



Yoga Nidra

A Powerful Meditation Technique

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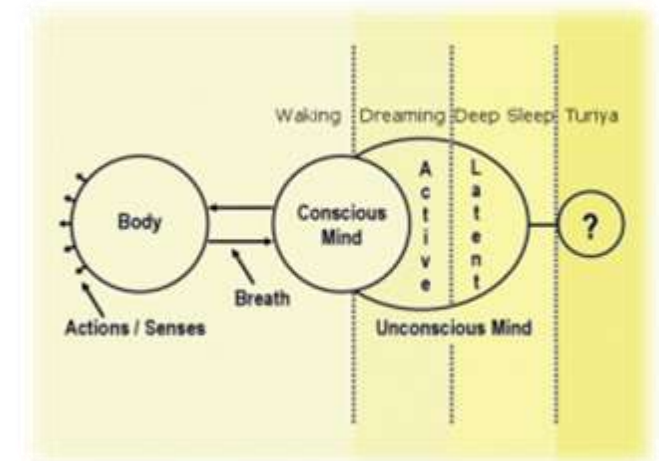
YOGA NIDRA

- Yoga nidra is a systematic method of inducing complete **physical, mental** and **emotional** relaxation.
- The term yoga nidra is derived from two Sanskrit words:
 - yoga meaning **union** or one-pointed awareness
 - nidra which means **sleep**
- Practice of yoga nidra, one appears to be asleep, but the consciousness is functioning at a deeper level of awareness.

ORIGIN OF YOGA NIDRA

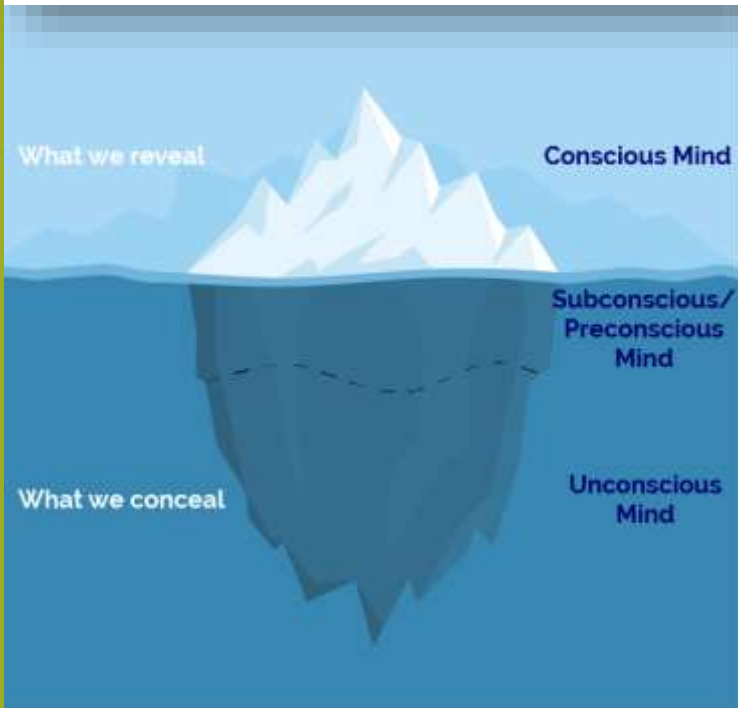
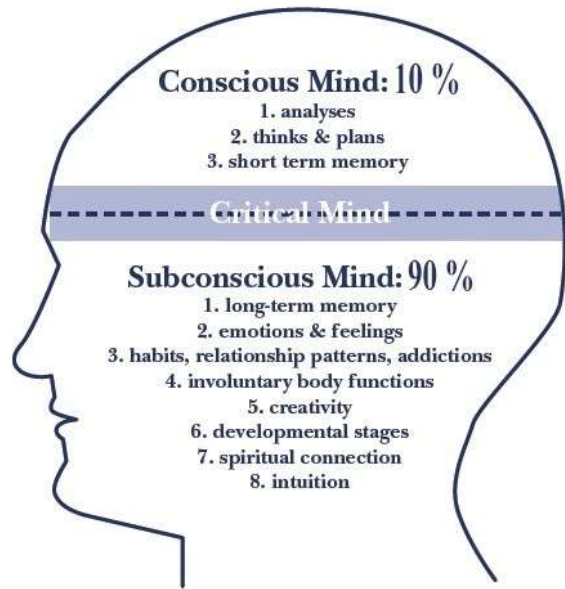
- Yoga nidra is a form of tantra yoga.
- Nyasa' means 'to place or to take the mind to that point

