

## Yoga Nidra

is a powerful form of relaxation. It involves a turning inwards of the self, away from all external influences. Therefore it is a deep form of relaxation during which inner awareness is retained. All yogic texts tell us that peace can be found only from within.



The process in yoga nidra is to set an affirmation or resolve (more on that below), and then to bring a state of relaxation to the body by systemically relaxing each body part - the practitioner simply follows the voice of the Yoga teacher and takes their mind to each part in turn.

There may be a period of visualisation during which the practitioner pictures a series of random images recited by the teacher. This practice purges the mind of disturbing material and distractions.

The practice of yoga nidra ends with the same resolve that was recited in the mind at the beginning of the practice. This resolve is often called a "sankalpa". This is a short mental statement that will be impressed on the subconscious mind.

The following scenario explains how the subconscious mind works. It is written in my own words.

"The substance of soil can be used to describe the **unconscious** mind - dark hidden earth beneath the cultivated soil (**subconscious mind**). The **conscious** mind is like hard soil - inflexible at times - it does not accept everything. The deeper consciousness is not like that. Whatever impression you plant within the subconscious mind cannot be rejected. It will grow. The aim of the practice of yoga nidra is to direct the mind to accomplish whatever the subject desires as during this practice the mind is in a state between waking and sleep. This state is known as the alpha state. It is a light hypnotic state relaxed, yet focused and receptive. In this state of consciousness, a person is calm, able to absorb new information and become more resourceful and open to new possibilities".

Feedback from people who attended Yoga Nidra session in Jan '24:

I found the Yoga Nidra incredibly empowering in a beautiful, smoothing way. After the session I felt at peace and blissfully relaxed. C

I loved it. I found it so relaxing. It really set me up for the weekend. L

I gained so much from the session and I slept so well that night! C

I found the class very relaxing and also healing. The suggested images to visualise really kept me in the moment and stopped my mind wandering off. K