

Yoganidra Course by Shrimath - Krishna Prakash

Day 1

Yoga Nidra योगनिद्रा - A Tool for Self-Discovery

- As per Swami Satyananda स्वामी सत्यानंद , Yoganidra is the first step towards transcendence (Samadhi समाधी)
- Yoganidra is mentioned in Yoga-Taravali योग तारावली by Adi Shankara आदी शंकर
- Helps navigate day-to-day challenges and seek the constant.
- Assists in self-inquiry - "Who am I?" and "Why am I doing what I do?"
- Bridges the material world (Mahamaya महामाया) and pure consciousness.
- Supports achieving goals and ultimate self-realization, which is knowing who we are.

Aastika Darshana आस्तिक दर्शन - The Knowledge Tradition

- Aastika आस्तिक does not mean belief in God but belief in knowledge & tradition.
- Knowledge (Veda वेद) is born with creation.
- Veda is not a textbook but a body of knowledge passed through tradition.
- Pursuit of knowledge transcends caste, creed, and religion.

Trust in Tradition

- When in doubt, trust the tradition of teachers, then you are Aastika.
- A guide who has already experienced it can lead us beyond our intellect.
- Yoga Nidra belongs to the Aastika Darshana, derived from Tantra तंत्र , not classical Yoga.

Yoga Sutra योगसूत्र & Living Traditions

- Yoga Sutra does not outline processes beyond meditation on OM.
- Processes are determined by the living traditions of the era.
- The goal is to reach the root of why one seeks Yoga Nidra.

Journey of Self-Discovery

- "Who am I?" is a personal journey; no need for external validation.
- Understand yourself first; do not expect others to empathize.
- Doubts are welcome, but resolve them through understanding concepts.

Understanding Desire

- Desire drives daily actions; an emotion is energy in motion, similarly a thought that propels action is desire.
- Life is a series of desires - understanding them is crucial.
- Automated living leads to stress, insomnia, and rage.
- Exercise: Write a list of desires; do not share or judge them.

Tantra तंत्र - Channelizing Desires

- Tantra provides methods to channel desires, not suppress them.
- Use Dharma धर्म as a filter to refine desires.
- Infinite desires exist but can be classified into four categories (Purushartha पुरुषार्थ).

Purushartha - The Four Desires

Buckets for ideas, desires , goals:

- Dharma धर्म : Role clarity, duties, righteousness, understanding right or wrong.
- Artha अर्थ : Wealth generation, using intellect for decisions. This appreciates with time. You use mind to take this type of decision. Need to generate wealth for the other three categories (Bramacharya ब्रह्मचर्य , Vanaprastha वनप्रस्थ , Sanyasa संन्यास). Getting fooled to think if you are spiritual you should be poor these are all pedal ideas don't believe that. Health is probably wealth (wellness because of it appreciates with time)
- Kaama काम : Sense pleasures, using body & senses for decisions. This depreciates with time.
- Moksha मोक्ष : Ultimate self-realization, the common goal. We can keep it aside as one common desire out of infinite desires. So all remaining desires can now be classified into remaining 3 categories. That's the authority of Indian Traditions.
- Rule: Artha & Kaama are valid if aligned with Dharma.

Antahkarana अंतःकरण - The Inner Instrument

Where does the thinking/processing is happening?: Antahkarana अंतःकरण (inner instrument, 'Mind'), works in 4 different modes:

- Manas मनस (Mind): Collects thoughts, generates desires.
- Buddhi बुद्धी (Intellect): Decision making, applying filters.
- Chitta चित्त (Memory): Storage of past experiences.
- Ahamkara अहंकार (Ego): Self-identity, action initiator. Self Arrogating Principle, helps us take action. Inferiority & superiority complexes stem from a sense of lack.
- Ego should be used mindfully to implement what is intellectually right.
- Willpower plays a key role in executing our decisions.
- Balance between intellect and action is necessary for growth.

Processes for Inner Clarity

- Yoga Nidra योगनिद्रा : Calms the mind and aids goal realization.
- Antarmouna अंतरमौन : Inner silence practice for self-reflection.
- Bhramari Pranayama भ्रमरी प्राणायाम : Breathing technique for calming the mind.
- Mantra Sadhana मंत्र साधना : Chanting practice to enhance focus and awareness.