- Yoga nidra means sleep with a trace of awareness.
- It is a state of mind in between wakefulness and dream .
- Yoga is an effective and efficient method of PSYCHIC AND PHYSIOLOGICAL REST and rejuvenation than conventional sleep.
- The total systemic relaxation of yoga nidra session is equivalent to hours of ordinary sleep without awareness.
- A single hour of yoga nidra is as restful as 4 hours of conventional sleep.



- Yoga nidra According to Swami Satyananda (1998), yoga nidra is a complete pratyahara practice in which the awareness is internalized.
- Each step of yoga nidra works as to systematically withdraw an individual's senses inwards from all external stimuli so that it is completely withdrawn to a point where it is only operating through the auditory sensory channel.
- Yoga nidra means '**psychic sleep**' i.e. sleep with full awareness. In the practice of yoga nidra the body sleeps but the mind remains awake listening to the instructions. It is an altered state of consciousness.

In modern psychology, the state achieved in yoga nidra is termed the hypnogogic state, a state between sleep and wakefulness



- The **subconscious** and the **unconscious mind** are the most powerful forces in the human being.
- This simple practice of yoga nidra has the capacity of penetrating into the depths of the human mind.
- It helps open the inner chambers of the mind.

EEG CHANGES DURING YOGA NIDRA



Beta, awake, conscious mind, sensory awareness, external knowledge



Alpha, yoga nidra, hypnagogic state, deep relaxation, conscious dreaming



Theta, dreaming sleep, subconscious mind, release of emotions, suppressed fears and desires



Delta, deep sleep, unconscious mind, awakening of instincts and primitive drives

PROCESS OF YOGA NIDRA

1. Preparation
2. Internalization / Relaxation
3. Affirmation (Sankalpa)
4. Rotation of Consciousness
5. Body/floor awareness
6. Respiration awareness
7. Manifestations of Opposites
8. Inner space - Chidakasha
9. Creative Visualization
10. Inner space - Chidakasha
11. Affirmation
12. Return to Full Awareness

PREPARATION FOR THE PRACTICE

- A qualified teacher is needed to give instructions.
- It is recommended to practice yoga nidra in shavasana.
- One should follow the instructions and not the instructor.
- Eyes closed, body is still.
- No effort to concentrate or control the mind.
- Mind is in a mood to relax.
- The whole atmosphere is charged with one type of powerful vibration.
- Body is in a state of relaxation.

INTERNALIZATION / RELAXATION

- The mind is then focused on external sounds.
- All sensory impressions are forcibly excluded
- Move your awareness from sound to sound
- After some time due to loss of interest it becomes quiet ► Antarmouna
(Inner silence)

AFFIRMATION (SANKALPA)

- A personal goal previously decided upon is declared silently.
- Positive and clear statements which can be used:
 - ❖ I will awaken my spiritual potential.
 - ❖ I will be a positive force for the evolution of others.
 - ❖ I will be successful in all that I undertake.
 - ❖ I will be more aware and efficient.
 - ❖ I will achieve total health.

ROTATION OF CONSCIOUSNESS

- The consciousness is taken on a tour of the whole body in a structured fashion.
- Beginning with the right thumb and ending with the little toe of the right foot; then the circuit from the left thumb to the little toe of the left foot.
- Subsequent circuits proceed from the heels to the back of the head, and from the head and individual facial features to the legs.

