There’s no doubt that the last year and a half has been stressful for all of us, for all the reasons. And, while it seems as though we’re starting to settle back into some semblance of normal (whatever that means!), some of those big stressors and emotions are, well, still very much present. In a lot of ways, those fears and anxieties are almost hard to let go of after living so long in a locked down world. None of us want to be stressed, of course, but it seems that many of us are finding letting go and relaxing to be really, really challenging. It’s almost as though our default emotional system and body is set to high alert, and we’re afraid to lower it to more feel-good levels. Because of all of that and SO MUCH MORE as you’ll read, we are thrilled to share an excerpt from Tracee Stanley’s book Radiant Rest: Yoga Nidra for Deep Relaxation and Awakened Clarity. Tracee is a noted and lineaged teacher of yoga nidra, meditation, and self-inquiry. Her practices are inspired by the tradition of Himalayan Masters and Sri Vidya Tantra, into which she was initiated in 2001. She is co-founder of the Empowered Wisdom Yoga Nidra School and created the Empowered Life Self-Inquiry Oracle Deck. Tracee travels internationally leading retreats, teacher training, and presenting at festivals and conferences including Oprah and Gayle’s Girls Get Away. She has online classes available at Commune, Yoga Journal, Unplug Meditation, Pranamaya, and Wanderlust TV. For more information, go to her site here. Credit: Anastasia Chomlack Her new book Radiant Rest is a must-read for those interested in self-development and inquiry. Through the book, Tracee guides readers beyond the technique of yoga nidra and into the depths in order to experience deep relaxation and awaken to your power. She offers bedtime and wake-up rituals, along with insights on some of the obstacles many of us have to relaxation and the factors that play a part in blocking us from our birthright of deep rest and spiritual awakening. It’s an incredible read. And, in this excerpt from her book, Tracee is sharing why it’s so hard for us to relax, ways to heal, and practical tips to find ease, and —  best of all — finally get some radiant rest. One of the first things I became aware of, as I began to practice and then share deep relaxation, was that it’s difficult for most of us to “let go.” Yoga teachers often give this instruction without the slightest consideration for how it will be received in a class full of people with varied life experiences and possible traumas. At the very least, life can be stressful, and over time it can create the type of tension that requires more than commanding ourselves to “let go” to relax.