

Nidra

Nidra is meditation in the form of profound relaxation for connection to inner Self, where innate wisdom and intuition reside.

Being in Nidra can be described as being in a state of consciousness between waking and sleeping, as when going to sleep, or just before waking.

The guided meditation of Nidra activates the parasympathetic nervous system, which promotes deep relaxation on all levels: body, mind, emotion, energy. That systemic relaxation promotes healing, immune function, and release of tension.

Recent studies and research indicate that one hour of Nidra can equal the restful replenishment of 4 hours in typical sleep.

A note from your guide, Amanda Jacobsen, E-RYT500

Nidra is usually practiced or experienced while reclining. For this meditation, prepare to be as comfortable as possible lying down on a soft, flat, firm surface. You may want a bolster for under your knees, a blanket for warmth, and a low cushion under your head.

In this guided experience, you may feel as though you're drifting in and out of sleep. Nidra can induce that parasympathetic nervous system relaxation and hypnogogic state between wakefulness and sleep. Even in that place, your consciousness will still hear my voice and process my guidance — you will still receive all the benefits of the experience, even if you drift! Following the Nidra, you will emerge gently and gradually, with replenished energy to continue