

INSTRUCTIONS FOR YOGA-NIDRA

PREPARATION:

Get ready for *Yoga Nidra*. Lie down on your back. Keep the body straight from head to toe, the legs slightly apart and the arms a little away from the body. With the palms of the hands turned up wards.... you may move your body to make necessary adjustments, until you are completely comfortable. Close your eyes and you are going to keep them close through out the practice. Take a deep breath and as you breath out feel the cheos and worries of the day are flowing out of you. Continue the process till further instructions are given.

Now bring about a feeling of inner relaxation in the whole body.... concentrate on the whole body and become aware of complete stillness. Mentally say to your-self. "I am aware that I am going to practice Yoga Nidra. And I will remain awake throughout the practice.

AWARENESS OF BODY PARTS:

By this time you are in a very relaxed state with this relaxed feeling you are going to rotate your awareness throughout the whole physical body. As I say, mentally repeat with me the different parts of the body, and simultaneously become aware of those parts. You may visualize that part of the body in your mind, at the same time you may feel a flow of relaxation spreading all over the body through those parts. Become aware of the right side of the body and start visualizing and feeling the flow of relaxation from the right hand thumb. The 2nd finger.... 3rd finger...., 4th finger...., 5th finger palm.... back of the palm. arm, elbow.... upper arm.... shoulder.... arm pit.... right side of the chest.... right side of the waist.... right hip.... right thigh.... knee.... calf muscle...., ankle heel...., sole.... right big toe.... 2nd toe.... 3rd toe.... 4th toe.... 5th toe.

LEFT SIDE:

Now become aware of the left side. Left hand thumb.... 2nd finger.... 3rd finger.... 4th finger.... 5th finger... palm.... back of the palm.... wrist.... lower arm elbow.... upper arm.... shoulder.... arm pit... left side of the chest.... waist.... hip.... thigh.... knee.... calf muscle.... ankle.... heel.... sole.... left big toe.... 2nd toe.... 3rd toe.... 4th toe.... 5th toe.

BACK AND FRONT:

Now come to the back. Become aware of the right buttock.... left buttock.... right side of the back.... left side of the back.... centre of the back.... right shoulder blades.... become aware of the spine from top to the bottom.... the whole back together.... back of the neck.... back of the head.

Now go to the top of the head, the top of the head, the fore head, both sides of the head, right eye brow, left eye brow, eye brow center, right eye lid, left eye lid, the right eye, the left eye, right ear, left ear, right cheek, left cheek, the nose, right nostril, left nostril, the tip of the nose, upper lip, lower lip, chin, throat, right side of the chest, left side of the chest, center of the chest, stomach, naval.... abdomen.

MAJOR PARTS:

The whole right leg.... the whole left leg.... both legs together. the whole right arm.... the whole left arm.... both arms together. The 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.... the whole body....

BODY FLOOR AWARENESS:

Some parts of your body are touching the surface on which you are lying. Become aware of those points and the feeling. Your ankles and the surface... calf muscles and the surface. Thighs and the surface hip and the surface. Lower back and the surface. Upper back and the surface... back of the head, and the surface... just become aware of these meeting points. Where the body meets the surface.

FEELINGS:

Awaken the feeling of coolness.... awaken the experience of bitter cold, in the body. Imagine you are walking on a ice-cool floor in winter.... your feet are becoming very cold. You are feeling cold all over your body.... become aware of coolness. Awaken the sensation of heat. Recollect the feeling of heat in summer when you are out under the sun.... you could feel the heat all around your body.... heat all over the body.... now once again feel the coolness.

Now for some time alter these two feelings.

VISUALIZATION:

Now you are going to explore a sacred building.... You are going, to experience this visualization with the awareness of your breath. And at different stages I shall be asking you to feel the breath touching different points of the spinal-cord (as shown in fig. Ja and Jb). And you will be doing so along with the visualization.

You could see a white seven storied building.... you are slowly moving towards the building.... you are at the ground floor near the entrance. The building is welcoming you, and you are entering into it. While you are entering become aware of the breath touching the first point on your spinal cord which is in between the urinary and excretory organs. Now you have entered the building. This is a big well-ventilated hall. With white marble floor. At the center of the hall there is a red inverted triangle. You feel like going near the triangle and you are feeling more and more confident about yourself. This is a place where courage and self-confidence is stored. Any resolve that is taken near this

triangle will be definitely fulfilled. This place is making your mind full with optimistic thoughts you are enjoying this state of mind and may take a small resolve for yourself (e.g. "I will maintain a healthy body with a peaceful mind. My peaceful mind is going to help me to maintain a healthy body).

