet time, you may open your eyes.



# MINDFUL BREATHING MEDITATION

Make yourself comfortable with your arms, legs and the entire body. It's time to go within. So, gently close your eyes. Keep your spine straight. Feel your body remaining still and calm. Feel your body becoming light.

It's time to experience the stillness. So, just sit comfortably and let go of all your efforts. Let's take a normal deep breath in and let it go. Find awareness of your breath. Total awareness in your breathing. Notice how it flows in your nose, how it enters your nostrils and fills you up. Feel the air expand your lungs with each breath. Just allow your breath to find its own natural rhythm. Release any tension through your breath and allow it to deepen naturally.

Now slowly, begin to scan your body and each part of your body is getting relaxed as your breath moves in and out. Find a sense of ease as you let go of all your efforts. Breathe in and breathe out completely. Follow the air all the way in and all the way out.

As you turn inward deeply, begin to let go of noises around you. And just become at ease with all the sounds in the external environment. And just bring your attention back to your breath. If your mind wanders away from your breath, just notice without judging it - be it a thought, emotion, or any kind of sensation that hooks your attention, and gently guide your awareness back to your breathing. Your breath is like an anchor, you can return to over and over again. Inhale once again and exhale effortlessly.

And slowly allow your attention to expand and notice your entire body and then beyond your body to the room you are in. Whenever you are comfortable, taking your own time, you may open your eyes.



# PEACE MEDITATION

Sit easily, comfortably. Close your eyes and relax. Become aware of your breath and watch it as it flows in and out through your nostrils. Relax more and more as you watch the breath. Become aware of the environment around you.

Listen to all the noises: the noise of people talking, noise of traffic, noise in the kitchen. The sound that your own breath makes as you breathe in. And out. Breathe in. And out. Relax more and more.

Feel peace descend around you, enveloping your entire surroundings. Even if there are noises, feel in harmony with them as the peace is much greater than the sounds. There is peace around you. Relax more and more, deeper and deeper. Breathe in and out.

Become aware of the inside of you. The inside of your body. The inside of your mind. Your thoughts and feelings. There may be some aches and pains in the body. Let them be. There may be thoughts and feelings, pleasant or unpleasant. Don't change anything. Let them be. Feel peace come. In waves. Through your body and mind. And let everything melt away as you relax more and more. Being mindful of the breath, sink in deeper and deeper. Let peace reign supreme. Like a blanket of light, gentle and soothing, yet profound and powerful. Relax. Relax more and more.

In the world of subtle energies, let this same peace was away all conflict. Let the subtle worlds be at peace. Everyone on this planet is blessed with health, happiness, wisdom and prosperity. Let peace win. Take a deep breath in and out. Relax more and more and more.

Peace in our environment. Peace and good health in the body. Pleasant feelings in the mind. Peace and blessings from the subtle realms to all humanity. Take a deep breath in and out. Another deep breath in and smile as you breathe out. One more breath, bigger smile, deeper breath in. And out.

Become aware of your body. Become aware of your environment. Slowly bring some movement into the body. Gently move your fingers, slowly rotate your shoulders, stretch your hands. When you feel ready, taking your own time, slowly and gently, you may open your eyes.



# YOGA NIDRA

## *Union/Sleep*

- Also known as Yogic Sleep, Psychic Sleep and Sleep of the Buddhas.
- Yoga - union between universal and individual consciousness.
- Yoga Nidra is totally different between normal sleep - you are having heightened awareness.
- You create a separation between the external awareness and the inner self.
- The practitioner gets the benefits of sleep with full awareness.
- Yoga Nidra takes you beyond the relaxed state of mind. It is a state of consciousness.
- It is a mix of dynamism with deep rest and awareness.





# ROOTS OF CREATIVITY AND UNDERSTANDING THE HUMAN NATURE - YOGA NIDRA

- Yoga Nidra **Trains the Mind.**
- The unconscious and subconscious mind are like obedient disciples. Whatever you implant in them, they will simply manifest.
- Self transformation can happen if you tap into the deeper realms of the mind.
- Through Yoga Nidra, you don't fight against the negative qualities, but as acceptance rises along with the awareness, that ultimately helps you to overcome those qualities.
- Has already been mentioned in the ancient scriptures.
- We need to understand the human nature. A particular Yoga Nidra may work for one person but may not for another. To understand, we have to study the spontaneous behaviour rather than the intellectual behaviour.
- Children are always in their own nature, something we all need to go back to.
- Everything that is part of this creation is unique and studying the human nature will make the sessions more effective.



