*bina ninda ke do dinom bada, ve ekagrata kho dete haim | yaham taka ki apane samanya, dainika karyom mem bhi bahuta si galatiyam hoti haim | koi bhi jo tina dinom taka bina ninda ke rahata hai use sochane-vicharane, dekhane aura sapha sunane mem bahuta adhika kathinai ho sakati hai | vaha vibhranti ke daura se gujara sakata hai | na sone vale vastavikata se sambandha kho dete haim aura divasvapna dekhane shuru kara dete haim | jaba eka vyakti so jata hai, taba sabhi kriyaem ghata jati haim aura mansa-peshiyam arama karati haim | hridaya dhada़kana aura shvasana dara kama ho jati hai | jaise hi koi vyakti sota hai, usaka mastishka dhimi lekina adhika bada़i aura usase adhika bada़i tarangem bhejata hai (ilektroensiphelographa ke dvara jo ki ise napane ke lie upayoga kiya jata hai) | adhikatara vayaska pratyeka ratri 7 se 8 1/2 ghantom taka sote haim | kuchha vayaska kevala chhah ghantom ki ninda ke satha kama chala sakate haim | 60 para, logom ko sata ghantom se kama ki ninda ki avashyakata ho sakati hai | hamem dhimi-taranga vali ninda aura svapna vali ninda donom ki avashyakata hoti hai | kisi bhi eka prakara ki atirikta ninda dusare prakara ki ninda ki kami ko pura nahim kara sakati hai | dhimi-taranga vali ninda mansapeshiyom, granthiyom aura anya sharirika tantrom para mastishka auऱ tantrika-tantra ka niyantrana punahsanchita karane mem sahayata karati hai |  
svapna vali ninda sikhane, tarka-vitarka, aura bhavanatmaka samayojana jaisi manasika kriyaom ko uchcha banae rakhane ke lie mahatvapurna ho sakati hai | vaijnanika yaha khojane ki koshisha kara rahe haim ki manava jati ko sone ki avashyakata kyom hai aura kaise yaha sharira ke pra bala ta ko punahsanchita karati hai |  
udaharana ke lie, kita nahim sote haim, ve kevala arama karate haim | ninda vishrama ki vaha avadhi hai jisake daurana sone vala apane prativesha ki chetana kho deta hai | achchhi gunavatta vali ninda achchhe svasthya ke lie avashyaka hai | yaha rakta chapa ko niche laegi, pratyurjata ghataegi, udariya samasyaom ko shanta karegi aura tantrikaom ko arama pahunchaegi | apa eka svachchha mastishka ke satha, urja se bharapura aura eka hrishta-pushta hridaya ke satha uthenge | apa bina thake hue dina ke sharirika shrama aura tanava lene ke lie sakshama honge | jaise hi ve takie para apana sira rakhate haim, turanta hi ve eka gahari ninda mem hote haim | ratri ke alaga-alaga ghantom samaya mem ninda ki alaga-alaga gaharai hoti hai |  
udaharana ke lie, chora hamesha pratahkala ke prarambhika samaya mem lagabhaga 2.00 baje adhika sakriya hote haim jaba adhikatara loga gahari ninda mem hote haim aura shora-gula, aksara unhem jagati hui nahim lagati hai |  
aise loga bhi haim jo ratom ko darate haim kyonki pratyeka ratri unake lie thoda़i si bhi ninda prapta karane ke lie eka sangharsha hoti hai | ve thake hue, chida़chida़e uthate haim aura unhem apane dainika karyom ke lie vastava mem khuda ko dhakelana hota hai | isa prakriya mem, dina ke samaya ve jaldi thaka jate haim |  
yaha shirsha ke prabandhakom ke satha, pure samaya bahuta sari samasyaom se lada़te hue eka vyapari ke satha, eka susampanna grihani ke satha, sharirika shrama se atyadhika thake hue eka purusha ke satha ya yaham taka ki apane tisa ke dashaka mem teja़i se apana akarshana kho rahi aura apane apa ko lada़kom ke prati kama akarshita pa rahi, aura shadi ke ankusha mem phansane ke lie utsuka eka lada़ki ke satha bhi ho sakata hai| kama ninda ankhom ke charom ora kale ghere utpanna karati hai aura isa prakara ise kama akarshaka banati hui tvacha se chamaka uda़a deti hai | lada़ke jinhonne apani shiksha puri kara li hai aura apana pesha shuru karane ke lie pratiksha kara rahe haim aura aisa karane mem sakshama nahim haim, shayada paryapta rupa se nahim so paem| jaba apake pasa eka kusamayojita parivara hota hai taba ninda badhita ho jati hai | jaba patni pati ke satha sahayoga nahim karati hai | yadi apane koi rina le liya hai aura ise vapasa bharane mem sakshama nahim haim | koi bhi chinta apako ninda se dura rakha sakati hai | hama saba adhikatara pratah kala ke prarambhika samaya mem, jaba ninda halki hoti hai, taba sapane dekhate haim | ve sukhadayaka sapane ho sakate haim |  
