



What is Yoga Nidra

- Yoga Nidra, or 'mystic slumber', is a method for deep relaxation that leads to a state of conscious sleep
- The objective of Yoga Nidra is to consciously move from a wakeful state to a dream state to a deep state of conscious sleep.

A note about timing

- When cueing the movement of awareness to a particular area of the body, give everyone just enough time to move their awareness to that spot but not too much time lest they have time for their focus to wander off.
- Repeating the cue word-for-word silently - in your mind - before moving to the next cue will usually set just the right tempo for inspiring focused relaxation.

Theme of the Meditation: Equanimity and Contentment

This meditation guides the student into a state of deep relaxation that supports letting go of negative thoughts and anxieties in favor of a sense of clarity, balance, and serenity.

INITIAL RELAXATION

- Lying on your back, take a deep, deep inhale / a deep, deep exhale,
- One more inhale... and let your eyes close as you exhale
- Let your breath settle into its natural effortless rhythm
- Let your body settle deeply onto surface beneath you.
- Bring your awareness to the front plane of your body; the points of your body highest above the floor
- Feel the front plane of your body melt down into the mid plane of your body... feel the mid plane melt down into the back plane of your body
- Feel your whole body melt down onto the surface beneath you / your body is relaxing
- Visualize a relaxing color surrounding your body / feel how your body eases into the color that surrounds it

- Your breathing is even and soothing / your consciousness is fully engaged in the process of letting go
- As your body lets go of all of its tensions, you remain brilliantly aware
- Notice how each breath takes you to a deeper state of relaxation
 - How your next inhale gathers up all the stress in your body
 - And how your next exhale releases the stress from your body
 - How your next inhale gathers up all the stress in your mind
 - And how your next exhale releases the stress from your mind
 - How your next inhale gathers up all of your negative thoughts about the past
 - And how your next exhale releases all of your negative thoughts out and away
 - Notice how your next inhale gathers up all of your anxiety about the future
 - And how your next exhale releases your anxiety out and away
 - How your next inhale brings you to a state of clarity and gratitude
 - And how your next exhale holds you in a state of humility and contentment
- Your breathing is even, soothing, and relaxed / your consciousness is fully alive and aware
- Feel space around your body, feel your body in contact with the space that surrounds it
- Feel your breath at tip of your nostrils – just notice the sensation/
- Now, follow breath into your body as if you were a searchlight
- Feel whole body as hollow / like a cave
- Step into the sacred cave within your body / your inner sanctuary
- See the color / hear the sounds / smell the aroma / feel the energy of this place
- Feel the sensation of stillness within your inner sanctuary
- The outer world has no influence here / No external condition can intrude upon the peace of this place
- Your inner sanctuary is a calm place of complete safety and complete peace
- Remember that you can always come to this place / Sit peacefully in this place
- Take your seat in your inner sanctuary / when you have your seat,

- Looking with your mind's eye, you see a perfectly formed flame – steady and brilliant - atop a cream-colored candle
- Warm, golden rays of light surround the steady, balanced flame, illuminating the top of the candle, giving a soft light to your inner sanctuary.
- You become even more focused on the shape of the flame, which is still, yet filled with dynamic energy
- Seeing nothing but the glowing flame atop the candle, say to yourself,
 - 'I am as steady as a candle in a windless place'
 - "I radiate light that fills me with dynamic energy.
 - "I am balanced, iridescent, and unwavering"
- Feel the dynamic force of light fill your inner sanctuary. Feel yourself merging into the radiant spiritual energy
- As you inhale, your energy level increases / as you exhale your energy field expands...
- Radiating out to every part of your body... filling your body with crystal clear consciousness

BODY SCAN

- Bring your crystal clear consciousness to your throat /...
- **Notice / Become aware of / Sense / Feel / Bring Awareness to ...**
- Tongue /... Teeth /... Gums /... Jaw /... Lips – Lower, Upper / Face /... Nose /... Eyes /... Eyebrows /... Neck
- Your breathing is even, soothing, and calm / your consciousness is fully alive and aware
- RIGHT Thumb /... Pointer, Middle, Ring, Pinky, Whole Hand, Wrist, Left Elbow, Shoulder
- LEFT Thumb /... Pointer, Middle, Ring, Pinky, Whole Hand, Wrist, Left Elbow, Shoulder
- Trunk /... Hips /...
- RIGHT Thigh /... Knee, Lower leg, Ankle, Toes, Foot
- LEFT Thigh /... Knee, Lower leg, Ankle, Toes, Foot
- Bring awareness to your 'root center' at the base of your spine
- Your breath is even, soothing, and calm / your consciousness is fully alive and aware