BODY/FLOOR AWARENESS

- Develop awareness of the body.
- Become aware of all the parts of the body in contact with the floor.
- Intensify the attention to all the meeting points between the body and the floor.

RESPIRATION AWARENESS

- Physical relaxation is then continued and completed by drawing attention to the breath.
- One simply maintains awareness of the breath;
- there should be no attempt to force or change it.
- One may watch the breath in the nostrils, in the chest, or in the passage between the navel and the throat.
- Count the number of breaths backwards from 54 to 1 or 27 to 1



FEELINGS AND SENSATIONS

- Feelings that are intensely physical or emotional are recalled or awakened, experienced fully, then removed.
- Pairs of opposite feelings, such as **heat** and **cold**, **heaviness** and **lightness**, **pain** and **pleasure**, **joy** and **sorrow**, **love** and **hate**. The pairing of feelings in yoga nidra harmonizes the opposite hemispheres of the brain and helps in balancing our basic drives and controlling functions that are normally unconscious.
- This practice also develops willpower on the emotional plane and brings about emotional relaxation by means of catharsis, as memories of profound feelings are relived.

MANIFESTATIONS OF OPPOSITES

- Heaviness
 - Entire body becomes heavy.
 - Intensify the feeling of heaviness and gradually relax part by part.
- Lightness
 - Whole body becomes light.
 - Body is felt as it is a mass of cotton.
- Alteration of heaviness and lightness
 - Alternate feeling of heaviness and lightness .
- Heat
 - Experience heat all over the body.
- Cold
 - Experience cold all over the body.

INNER SPACE - CHIDAKASHA

- Withdraw your mind and concentrate on the space in front of your closed eyes.
- This space we call chidakasha.
- Concentrate on this dark space and become aware of any phenomena that manifests in it.
- Maintain detached awareness.

CREATIVE VISUALIZATION

- In this part of the practice, one visualizes the images named or described by the instructor.
- The images that are used often have universal significance and powerful associations, they bring the hidden contents of the deep unconscious into the conscious mind.
- The images used in this book include landscapes, oceans, mountains, temples, saints and flowers, stories, and descriptions of powerful psychic symbols such as the chakras, the lingam, the cross, or the golden egg.
- The practice of visualization develops self-awareness and relaxes the mind, by purging it of disturbing or painful material. It leads the mind to concentration or dharana.
- In advanced stages, visualization develops into dhyana or pure meditation. Then there is the conscious experience of the visualized object in the unconscious, the distinction between conscious and unconscious dissolves and distracting images cease to arise.

INNER SPACE - CHIDAKASHA

- Bring your awareness back to chidakasha.
- Continue to rest your mind in this dark space with detached awareness.

AFFIRMATION (SANKALPA)

- The affirmation or sankalpa is repeated in the same words and with the same attitude.
- Now in a highly suggestible state of consciousness, it is programmed into the subconscious mind.

RETURN TO FULL AWARENESS

- A careful and gradual return to a normal state.
- Become aware of the external environment.
- Slowly open the eyes and sit up.

THERAPEUTIC VALUE

YOGA NIDRA INTEGRATES THE HEMISPHERES

- Learn something new because it employs both hemispheres of the brain in the task:
 - **Logical, conscious left**
 - **Non-logical, subconscious right**
- Yoga nidra, the signals which are being received by the subconscious are reorganized in such a way that the whole mind is receptive to them. Thus, far more of the total brain is focused effortlessly on learning.
- a crucial language lesson to be inserted into the subconscious almost coincidentally. Later on, when the lesson is reread in the ordinary waking state, both the **logical left** hemisphere and the **subconscious right** become active in integrating and expressing the **newly attained knowledge**.