bahutom ko ninda ane mem kathinai hoti hai aura jaba ve sone ka prayasa karate haim, to unake pasa bhayanaka sapane hote haim jo dusvapna mem badala jate haim | ye sapane dukhadayaka hote haim | kuchha chite, billiyam, sampa, dekhate haim ya isake atirikta ve apane sharira ko eka pahada़i se girate hue pate haim |  
ve uchita rupa se taiyara hone ya apane jute pahanane ya yaham taka ki chala na sakane ke eka bahuta bada़e khatare ka samana karate hue, dikhate haim| apake paira bhari ho gae haim apa chalane mem sakshama nahim haim; apa dauda़ne ki koshisha kara rahe haim lekina paira age rakhane mem sakshama nahim haim | apa vahi sapana ratri dara ratri dekhate haim | apa thake hue, chida़chida़e, dila mem bina kisi utsaha ke jagate haim, apa kamaja़ora mahasusa karate haim jaise ki kisi ne apa ki sari urja nichoda़ di hai, mastishka aspashta hai aura sira bhari hai | apa thake hue haim aura kama karane ka koi utsaha nahim hai | vyaktigata prayatnom se sone ki avastha kabhi nahim prapta ki ja sakati hai | yaha sabhi manasika kriyaom ke samapta hone ke bada apane anusara ati hai | lekina apa manasika rupa se taiyari karake ise kara sakate haih achchhi gunavatta vali ninda pane ke lie kisi prayatna mem eka achchhi prishthabhumi | yadi apa atyadhika thake hue ya tanavapurna haim to turanta hi sone ke lie na jaem | apa bistara para jane se pahale thoda़a aura samaya lijie | apane vicharom ko darda ho rahi mansa-peshiyom para sankendrita hone dem aura unhem eka eka karake tanavamukta hone dem | apani tantrikaom ko dhila chhoda़em jaba taka ki sharira apake apane bistara para kapada़e ke eka tuda़e-muda़e tukada़e ki taraha nahim mahasusa karata hai jaise ki apake pasa na hi mansa-peshiyam aura na hi haddiyam haim | apa aisa karane ke bada, usi taraha apane mastishka ke satha kijie | kisi vishishta vichara para dhyana kendrita mata kijie, apane vicharom ko shanta kijie, kisi samasya ko sulajane ki koshisha mata kijie | usa dina ke sabhi vicharom, prabhavom, samvedanaom ko hatane ki koshisha kijie | gati ko teja़ mata kijie, ise shanti se kijie jaise ki apa apane mastishka se bata kara rahem haim aura use samaja rahe haim | jaise-jaise nirantara prayasa ke dina bitate haim, apa mahasusa karenge ki apa hara samaya aura adhika achchha kara sakate haim | yadi apa nidra takanika para niyantrana kara sakate haim, to apa tanavamukta mahasusa karenge aura mahasusa karenge ki sharira kapada़e ke eka tukada़e ki taraha hai aura yaha ki apa sira se lekara paira taka purna rupa se tanavamukta haim | basa apane apako eka prashanta avastha mem rakhem | apa kabhi anubhava nahim karenge, ki kaba apa eka shantipurna taja़gi dene vali ninda mem jate haim | yadi apa isa abhyasa mem nirantara rahate haim to apa saphala honge aura eka dina apa ise niyantrita karane mem sakshama honge | ninda aba aura eka samasya nahim rahegi | aise daॉktara haim jo bistara para jane se pahale pancha se dasa minata taka dhyana lagane ki salaha dete haim | kisi bhi kimata para, ninda ki dava lene se bachem yadi apa thika se so nahim pate haim taba bhi | eka ninda ki dava nigalane ke bada jo ninda apa prapta karate haim vaha eka achchhi gunavatta vali ninda nahim hoti hai| agali subaha apako eka pashcha-prabhava ho sakata hai, nidralu mahasusa kara sakate haim aura sabase bada़i hani hai ki apa isa dava ke adi ho sakate haim aura bina dava lie apa sone mem sakshama bhi nahim ho sakate haim |  
