

MEDITATION

Yoga Nidra Technique for Mind Relaxation

For many of us, relaxation means zoning out in front of the TV at the end of a stressful day. But this does little to **reduce the damaging effects of stress. To effectively combat stress, we need to activate the body's natural relaxation response.** You can do this by practicing relaxation techniques such as deep breathing, meditation, rhythmic exercise, and yoga. Fitting these activities into your life can help reduce everyday stress and boost your energy and mood.

Yoga Nidra is a form of Tantra. It is not sleeping. It is not concentration. It is opening the inner chambers of your mind.

In Yoga Nidra, you step down into the internal dimension of your consciousness. The sound of my voice acts as a rope. Just as you take a rope and go in and out of the depths of a cave, so with the help of sound, you will venture in and out of the mind. The practice of Yoga Nidra will guide you to the hypnotic state, a state of consciousness between wakefulness and sleeping. During the practice you should remain awake and listen to the sound of my voice. You will be asked to move your awareness to particular parts of the body, to bodily sensations, emotions or images.

Try not to concentrate too intensely as this may prevent you from relaxing. If the mind becomes overactive with thoughts, just come back to the sound of my voice.

“I am practicing Yoga Nidra, I am awake and relaxed.”

- 1)- Lie flat on the back with the arms about 15 cm away from the body, palm facing upward, move the feet slightly apart to a comfortable position and close the eyes.
- 2)- The head and spine should be in straight line. Make sure the head does not fall to one side or other.
- 3)- Relax the body and stop all physical movement become aware of the natural breath and allow it to become rhythmic and relaxed.
- 4)- Try not to move body part at all during the practice as slightest movement with every inhalation and exhalation.

5)-Count the breath from number 37 backward to zero mentally repeat “I m breathing in 37, I m breathing out 37, I am breathing in 36, I am breathing out 36 back to zero.

6)-If you lose count, start counting backwards from the beginning. Simultaneously be aware of your breath till you relax completely.

7)-While lying in Yoga Nidra, become aware of the right hand and relax it. Slowly become aware of right wrist, elbow, armpit, right side of waist, right buttock, right thigh , calf , heel , sole of the foot and relax them one by one

8)-Repeat this process with the left side of the body and the part of the head and trunk.

(Relax the body parts at the beginning of yoga nidra and then shift focus to your breath and mind to achieve the final stage in relaxation.