- Yoga nidra works at both physiological and psychological level.
- It induces deep physical, emotional and mental relaxation thereby rooting out the precursors of the stress and its related disorders.
- It helps in easing the mental tension. In individuals with stress, mind is always in a state of arousal due to excessive activity on the mental plane.
- Yoga nidra helps in **identifying thoughts** as merely thoughts and allows them to move into the **space of awareness**, thereby freeing the emotions of their emotional charge.
- It helps in building the coping ability of an individual.
- yoga nidra has a therapeutic application in stress related disorders like anxiety, depression, insomnia, etc as well as **psychosomatic disorders** like asthma, hypertension, cancer..

DRUG ADDICTION AND ALCOHOLISM

- In response to elevated levels of stress in modern life, addiction to tobacco, alcohol and other stimulants and depressants has become a big problem.
- Many people think that smoking or drinking helps them to relax.
- Reducing deep seated conflicts and tensions, yoga nidra promotes a general feeling of wellbeing, which helps to curb excessive consumption of coffee, cigarettes and alcohol as well as aiding in the management of drug abuse and addiction.

CHRONIC DISEASES

The influence of yoga nidra on chronic degenerative diseases has been investigated in several countries.

In one study conducted with patients suffering from major long term disabilities, at the University of California Medical Centre at Davis (USA), researchers concluded that yoga nidra is applicable for bedridden, incapacitated and chronically afflicted patients of all degrees

- Relieving insomnia and sleep disturbances.
- Maintaining moderate pain outside the field of conscious awareness.
- Partially relieving feelings of despair and depression which so often complicate the outlook in chronic disease.
- Decreasing the requirements for analgesic, hypnotic and sedative drugs

PREGNANCY AND CHILDBIRTH

- stress liberates hormones into the mother's blood which profoundly alter the wellbeing of the infant, disturbing the ongoing mental and physiological development of the foetus.
- Yoga nidra also has an important role in the techniques of natural childbirth, such as the Leboyer technique in which deep physical relaxation and spontaneous breath awareness form the basis for drug-free labour and delivery.
- In maternity hospitals where training in yogic relaxation practices is included in prepartum medical management, expectant mothers routinely experience less anxiety before the onset of labour and less pain during labour and delivery.

MENSTRUAL DISORDERS

- Yoga nidra has also been prescribed for the relief of pain associated with dysmenorrhoea (disturbance of the menstrual cycle) and excessive levels of pre-menstrual tension.
- In a study conducted at East Texas University (USA), researchers concluded that yogic relaxation training should be prescribed more frequently as an adjunct or alternative to conventional drug therapy for menstrual dysfunction and pain.

GERIATRIC CARE

- The elderly patients who learned and practised yoga nidra on a daily basis were more capable of recognizing and managing their problems, maintaining good health, a confident, active and independent lifestyle, and a bright outlook towards the future.