# GUIDED IMAGERY METHOD AND TYPES OF SYMBOLS UNDER YOGA NIDRA

- In the Guided Imagery Method, we use the symbols or images to provoke a reaction in the unconscious and subconscious parts of the mind.
- The information that you receive through the senses and thoughts leaves impressions on the mind.
- We make use of the symbols as the stored information within the mind is very symbolic in nature.
- Just because a person has forgotten certain memories does not mean that they are erased. They are still a part of your life. Sometimes, certain fears, sensations, feelings, traumatic experiences and emotions get suppressed over a period of time.
- During the guided imagery method, there is a possibility that you might recall the same experiences that you had in the past.
- The guided imagery method has to be customised as per the member.
- **Conditioned symbols** - personal level. Dependent on cultural, social, religious and moral experiences. Also dependent on location.
- **Universal symbols** - form the collective unconscious mind of mankind and can invoke deep responses.



# HAVING THE ATTITUDE OF A WITNESS AND RELEASING THE IMPRESSIONS THROUGH YOGA NIDRA

- As you withdraw your mind and you move toward the symbols and images, these can be: your Guru, lotus, sun, moon, mandala, yantra, sound, chakra symbol, 5 elements/Pancha Mahabhutas etc... The script will depend upon the member whom we are training.
- The effect of symbols and images will differ from person to person and they can either create pleasant experiences, disturbances or probably no effect at all (even 'no experience' is an experience).
- The deep rooted impressions can surface up in Yoga Nidra.
- The symbols and images should be viewed in a very detached way, as a witness.
- We should not judge ourselves on the basis of our thoughts and feelings. They are temporary. A thought is simply a thought. A wave in the mind. Don't analyse the symbols and experiences too much, simply practise with a non-judgemental attitude.
- We are working on the roots of our existence.



# HOW TO VISUALISE THE SYMBOLS IN YOGA NIDRA?

- We should not make the effort to visualise the symbol or the image, it should be more of an effortless approach.
- If you try to concentrate in Yoga Nidra, the mind might get dissipated. Whereas, awareness will last longer.
- You can recall the memory/experience associated with the symbol or image.
- Clarity comes by associating the symbol with the experience.



# DIRECT AND ABSTRACT ASSOCIATION IN YOGA NIDRA

- The symbols visualised during Yoga Nidra can act by direct association with the samskara's or by an abstract association.
- The symbols and images which can create an abstract association can help you overcome the past memories and impressions.
- In Yoga Nidra we experience the altered states of consciousness.
- The visualisation and the guided imagery method will work upon the suppressed conflicts, desires and memories.



# YOGA NIDRA FOR CHILDREN

- Educating the whole mind.
- Yoga Nidra is not just an efficient way of inducing deep rest and relaxation. It the learning capacity of children as well.
- Marks and grades cannot decide the potential of a child.
- Every child has a huge potential.
- If the education system is working only on the intellectual approach, that is limited and temporary. We should work on the spontaneous behaviour of a child. We should also work on the behaviour of the mind and brain.
- Instead of just gaining the superficial knowledge, we should implant the wisdom in the deeper layers of the mind so that the learning capacity of the child improves.
- When the child is at deep rest and learns something, we can take the learning capacity to the next level. Yoga Nidra can help a lot.





# INCREASING THE MEMORY FUNCTION AND LEARNING CAPACITY THROUGH YOGA NIDRA

- Yoga Nidra is being adopted by many pioneering educators as a means of increasing the memory function and learning capacity.
- Factors involved in memory function
- **Absorption** - ability to absorb the information
- **Recall** - ability to recall the stored information.
- Yoga Nidra leads to altered states of consciousness which has the ability to change the pattern of the brain waves and create self-transformation.
- Yoga Nidra works on both absorption and recall given the appropriate stimulus.
- Can improve concentration power for adults and children.
- There are certain memories, events, situations etc... which we already remember. However there are a lot of impressions which have become more latent and inaccessible. Yoga Nidra will make them more accessible.