PRANA AWARENESS

- Bring awareness to your breath: observe your inhales and exhales
- On your next inhale, breath into the left side of your body... and on your exhale, breath out of the right side of your body
- Then, inhale into the right side of your body... and on your exhale, breath out of the left side of your body
- On your next inhale, breath into the left side of your body... and on your exhale, breath out of the right side of your body
- Then, inhale into the right side of your body... and on your exhale, breath out of the left side of your body
- Now, breathe in to your whole body, and out of your whole body, and watch how your breath becomes even longer and even more peaceful
- On your next inhale, bring your awareness to the center of your chest
- Breath into the center of your chest
- As you exhale, feel the energy of your heart expand to the outer reaches of your body
- On each inhale the energy concentrates in your heart center / with each exhale the energy washes out toward your hands, feet and head
- Feel the waves of energy rolling through your body, moving smoothly into your heart center / and all the way out of your body, beyond your fingertips, toes, and the top of your head
- On your next exhale, bring your awareness to the center of your body at the top of your belly
- Feel a wave of energy moving upward from the base of your chest to the roof of your mouth
- Feel the energy rising smoothly up through your heart, flowing through your throat, illuminating your consciousness
- As each wave of energy rolls up your body, your breath remains even, soothing, and calm / your consciousness remains fully alive and aware

MENTAL-EMOTIONAL AWARENESS

- As the waves of energy roll through your body, experience the sensation of being warm – feel a comforting warmth spread through your body
- As warmth fills your body, the waves of energy slow down, settle down
- As the waves settle down and become gentle ripples, experience the sensation of being cool – feel a refreshing coolness spread through your body

- Then once again, feel waves of warmth move through your body – feel a comforting warmth.
- As the waves settle down and become gentle ripples, experience the sensation of being cool – feel a refreshing coolness spread through your body once again
- Go back and forth between these two sensations of warmth and coolness a few times
 - (Pause for a moment)
- What do each of these sensations feel like?
- And now, see if you can feel both sensations at once, both warm and cool at the same time
- Feel your body become very light, like a cloud floating in the sky
- Now, feel your body become very heavy, like a stone on the floor of the ocean
- Then again, as light as a cloud
- And once more, as heavy as a stone
- What do each of these sensations feel like?
 - (Pause for a moment)
- And now, see if you can feel both sensations at once, both light and heavy at the same time
- Observe your feelings as you watch yourself embrace both experiences at once
- Become aware of how you can feel opposite sensations, and how you can observe your own feelings

RETURN

- Become aware of your power of perception as your pure consciousness radiates throughout your body
- Feel your consciousness re-connect to the waves of energy that flow through your body
- Feel the senses of your physical body awaken one by one
- Feel your ears as your sense of hearing re-awakens: hear the sounds around you
- Feel your skin as your sense of touch re-awakens; feel the air and cloth that touches your body
- Feel your eyes and your eyelids; become aware of light as your sense of sight

re-awakens

- Bring your awareness to your tongue and the moisture in your mouth as your sense of taste re-awakens
- Bring your awareness to your nostrils and the inner walls of your nose as your sense of smell re-awakens
- Breathing deeply into your heart and chest... belly and abdomen... arms and legs... fingers and toes... your neck and head
- Feel all the senses of your body awaken at once, and invite movement back to your body
- Gently wiggling fingers and toes, extending your limbs, deepening your breath even more
- Now, with your eyes closed, hug your knees into your chest, roll to your side, and stay for a few breaths
- Whenever you're ready, keeping your eyes closed, push your body up, take a comfortable seat
- Take a deep inhale / deep exhale
- Let the natural rhythm of your breath return to your body once again
- And sit quietly for just a few moments