



The YOGA NIDRA

WHAT YOGA NIDRA?

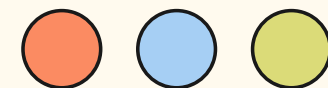


Yoga nidra (Sanskrit: योग निद्रा) or yogic sleep in modern usage is a state of consciousness between waking and sleeping, typically induced by a guided meditation.



Stage	Description	Purpose	Key Practices	Psychological / Therapeutic Significance
1. Preparation / Settling the Body	Relaxation	To relax the body and prepare for internalization of awareness.	Lie in Shavasana; adjust posture for comfort; resolve to remain still and aware.	Induces parasympathetic dominance; reduces somatic tension; facilitates pratyāhāra (withdrawal of senses).
2. Sankalpa (Resolve / Intention)	संकल्प (Sankalpa)	To plant a short, positive intention in the mind.	Mentally repeat a personal, affirmative statement (e.g., “I am calm and confident”).	Uses autosuggestion to recondition subconscious thought patterns; aligns conscious and unconscious goals.
3. Rotation of Consciousness (Body Scan)	शरीरानुसंधान (Sharira-anusandhana)	To systematize relaxation through awareness of each body part.	Sequential awareness through body parts (usually following a set pattern from right to left).	Induces deep muscular relaxation; bridges conscious and subconscious awareness.
4. Awareness of Breath	प्राणानुसंधान (Prāṇa-anusandhana)	To stabilize awareness and deepen physiological relaxation.	Observe natural breath, count breaths, or feel the flow of air through nostrils.	Lowers respiration rate, balances autonomic function, enhances mindfulness.

Stage	Sanskrit Term / Description	Purpose	Key Practices	Psychological / Therapeutic Significance
5. Awareness of Opposites (Pair of Feelings)	द्वंद्व ध्यान (Dvandva Dhyāna)	To desensitize emotional reactivity and train neutrality.	Experience contrasting sensations (hot/cold, heavy/light, pain/pleasure, joy/sorrow).	Facilitates emotional regulation; increases tolerance of affective states; integrates opposing experiences.
6. Visualization	भावचित्र (Bhāva-Chitra)	To access and cleanse subconscious impressions (samskaras).	Guided imagery of symbolic or serene images (e.g., light, ocean, temple).	Promotes catharsis
7. Sankalpa (Repetition)	संकल्प पुनरावृत्ति (Sankalpa Punarāvṛtti)	To reinforce the subconscious seed at a receptive depth.	Repeat the same Sankalpa with sincerity and focus.	Uses autosuggestion to recondition subconscious thought patterns; aligns conscious and unconscious goals.
8. Return to Waking State	बाह्य चेतना (Bāhya Cetanā)	To gradually return awareness to the external world.	Become aware of surroundings, move fingers and toes, open eyes gently.	Prevents disorientation; integrates altered consciousness with waking cognition; anchors experience.



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Yoga Nidra

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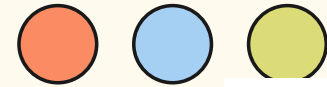
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