Day 2

Paper and Magnifying Glass Analogy

- Paper is our mind and Magnifying Glass is our body.
- Holding glass steady: Sun-rays converge—Pratyāhāra (प्रत्याहार, Withdrawal).
- Keeping body & mind still: Black circle forms—Dhāraṇā (धारणा, Concentration).
- Spark appears—Dhyāna (ध्यान, Meditation).
- Paper burns—Samādhi (समाधि, Transcendence).

Types of Yoganidra

- Common Yoganidra is of Pratyāhāra type.
- There are also Dhāraṇā and Dhyāna Yoganidra.
- Awareness ≠ Attention-Focus-Concentration (Dhāraṇā).
- In Pratyāhāra-Yoganidra, we must be aware, not concentrate.
- Yoganidra: Ears open, Eyes closed.

Inner Journey: Vector, Not Scalar

- Inner journey is Vector (Direction matters more than speed).
- Scalar movement (just going) doesn't help.
- Speed & Direction both define true inner progress.

Importance of Sound in Yogic Tradition

- Sound is the subtlest sensory input.
- Ears capture sound, not eyes.
- 60-80
- Visual takes more energy, sound requires more attention & retention.
- Vedas are Shrutis (श्रुति)—heard, not written.

Levels of Yoganidra Practice

- Level 1: Awareness circulation (joints), body relaxation.
- Level 2: Awareness of spaces between joints + breath (Prāṇamaya Kośa प्राणमय कोश).
- Brain's "Little Man" has a body map—triggered during awareness rotation.
- Body relaxation (Annamaya Kośa अन्नमय कोश) is a must.

Preparatory Stages for Yoganidra

- Prāṇāyāma (प्राणायाम): Bhrāmārī (भ्रामरी).
- Antar Mauna (अंतर मौन) - Inner Silence.
- Mantra Sādhana (मन्त्र साधना) - Mantra Discipline.
- These enhance readiness for deeper Yoganidra.

Sense Profile: Understanding Yourself

- Mind is an aggregate of senses.
- Sense Mastery > Mind Mastery.
- Without Sense Mastery, Mind Mastery is unstable.
- Pratyāhāra focuses on sense mastery—gateway to inner yoga.

Sense Profile Matrix (5x3)

- 5 Senses: Sound (Shabda शब्द), Touch (Sparsha स्पर्श), Form (Rūpa रूप), Taste (Rasa रस), Smell (Gandha गंध).
- Profile: Like (L), Neutral (N), Dislike (D).
- Example: Like cotton texture, neutral to linen, dislike polyester.

Being a Witness in Antar Mouna & Yoganidra

- Identify sense triggers in meditation.
- Simply witness the reaction, mentally note, move on.
- Stay present—maximize effort in the now.

Main Tenet: "What Can I Do Now?"

- Irritating sound? Witness it.
- If action possible—act (e.g., oiling a creaky door).
- Otherwise—accept and remain silent.

Benefits of Yoganidra

- Develop skill to respond, not react.
- Shift from Sympathetic Nervous System (Fight or Flight) to Parasympathetic (Relax & Digest).
- Recognize difference between getting angry vs. showing anger.
- Cultivate dexterity in response.

Day 3

Nonlinear Traditional Systems

- Modern education is linear, whereas traditional systems are nonlinear.
- Nonlinear approach helps thrive in chaos.
- Indian leadership excels due to exposure to nonlinear learning (60s-70s generation).
- Complete adoption of the Western linear model may lead to losing this advantage.

Holistic Perspective on Life

- Life is cyclical, not linear.
- Existence is eternal; आत्मा (Atman) never dies.
- A holistic approach shapes reactions and responses.
- Reaction can sometimes be the best response.
- Balancing sympathetic and parasympathetic nervous systems enhances well-being.