Now its time for you to move towards the first floor. There is an exit door in this hall which leads to an elevator, you are entering into the elevator and it started moving towards the 1st floor. When you reach the first floor become aware of your breath touching the 2nd point which is located at spinal terminus.

You have reached the 1st floor. Again a big well-ventilated hall. Here you could see a 3-D screen on which you could see an ocean. You could see several waves coming and going on the ocean. There are big and small waves you could feel the coolness besides the ocean and hear the sound of waves. At times the smaller waves make you feel as if they will wash your feet. Bigger waves make you feel as if they are going to drag you in. But then you realize that what ever is going on is on the screen only. In reality, you are just an observer. Hence feelings are totally under your control. You are going to get all the soothing feelings out of this picture. With every wave on the ocean you could feel waves of relaxation spreading all over your body. As you are aware of your breath touching the 2nd point. You could feel the similar feeling passing through your liver, kidney, spleen, pancreas and now these organs are becoming more efficient in their functioning. Obviously you enjoyed this feeling. Now its time for you to go to the 2nd floor.

You are getting in to the elevator, it starts moving. When you reach the 2nd floor, Become aware of your breath touching the 3rd point, which is behind the navel.

This is again a big hall. Floor is covered with yellow carpet. Similar kind of screen is there. On this screen you could see a garden full with sun flowers. There is one big sunflower, which seems quite attractive to you so you are going near the screen to have a closer look. A thought comes to your mind - "After all why does the sunflower keep on looking towards the sun"? The flower on the screen is a special one, which is capable of getting your thought and also can talk to you. So you can hear the flower saying. "Well, I love sun because of it's power and humble nature. The sun not only possesses power, it also lends the same to every being, as the need arises. Hence by fixing my gaze on the sun. I receive immense power to resist any hardship. I have become a channel to distribute this power to them, those who come to me. Now I am transmitting the same to you.... after listening to the flower you are feeling much stronger. This has increased your immunity. Now your body can fight with any illness and can resist any pain. Your mind has become more cheerful. Now you may get into the elevator to explore the 3rd floor.

This time become aware of your breath touching the 4th point, which is behind the heart. In this hall, all the windows are closed. At the center of the hall there is a small lamp with a tiny yellow flame this deamly lighted hall gives you very warm and soothing feeling. You could feel a vibration in this room which is compatible with your heart beat and creating a very sweet and comfortable rhythm. Now you are very much at ease with yourself. Not only that. This feeling is giving you confidence about your ability. To make

others feel comfortable when they are with you. So now you have become a very very lovable a person. You are going to carry this impression along with you. Now you may happily move towards the 4th floor. Elevator....

At present you are aware of your breath touching the 5th point which is at the neck. You are in similar kind of well-ventilated hall. Floor is covered with a blue colour carpet. At the center you could see a plant in a pot with beautiful, smokey purple colour flowers. From each pettle of each flower you could see glittering droplets falling down. These are droplets of nectar. You are going near the plant and collecting a few drops of nectar over your palm. As you are doing so you could feel the coolness over your palm. Now you are drinking them and could feel the cool, sweet freshening liquid passing through your throat what you are drinking is nectar (amrit). This is going to increase your vitality and will give you a long life. With high spirits. Now happily you may move towards the 5th floor. Elevator....

Become aware of your breath touching the 6th point, which is behind the eye brow center. This time you are in a planetorium. You may take your seat where ever you feel like sitting. It is totally empty. Here when you look up you could see the full moon smiling at you. This moon is like an old friendly warm grandpa. Who was there, before you came to this earth and will be there fore ever. He can solve all your problems. No doubt, he is a soothing company also. Whenever you have a problem or feel lonely you may come and talk to him. Now you may spend some time here....

Now you may move towards the 6th floor. Elevator.... become aware of the breath touching the 7th point. At the top of the head. This is the most sacred part of this building. Here you could see a fire place where rituals are performed, Initiations are given and worship is carried out. By sitting besides this fire place you could realize, what is real peace! Now you are in a blissful state of mind. You may enjoy this state for a while.

