



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: Consciousness and Light

The Sanskrit word *vidyā*, commonly translated as “knowledge,” sounds like the English word “video” for a reason: it indicates illumination or a projection of light. The letter *a* in Sanskrit is commonly used as a negating prefix, so the word *avidyā*, usually translated as “ignorance,” actually means “the absence of light”; to be engulfed in darkness and thus unable to see.

Light is a positive force that induces a transformation of consciousness. The quality of the light plays a part in determining the state of consciousness we move to: a soft, diffuse light will move us one way, a sharp beam of light will move us another way. Blue light will affect our mood in one way, red light in another. Variations of light correspond to variations in consciousness.

The process of yoga takes us beyond the divisions of seeing through different colored lenses to the clear light of ultimate reality, allowing us to see things as they really are. Clear light facilitates the development of our spiritual vision.

In this meditation, we’ll go on a journey of light.

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AFFIRMATION

- As you feel perfect balance settle into your heart, listen for the innermost voice of wisdom that resides in your heart,
- It is the voice of your dear most friend, your ever well-wisher.
- Hear the voice of your eternal friend reminding you that you are a spiritual being, that the world is a transformation of spiritual energy
- And that spiritual understanding is the key to steadiness, serenity, and equanimity.
- Impress these thoughts on the substance of your mind: say to yourself
 - “The power to manifest perfect peace of mind... resides within my heart” ...

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- Feel your body, your mind, and your breath relax as the waves of energy wash through you.
- Feel your neck and head / release all tension from your eyebrows, eyes, ears, jaw, and from your throat
 - *Options for cueing awareness to a part of the body:*
 - *Notice / Become aware of / Sense / Feel / Bring Awareness to...*
 - *Options for cueing relaxation:*
 - *Dissolve / Feel / Melt / Release tension from...*
- Feel your right arm from your shoulder to your fingertips / release all tension from your shoulder, elbow, wrist, and right hand
- Feel your left arm from your shoulder to your fingertips / release all tension from your shoulder, elbow, wrist, and left hand
- Bring awareness to your torso / feel all tension melt away from your heart, ribs, belly, and abdomen...

PRANA AWARENESS

- Take a deep inhale / on your exhale, close your eyes
- Let your breath settle into a natural, even rhythm
- Feel the entire right side of your body / let go of the tension from the right side of your body
- Feel the entire left side of your body / let go of the tension from the left side of your body...

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- From your inner sanctuary, you experience the wisdom of higher consciousness; you feel the intrinsic unity of all things... and all beings.
- From your inner sanctuary, you feel light beaming down from the halo of your consciousness to each energy center of your body

(Descending chakra awareness sequence):

- See clear light turn to a deep violet ray as the light shines down on your third eye center: feel clarity of perception in your third eye center.
- See clear light turn to a vibrant blue beam as the light shines down on the center of your throat: feel how your hearing and self-expression become sharp and clear.
- See the clear light turn a brilliant green as the light shines down on your heart center: feel the light infuse your heart with an abundant capacity to offer and accept love...

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- You feel yourself becoming light, flying with a body made of light, radiating light as you fly
- Feel yourself flying in the embrace of a divine light made of pure spiritual energy that's expanding infinitely in every direction
- You feel yourself moving forward, through the light. The light feels like soft vapor pillows: ... you see the light begin to gather into bright white clouds
- As you glide effortlessly through the clouds, the clouds part to reveal a clear blue sky,
- Far below, you see water: a vast expanse of deep blue sea that stretches out to the horizon in all directions
- As you fly over the ocean, you see a small island in the distance floating on the surface of the ocean. As you get closer, you can see that the island is shaped just like is your own physical body
- It is your physical body floating on the surface of the vast blue ocean
- You glide down toward your body; you hover directly above your body and, turning to face the sky, you gently settle back down into your body
- You feel your body welcoming you as you make contact with your body... as you re-enter your body

RE-ENTRY

- Feel how your spiritual form of pure light radiates within your physical body, spreading rays of light in every direction...