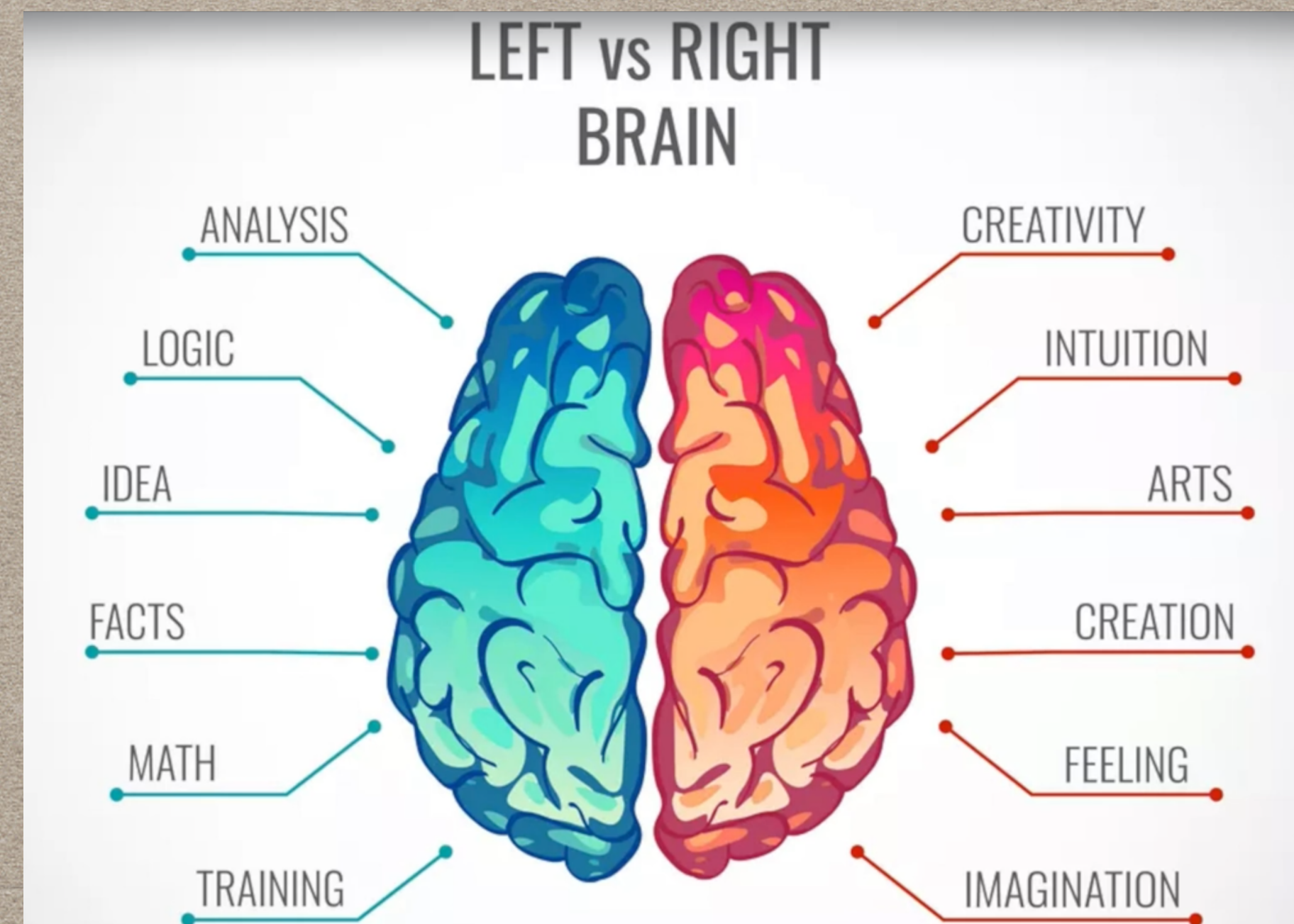
# THE THREEFOLD TENSIONS UNDER YOGA NIDRA

- Certain actions that you do can create tensions on the physical or mental well being. Yoga helps us overcome the inner tensions.
- Feeling healthy and happy from within is the main purpose of life. Everything else is secondary.
- We restructure our brain through techniques. It is all about self-transformation.
- Tension is when you are undergoing through some confusion, uneasiness or discomfort due to any internal or external factor.
- **Muscular Tension** - on a physical level.
- **Emotional Tension** - emotional imbalances. We should not suppress any emotions and must express and share with others.
- **Mental Tension** - how you filter down the information you receive from the external environment and how you want to feel.
- Yoga, meditation and pranayama will help you overcome with threefold tensions.