Now it's time to retreat.

You are getting into the elevator and it starts. Moving down wards.... you are at 5th fload and aware of your breath touching the 6th point (which is behind the eyebrow). You could see the full moon smiling at you... you are gradually moving towards the 4th floor and you are aware of your breath touching the 5th point, (at the throat). As you are passing through the 4th floor, you could once again see the plant with smokey violet flowers and droplets of nectar....

You have crossed the 4th floor and moving towards the 3rd floor.... you are aware of your breath touching the 4th point (behind the heart). You are passing through the warm and soothing hall and reviving your lovable nature and feeling. You have crossed the 3rd floor. Moving towards the 2nd floor.... aware of your breath touching the 3rd point (behind the navel). Once again you came across the garden full of sun flowers. Slowly you crossed this floor and reaching the 1st floor. Now you are aware of your breath touching the 2nd point and you could see the picture of ocean at night... you have crossed the 1st floor and moving towards the ground floor. You are aware of your breath touching the 1st point. Now again you are in front of that red inverted triangle. You may revive your resolve that you have made earlier. Repeat the resolve with full awarenss and

feeling. Repeat 3 times. The resolve you make during this practice is bound to come true in your life.

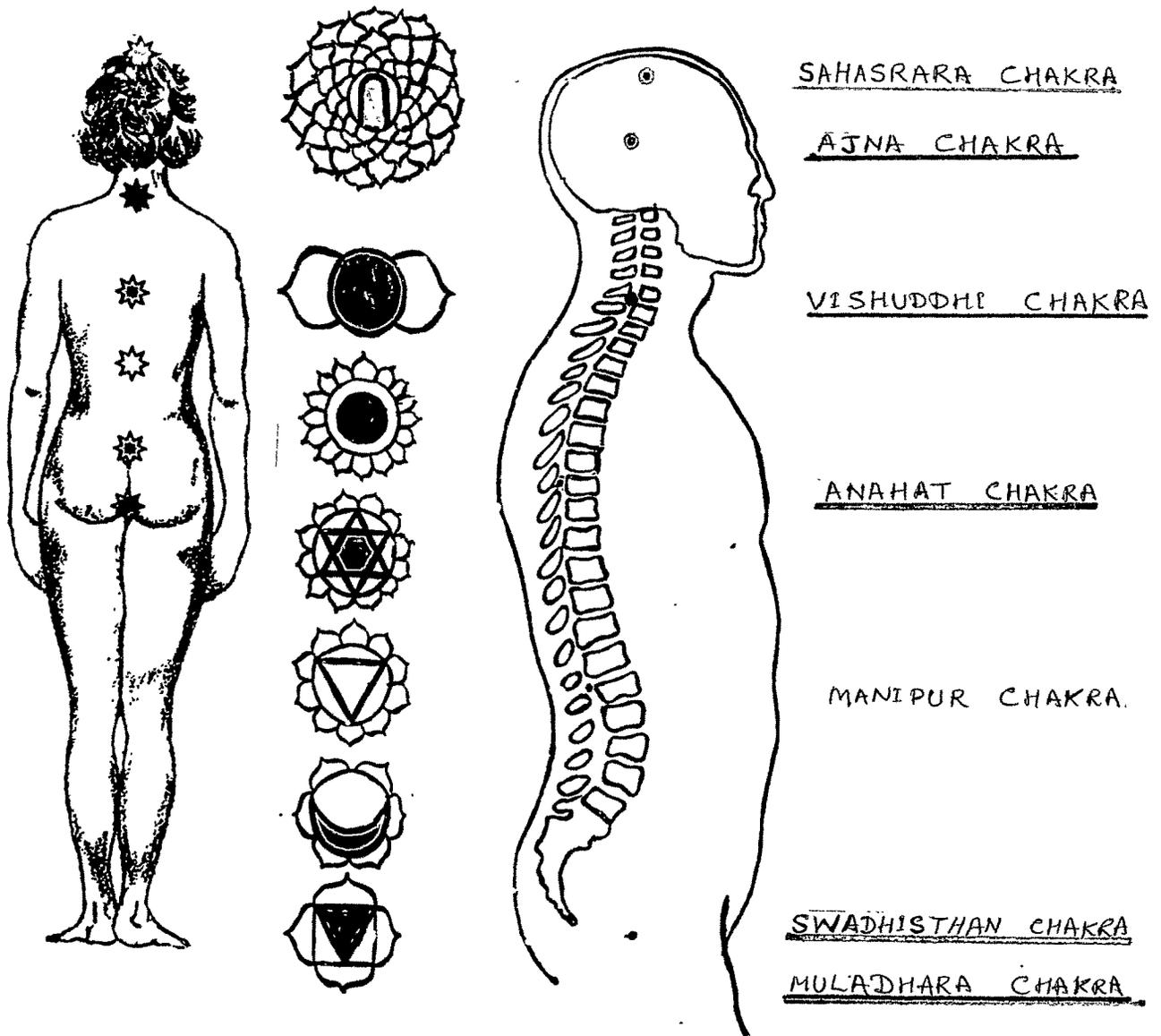
....PAUSE

Now you may come out of the building. With a peaceful mind and a relaxed body.Become aware of your breathing process. You are aware that you were practicing yoga-nidra. Now you are aware of the surrounding. You are aware of your whole body. The practice is over. When you feel like you may open your eyes and sit up.

Visualization part is modified by the author to suit the research purpose. This part of the practice is based on the seven *Kundalini Chakras*.

Diagram of the Chakras

(Fig. Ja & Jb)



BRIEF DISCUSSION ON SEVEN CHAKRAS:

Many spiritual traditions share a common belief that the human body receives sustenance from the cosmos in a subtle form such as PNEUMA or *PRANA* and that it is this energy that gives both life to the body and power to the psyche. The energy is drawn in, converted and transferred through specific centres in the body. According to Indian tradition these centres are the focal points by which the human consciousness holds together its seven BODIES of manifestation. The Sanskrit word, *chakra*, means 'wheel'. Clairvoyants who are able to see the centres see them as wheel - like vortices of energy; the higher an individual's spiritual development, the faster the centres spin, until they resemble spheres of radiant energy when a person is not so spiritually developed, the centres resemble saucer - like depressions in the etheric body.