δ Delta Waves - Deep Sleep & Healing

- Essential for deep sleep, cellular repair, and regeneration.
- Lack of delta sleep accelerates aging and cognitive decline.
- Caregivers must prioritize deep sleep for well-being.
- Improvement strategies:
 - Practice योग निद्रा (Yoga Nidra) before bedtime.
 - Maintain a consistent sleep routine.
 - Perform Shavasana शवासन (Corpse Pose) for deep relaxation.

β Beta Waves - Alertness & Decision Making

- Beta waves support decision-making and mental alertness.
- Excessive beta activity leads to anxiety and gut issues.
- Overanalyzing and debating excessively increase beta waves.
- Beta waves may be linked to the Vagus Nerve in future research.
- Improvement strategies:
 - Practice सूर्य नमस्कार (Surya Namaskar) to improve focus.
 - Perform मन्त्र साधना (Mantra Sadhana) to stabilize beta waves.
 - Engage in puzzles or learn new skills to balance cognition.

γ Gamma Waves - Learning & Concentration

- Gamma waves enhance deep focus and cognitive function.
- Passion and hobbies naturally stimulate gamma waves.
- योग (Yoga) suggests भ्रामरी (Bhramari) for gamma wave activation.
- Perform भ्रामरी (Bhramari) for 6.5 to 7 minutes in one sitting.
- Improvement strategies:
 - Practice भ्रामरी (Bhramari) to enhance gamma wave production.
 - Perform dynamic योग आसन (Yoga Asanas) for mental stimulation.
 - Cultivate or restart hobbies for cognitive engagement.

θ Theta Waves - Creativity & Intuition

- Theta waves enhance creativity, memory, and emotional balance.
- ब्रह्म मुहूर्त (Brahma Muhurta) - optimal time for study, meditation.
- संध्या उपासना (Sandhya Upasana) aligns with theta wave transitions (sunrise, sunset, noon).
- Theta waves increase with surrender, trust, and deep conversations.
- Improvement strategies:
 - Practice योग निद्रा (Yoga Nidra) to deepen theta activity.
 - Engage in creative visualizations and activities.
 - Chant sacred texts (श्री विष्णु / श्री ललिता सहस्रनाम, कुरान, श्री गुरु ग्रंथ साहिब, बाइबिल) for 20 minutes daily.

α Alpha Waves - Relaxation & Mindfulness

- Alpha state is cultivated through consistent inner work.
- Cannot be instantly generated through weekend programs.
- Indic wisdom simplifies overwhelming thoughts into structured categories.
- Being present in the now aids evolution and maturity.
- Developing a witness attitude naturally shifts one into alpha state.
- Mindful work and love for the process enhance alpha waves.
- Face problems with a calm mind: "What can I do now?"
- Improvement strategies:
 - Practice योग निद्रा (Yoga Nidra) to enhance relaxation.
 - Perform नाडी शोधन (Nadi Shodhana) to calm the mind.
 - Spend time in nature or listen to soothing music.

Role of मनस् (Manas) in Brain Waves

- मनस् (Manas) governs brain wave generation and mental processes.
- Overthinking and intellectualizing can be turned into strengths.
- Anchor the mind through regular साधना (Sadhana).
- Despite life's challenges, meditation should continue.
- मंत्र (Mantra) leads to silence; sound is the soundest of साधना (Sadhanas).
- Mantra, प्राणायाम (Pranayama), and hobbies provide stability.

Mantra Practice - The Path to Silence

- जप (Japa) is conscious repetition of sound for the advised duration.
- Mind wanders for 10 seconds; train it to withdraw.
- Let the mind go; hold on to the mantra like a boat on a lake.
- Swami Satyananda स्वामी सत्यानंद : Do not force concentration; just be with the mantra with love.
- Despite life's uncertainties, mantra practice shifts the mindset positively.
- Mindfulness in mantra ensures there is no past, future, or present—only the now.
- Three stages of mantra practice:
 - जप (Loud Japa): Helps correct pronunciation and calms the beta state.
 - उपांशु (Upamshu): Whispered mantra, audible only to oneself.
 - मानसिक (Manasika): Silent internal repetition, absorbed into the spiritual heart.