# INTEGRATION OF THE BRAIN HEMISPHERES

- Yoga Nidra integrates the right and left hemisphere of our brain.
- Will bring more equilibrium in our life. If there is any misalignment between both the hemispheres, Yoga Nidra will help you overcome it as it induces deep rest and relaxation.
- Children and adults learn better and faster when their mind is relaxed.
- Through Yoga Nidra we increase the psychic receptivity and extra sensory perception.





# GUIDED YOGA NIDRA EXAMPLE

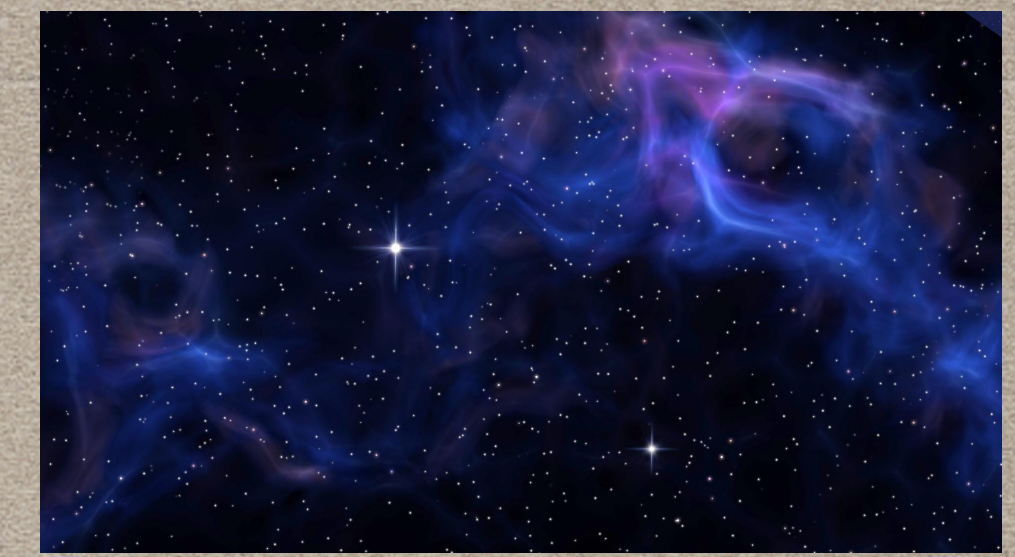
*Take pauses in-between full stops.*



- We are going to set our body up for Yoga Nidra, you may rest on your yoga mat or in bed.
- Take a few cleansing deep breaths.
- Turn our attention to our right foot. Right calf and knee. Right thigh and hip. Then the entire right leg.
- Left foot. Left calf and knee. Left thigh and hip. Then the entire left leg.
- Genitals. Abdomen. Breathe in and breathe out gently. Navel region. Chest.
- Right shoulder and right arm. Left shoulder and left arm.
- Neck. The entire face. Back of the head. Top of the head.
- And now the entire body. From head to toe, toe to head.
- With each breath, you are getting relaxed more and more. Inhale once again. And exhale effortlessly.
- We are going to chant Om altogether.
- Let's become aware of the space around us. Become aware of your body and the surroundings. Taking your own time, gently blink open your eyes.