Starting at the lowest level the seven main Indian *chakras* are in ascending order (as shown in Fig. J.a & b.). The base *chakra* *Muladhara* is situated at perineum below the sacrum, associated with adrenal gland and governs kidneys and spinal column. It channels the 'will-to-be'. The sacral plexus *Swadhisthan chakra* is situated at the base of lumbar spine, associated with gonads and governs reproductive system. It stimulates creativity. The solar plexus *Manipura chakra* is situated below diaphragm, associated with Pancreas and governs stomach, gall bladder, liver, and nervous system. It is related to immune functions and channels energies from lower centres to higher centres. The cardiac plexus (*Anahata chakra*) is situated at the heart level, associated with thymus gland and governs heart and blood circulation, (vagus nerve). It radiates love for the world from the soul. The throat plexus *Vishuddhi chakra* is situated at the first dorsal vertebra, associated with thyroid gland and governs lungs, bronchi, vocal cords and elementary canal. It opens up higher creative faculties. The brow plexus (*Ajna chakra*) is situated at the eye brow center, associated with pituitary and pineal glands. It governs lower brain, nervous system ears, nose and left eyes. This center activates intuitive knowledge. The crown plexus *Sahasrara chakra* is situated at the top of the head associated with pineal gland and governs the upper brain and right eye. It brings spiritual illumination and enables the individual to link with the invisible world of spirit and universal consciousness.

Other energies associated with individual centres vary according to the center. The base and sacral centers are specifically linked with the physical body. The next three are more closely linked with the SUBTLE BODIES: the solar plexus with the lower activity of the astral body, and the heart and throat with the astral's higher activity. The crown and brow centres are intimately linked with the individual's spiritual life. They can also be grouped as a lower triad (upto and including the solar plexus) associated with the personality, a higher spiritual triad (heart, throat and crown) with the brow center acting as the focus of the integrated personality. In this grouping each center in the spiritual triad is said to receive the transformed energies from the lower triad: the heart from the solar plexus, the throat from the sacral plexus, and crown from the base. During one's integration of the personality and one's spiritual development, the centres are said to be awakened or activated in turn. Various practices in *yoga* are intended to aid this.