Day 4

Regular Practice and Mind Tricks

- Without practice, the mind constantly seeks more knowledge.
- With regular practice, a shift happens naturally.
- Reduce usage of words like 'feel', 'like', 'dislike' to improve life.
- Mind tricks us; fixed practice times like sunrise, sunset, or noon help.
- Dinacharya (दिनचर्या) and Rutucharya (ऋतुचर्या) are crucial.

Consistency in Practice

- Skipping practice for 3 days can derail progress.
- Fourth day becomes difficult to return to practice.
- Inner journey is unlike an office job; think like an entrepreneur.
- Certifications fail as people treat yoga like a degree.
- Practice is like daily habits—brushing, eating, etc.
- Nitya Karma Anushtthan (नित्य कर्म अनुष्ठान) is essential.

Depth vs Breadth in Practice

- Depth is more important than breadth in the inner journey.
- Knowledge comes from breadth, but revelations come from depth.
- Repetition is key to insights.
- Tradition emphasizes repeating the same process for thousands of years.
- Example: Gayatri Mantra (गायत्री मंत्र) practice over generations.

Mantra: The Vehicle to Silence

- Mantra leads to inner silence.
- Two approaches: Naam Mantra (नाम मंत्र), Beej Mantra (बीज मंत्र).
- Beej Mantra needs initiation (e.g., 'Om' ॐ).
- Naam Mantra (e.g., 'Namah Shivay' नमः शिवाय) is more accessible.
- Teacher selects mantra based on student's capacity.

Sharing and Growth in Practice

- Indian classical music requires training, but anyone can hum a song.
- Initiation requires a teacher, but we are all fellow seekers.
- True sharing means sharing what is given, like passing a lit lamp.
- The more you share, the more you grow.

Essence of Ancient Texts

- First verse gives the essence of ancient texts.
- Yogasutra: योगसूत्र 'Atha Yoganushasanam (अथ योगानुशासनम्)' - Study of 'Now'.
- Objective: Establish us in the present through discipline.
- Explains pitfalls, siddhis सिद्धी, and methods to develop concentration.

Bhagavad Gita and Dharma

- Bhagavad Gita: भगवद्गीता Begins with 'Dharmakshetre (धर्मक्षेत्रे)'.
- Entire text explains Dharma (धर्म) and duties via Yoga योग (Karma कर्म, Bhakti भक्ती, Raja राज).
- Shastras शास्त्र are called Darshanas (दर्शन) as they provide vision.

Lalita Sahasranama ललित सहस्रनाम : The Divine Mother

- Describes the divine mother Shri Mata (श्री माता).
- She is the source of all—creator, preserver, and destroyer.
- Invocation varies: Durga दुर्गा for obstacles, Lakshmi लक्ष्मी for wealth, Saraswati सरस्वती for wisdom.
- Whatever is needed in life comes from her.

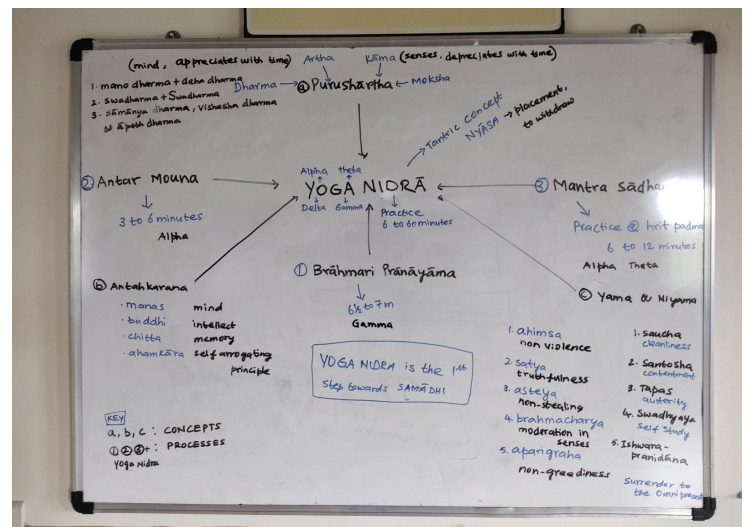
Yoga Nidra and Creativity

- Yoga Nidra योगनिद्रा helps realize personal resolutions.
- Life constantly pushes us to be creative and innovative.
- Being in touch with creation leads to better problem-solving.
- Mantra for this session: 'Om Shree Matre Namah (ॐ श्री मात्रे नमः)'.