# GUIDED YOGA NIDRA BREATH AWARENESS EXAMPLE



Y.O.G.A.  
*with*  
Kathryn Holloway

*Take pauses in-between full stops.*

- Please get ready for yoga Nidra. You may lie down in Savasana. Let's close our eyes. Feet are hip width apart. Hands are a little away from the body. And the entire body is completely relaxed. Make any final adjustments. So that you can simply relax for another few minutes without any movement.
- Observe the weight of your body on the floor. Observe all the contact points where your body is touching the floor. Visualise your whole body lying on the floor. Just bring your attention to your breath. Let's take a normal long deep breath in. And as you exhale just let go of all the efforts. Now take your awareness to the farthest sounds, the distant sounds that you can hear. Observe all the sounds in the surroundings and keep moving from one sound to another sound. Bring your attention to any sounds outside your building or your room, where you are. Move your attention to the sounds inside your room. Observe the sound of your own breath. Listen to the sounds of your own inhalation and exhalation. At this moment. You should make your resolve. Take your resolve three times with full awareness, feeling and emphasis.
- We now begin the rotation of consciousness, so we'll be taking a short trip through the body so take your awareness from one part of your body to another. Just be aware of the body part, don't concentrate too much. Starting from the right side, right hand thumb, second finger, third finger, fourth finger, fifth finger, palm of the hand, back of the hand, wrist, lower arm, elbow, upper arm, shoulder, armpit, right waist, right hip, right thigh, kneecap, calf muscle, ankle, heel, sole of the right foot, top of the foot, the right big toe, right second toe, third toe, fourth toe, fifth toe. Let's become aware of the left side of our body now. Left thumb, second finger, third finger, fourth finger, fifth finger. Palm of the hand. Wrist, lower arm, elbow, upper arm, shoulder, armpit, left waist left hip, left thigh, kneecap, calf muscle, ankle, heel, sole of left foot, top of foot, big toe, second toe, third toe, fourth toe and fifth toe.
- Now we take our awareness to the back side of our body. Become aware of the right shoulder blade, left shoulder blade, right buttock, left buttock, the entire spine. The whole back together. We are covering the front part of our body. Become aware of the top of our head, forehead, both sides of the head, right eyebrow, left eyebrow, space between eyebrows, right eyelid, left eyelid, right eye left eye, right ear, left ear, right cheek, left cheek, nose, tip of the nose, upper lip, lower lip, chin, throat, right chest, left chest, middle of the chest, navel, and the abdomen, now let's become aware of the medial parts of our body. The whole of the right leg. The whole of the left leg. Both the legs together. The whole of the right arm. The whole of the left arm, both the arms together, whole of the back, buttocks, spine, shoulder blades, the whole of the front, abdomen chest, the whole of the back and front together, the whole body together.
- Please do not sleep you must maintain full awareness of the body and the mind. Now is the time to repeat your resolve. You may repeat your resolve three times with full awareness and emphasis. Relax all your efforts and just draw your mind outside, become aware of your breathing. Become aware of your surroundings let your mind externalise now. Become aware of the floor, the position of your body lying down on the floor. Visualise the entire room around you. If you feel like stretching your body, you may do so. But please take your time, let's not be in a hurry to come out of savasana. Keeping your eyes closed, let's turn onto the right side and let's stay there for a while. Keeping your eyes closed and while taking the support of your palms you may come back to sukhasana. And slowly and gradually, whenever you feel comfortable and whole, you may gently open your eyes.



# YOGA NIDRA MEDITATION

Let's all get ready for Yoga Nidra. Yoga refers to the union and Nidra means sleep. In Yoga Nidra we will consciously take our attention to different parts of the body and relax them. You can either lie down on your yoga mat or bed.

Palms will remain by your side, facing upwards, Make sure that your body is warm enough and comfortable. Let's close our eyes. Let's take a normal deep breath in and let it go. Your heart rate is slowing down and your mind is becoming relaxed.

Let's take our attention on our right foot, right calf, right knee, right thigh and hip. And the entire right leg, Left foot. Left calf and knee, left thigh and hip. And the entire left leg. Genitals. Abdomen. Breathe in and breathe out.

Navel region. Chest. Right shoulder and right arm. Left shoulder and left arm. Neck. The entire face. Back of the head. Top of the head. And now the entire body from head to toe, toe to head. With each breath, you are getting relaxed more and more. Breathe in once again and exhale effortlessly.

Take another joyful deep breath in and breathe out completely.

Let's become aware of the space around us, become aware of your body and the surroundings. Taking your own time, slowly and gradually, you may open your eyes.