bina kisi sambandha ya ruchi ke anaginata sapane hote haim | mastishka eka telivija़na kaimare ki taraha hai |  
yaha sabhi vicharom, anubhavom, ghatanaom, sukhada kshanom, bhayanaka kshanom, bachapana, vidyalaya ke dinom, mahavidyalaya ke dinom, dukhom aura uttejanaom, asaphalataom, upalabdhiyom, apa para kie gae utpida़nom ko rikaॉrda karata hai aura ye sabhi chija़em apake pasa vapasa ati haim | yaha eka asambaddha mashina ki taraha rikaॉrda karata hai aura jo isake raste mem ati haim una sabhi ghatanaom ko rikaॉrda karata hai |  
jaba apa mahasusa karate haim ki apa asani se apani sansa adhika dera taka thamem raha sakate haim, to avadhi ko 10-15 sekendom taka badha़aem | yadi apa kanapati ya sira ke charom ora tanava ya phephada़om mem tanava mahasusa karate haim, to isaka artha hai ki apa sima ko para kara rahe haim | yaha abhyasa pura karane ke bada kuchha gahari sansem lem aura shavasana karem | yaha tantrikaom aura mastishka ke bicha talamela vikasita karata hai | yadi thika prakara se kiya gaya hai, to apa apane apako urja se bhara hua mahasusa karenge | yaha apake kama karane ki kshamata ko badha़aega| yaha unaki sahayata karega jo ninna rakta chapa ya alasya se pida़ita haim | yaha uchcha rakta chapa ya hridaya roga ke rogiyom ke lie upayukta nahim hai | bahya shvasana ke bada apa apane shvasana ko roke rakhane ke lie taiyara haim | samanya rupa se, asani se aura dhire-dhire jaham taka sambhava ho phephada़om ko rikta karate hue, bina kisi tanava ke shvasa chhoda़e | jaham taka sambhava ho sansa ko rokem phira samanya rupa se antah shvasana karem, 10 minata taka jari rakhem | kanapati para dabava aura udara mem hamphane ki anubhuti yaha darshati hai ki apane apani sima para kara di hai | kuchha gahari sansem lem aura shavasana karem | yaha tanavamukti ke lie achchha hai aura raktachapa kama karane mem sahayata karata hai | yaha mastishka ki shanti utpanna karata hai | ve tina prakara ke hote haim – jalandhara bandha, uddiyana banda aura mula bandha ve apake shvasana ki laya para niyantrana pane ke bada antarika pratidharana ke samaya upayoga kie jate haim | ye do bandha usa samaya shuru kie ja sakate haim jaba apa apani sansa ko 10-15 sekendom taka dharana karane mem sakshama hom | eka agravarti vidyarthi dvara bahya pratidharana uddiyana ke satha joda़a ja sakata hai | bahya pratidharana ke bada, vyakti udara ko bhitara khinchata hai (uddiyana)| jaise hi abhyasa ke dvara sthirata prapta hoti hai hama samanya shvasana avadhiyom ki sankhya ko ghata sakate haim | yada rakhie bandhom ko karate samaya, gardana ko mata khinchie | kisi bhi bindu para bala prayoga mata kijie | bandhom ke satha eka karyavadhi mem 6-8 chakrom se adhika bahya ya antarika pratidharana mata kijie | apani kshamatanusara pratidharana ki avadhi aura chakrom ki sankhya badha़aem| yaha dina mem kevala eka bara kiya jana chahie aura eka achchhe yogi se prashikshana prapta karana hamesha hi behatara hota hai | apake hatha ki mudraem mahatvapurna haim aura shvasana ko parivartita karane aura apake mastishka ko eka shantipurna prabhava dene mem eka bhumika nibhati haim | apa unhem niche ki ora ya upara ki ora phalaka kie hue hatheliyom ke satha kara sakate haim | ise baithe hue kijie aura apani ridha़ sidhi rakhie | apa ise padmasana, vajrasana mem, palathi mare baithe hue ya phira kisi kursi para baithe hue bhi kara sakate haim|*