PSYCHOSOMATIC DISEASES

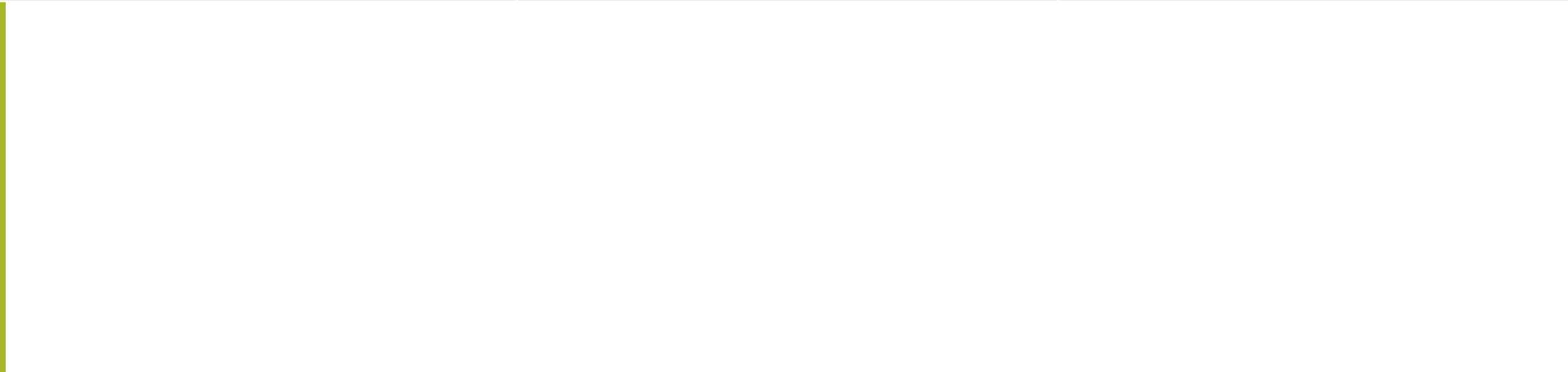
- Yogic procedures in the management of severe psychosomatic diseases, including cancer, bronchial asthma, colitis and peptic ulcer
- Attacks of asthma, growth of cancers, exacerbation of ulcer symptoms or colonic irritation frequently arise as complex psychophysiological reactions to emotional insecurity, interpersonal stress, intrapsychic conflict, hypersensitivity, rejection, frustration and suppression, personal isolation and other deep seated emotional crises.
- Yoga nidra therapy leads to conscious and subconscious recognition and analysis of these underlying psychological factors, and initiates the release of suppressed conflicts.

STUDY	AUTHOUR	RESULT
<p>The Impact of Yoga Nidra and Seated Meditation on the Mental Health of College Professors</p>	<p>Ferreira-Vorkapic C,. Int J Yoga. 2018 Sep-Dec;11(3):215-223.</p>	<p>Yoga Nidra intervention regarding anxiety, which might represent an effective tool in reducing both cognitive and physiological symptoms of anxiety.</p>
<p>Effectiveness of a short Yoga Nidra meditation on stress, sleep, and well-being in a large and diverse sample</p>	<p>Esther N. Moszeik et al, Current Psychology, springer, sep2020.</p>	<p>A very short dose of meditation can positively influence stress, sleep, and well-being</p>

STUDY	AUTHOUR	RESULT
Yoga Nidra relaxation increases heart rate variability and is unaffected by a prior bout of Hatha yoga	Markil N,. J Altern Complement Med. 2012 Oct;18(10):953-8.	These changes demonstrate a favorable shift in autonomic balance to the parasympathetic branch of the ANS for both conditions, and that Yoga Nidra relaxation produces favorable changes in measures of HRV
Yoga Nidra as a Stress Management Intervention Strategy	Manish Kumar et al, research gate, November 2017.	The Yoga Nidra state reflects an integrated response by the hypothalamus resulting in decreased sympathetic nervous activity (excitatory) and increased parasympathetic (relaxatory) function

STUDY	AUTHOUR	RESULT
Outcome of yoga nidra practice on various mental health problems and general wellbeing: a review study	Kalamani Dhamodhini et al International Journal of Community Medicine and Public Health, 30 November 2018	Yoga nidra effectively provides impact on stress, anxiety levels, post-traumatic stress disorder (PTSD) symptoms like rage and anxiety and increased feelings of relaxation and peace after yoga nidra as a therapy
Impact of Yoga Nidra on psychological general wellbeing in patients with menstrual irregularities: A randomized controlled trial	Khushbu Rani et al, International Journal of Yoga Vol. 4 Jan-Jun-2011	menstrual irregularities having psychological problems improved significantly in the areas of their wellbeing, anxiety and depression by learning and applying a program based on yogic intervention (Yoga Nidra

STUDY	AUTHOUR	RESULT
Yoga Nidra: An innovative approach for management of chronic insomnia- A case report	Karuna Datta, Sleep Science and Practice (2017) 1:7	There was an improvement in sleep quality, insomnia severity, depression anxiety and stress scores after yoga nidra.



THANK YOU...