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Yoganidra: A Deep Sleep Without Sleeping

Finding moments of calmness even during daytime



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YogaNidra, or yogic sleep, is like a magic trick for your mind. It's a special kind of rest that helps you feel super calm. Let's take a little journey into how and why it works!

Why

Life can be pretty stressful, right? *YogaNidra* is like a superhero that fights stress and anxiety. When you do it, it wakes up your superhero side — the part of you that knows how to chill out. It's like a cozy hug for your brain.

What

Think of *YogaNidra* as a bedtime story for your mind. You lie down, close your eyes, and go on a little adventure inside your head. It's like a movie, but you're the star! The best part? You end up feeling super calm and happy afterward.

When

You don't need a lot of time for this superhero power nap. Try it for just 10–15 minutes. Do it in the morning to kickstart a good day, or whenever you feel a bit overwhelmed. It's also perfect to do before bedtime for sweet dreams.

How

1. **Get Ready:** Lie down comfortably, like a sleepy superhero. Close your eyes and promise not to move until the adventure is over. Stay awake but super relaxed.
2. **Make a Super Wish:** Say a positive wish to yourself three times. It's like a secret wish that makes you feel awesome. Keep the wish the same every time.
3. **Travel Through Your Body:** Imagine your mind taking a little trip through your body. Think about each part, like your toes and fingers. Picture them in your mind like a special movie.
4. **Breathe and Count:** Pay attention to your breath, like you're watching it do a dance. Count down from 27 as you breathe. It's a fun way to stay focused.
5. **Let Go of Feelings:** If you feel strong feelings, it's okay! Picture them like balloons floating away. You don't need to hold onto them.
6. **See Cool Pictures:** Imagine cool things, like stars in the night, waves at the beach, a candle glowing, a huge desert, and a big, bright moon.
7. **Say Your Super Wish Again:** Repeat your positive wish three times. This is like telling your mind, "You're awesome, and I believe in you."
8. **Wake Up Slowly:** When it's time to finish, wake up slowly. Take your time, like waking up from a really nice nap.

Doing *YogaNidra* is like having a mini vacation for your mind. It's easy, it's fun, and it makes you feel like a superhero! Try it, and watch the magic happen in your own

head.

References

<p>Yoga Nidra: A Step-by-Step Guide to Yogic Sleep for Top Relaxation - One Yoga</p> <p>Unlock the magic of Yoga Nidra! Discover the secrets of yogic sleep to master utmost relaxation, reduce stress, and...</p> <p>oneyogathailand.com</p>	
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<p>The Origin and Clinical Relevance of Yoga Nidra - Sleep and Vigilance</p> <p>Yoga nidra, also known as 'yogic sleep', is a simplified form of an ancient tantric relaxation technique. The most...</p> <p>link.springer.com</p>	

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