Mantra Sadhana मंत्र साधना : Inner Purification

- 80-90% of Indians practice sadhana to acquire things.
- In traditional practice, mantra sadhana मंत्र साधना focuses on:
 - Chitta Shuddhi (चित्त शुद्धि) - Purification of mind.
 - Chitta Ekagrata (चित्त एकाग्रता) - Concentration.
 - Chitta Vishalata (चित्त विशालता) - Expansiveness.
- Inner work aligns us with the larger system of existence.

Day 5



Awareness and Waves

- Awareness is like standing on a seashore.
- Waves (thoughts, sounds) come on their own.
- No effort is needed to chase them.
- In youth, we rush towards experiences.
- Maturity: Stand still, waves reach you naturally.
- Awareness happens on its own—just be present.

Yoga Nidra and Nyasa (न्यास)

- Yoga Nidra originates from Nyasa (न्यास).
- Nyasa (Tantra) = Tried and tested method.
- Two meanings: Placement and Withdrawal.
- Sannyasa (संन्यास) = Samyak + Nyasa (Perfect withdrawal).
- Withdrawing from personal identity; world is family.
- Awareness of instructions, no distractions.

Yoga Nidra and Brain Waves

- Yoga Nidra balances Alpha and Theta waves.
- State: Neither fully asleep nor awake.
- Detached witness to distractions.
- Enables relaxation, healing, and stress reduction.
- Reduces blood pressure and anxiety.

Mantra (मन्त्र) - The Anchor

- Mantra (मन्त्र) = Mananat Trayate Iti (मननात् त्रायते इति).
- Acts as an anchor in changing life circumstances.
- Mood, age, problems change—mantra remains constant.
- Regular practice enhances self-healing and mindfulness.

Dharma (धर्म) - Support and Stability

- Dharma (धर्म) = That which sustains and supports.
- Balance between goal pursuit and emotional resilience.
- Mano Dharma (मनो धर्म) = Duty towards the mind.
- Deha Dharma (देह धर्म) = Duty towards the body.
- Ask: Is my goal aligned with Swadharma (स्वधर्म)?

Swadharma (स्वधर्म) and Passion

- Swadharma (self-duty) aligns passion and profession.
- If aligned, less marketing needed—service attracts people.
- Misalignment = More strategy, planning, and effort.
- Example: A hockey player playing cricket for money.

Yama (यम) and Niyama (नियम)

- Foundations of Yoga: Yama (यम) and Niyama (नियम).
- Useful for refining resolves and desires.
- Guides personal discipline and ethical conduct.

Sankalpa (संकल्प) vs Affirmation

- Affirmations: Passive, mind-centered, unreliable.
- Sankalpa (संकल्प): Active, action-based self-discovery.
- Self-chosen—not decided by others.
- Rooted in present reality, not abstract desires.

Framing a Sankalpa (संकल्प)

- Must be a Need, not just a Want.
- Avoid over-ambitious or abstract resolutions.
- Focus on what disturbs the mind most.
- Resolve must be personal—not for others.
- Specific, measurable, and positively framed.
- Example: “I need 8 hours of sound sleep.”

Yoga Nidra - Practical Tips

- Avoid stiffness—Corpse pose, but not a corpse.
- Be still but respond to discomfort (e.g., mosquito).
- Use a light blanket—Body temperature may drop.

Process of Yoga Nidra

- Bhramari (भ्रामरी) - 7 minutes
- Antar Mouna (अंतर मौन) - 2-3 minutes
- Yoga Nidra (योगनिद्रा) - 25-35 minutes
- Mantra Sadhana (मन्त्र साधना) - 5 minutes

Levels of Yoga Nidra

- Level 1: Awareness rotation at joints.
- Level 2: Awareness rotation between joints.
- Level 3: Awareness rotation + Breath-work.
- Level 4: Awareness rotation + Breath-work + Visualizations.