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AI Advisor (Helping organizations in their AI journeys) | PhD (Geometric ...  
now • 🌐

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Apart from sharing AI and tech updates, I occasionally post about my other interests—like learning Sanskrit and Yoga. Here's one such update: I'm currently taking a course in Yoga Nidra, one of the aspects of Yoga Shastra, under the guidance of Krishna Prakash at Shrimath Yoga. 🧘 ✨

Yoga Nidra (Yogic Sleep) is much more than just a relaxation technique. It's a guided process that takes you through different sheaths (koshas) of awareness, as described in Yoga. At a certain stage, you're invited to repeat a personal resolve (Sankalpa)—a wish you want to manifest.

From my experience, within just three weeks of practice, my resolve has got achieved already (this resolve is personal, secrete and so no disclosures! But I can just share that it's somewhat own-health-related.)

Unless your wish is to be a billionaire tomorrow 💰 😏, I highly recommend trying this technique! If you're curious, check out Shrimath's next Yoga Nidra course—available both online and offline, [shrimathyoga.com](https://shrimathyoga.com) 😊

If well-being has been on your mind, this might be the perfect place to start. 🌱

#YogaNidra #SelfCare #WellnessJourney #iwd #Mindfulness  
#TransformYourLife #ShrimathYoga



Krishna Prakash • 1st

Advocate of Indic Wisdom | Yogacharya | Yoga Nidra Specialist | Proponen...  
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## Mesmerism, Hypnotism & Psychotherapy

Yoga Nidra is both - scientific & time-tested. It's an ancient Tantra based technique that allows us to take charge of our lives 🧘

The other 3 methods (in the heading) have a purpose, role & efficacy where someone needs an external validation, investigation & intervention due to one reason or the other.

Yoga Nidra stands out from these and many other approaches because the essence of this is the resolve ie Sankalpa

The practitioner of Yoga Nidra decides what they wish to achieve in their life & is trained to convert that wish into a resolve 🦋

They need not discuss this wish with anyone including their near & dear ones. In fact, a teacher trained in living traditions would never ask for it nor is curious about it 😊

Thus, the remote control of the process remains with you 🖐️ ie the practitioner than with the mesmerist, the hypnotist or the psychotherapist.

The framework to narrow down, filter & formulate the Sankalpa is provided by the principles enshrined in Indic Wisdom 📖

In a nutshell, you will be taught to fish 🐟

## What can be done?

1) Learn #YogaNidra from a traditional school like Shrimath Yoga 🛎

2) Invest 40m to complete a FREE course at [www.Shrimathyoga.com/grace](http://www.Shrimathyoga.com/grace) ✨

3) Learn a relaxation technique today ✨

<https://lnkd.in/e293GavK>



Is Yoga Nidra similar to...  
[youtube.com](https://www.youtube.com)