

YOGA NIDRA
or
Psychic Sleep (Psychosomatic Relaxation)

Steps:

A) Lie down on your back. in relaxation position.

B) Relax your body as easily as possible, If necessary contract part by part with inhalation and relax with exhalation-right leg, left leg, right arm, left arm, back, front, neck, head, whole body.

C) After complete physical relaxation relax your mind There are many methods of relaxation of the mind. cutting off connection with the world, world problems and tensions, and focusing or concentrating on the self. Use anyone as per your psychic nature. Here are but a few, to get the idea,. but they are not the only ones. You can relieve your mind even in a fraction of a second, just by remembering a certain psychic symbol-just as for a child, the memory or sound of his mother makes him relieved and peaceful.

1. Try to think about a psychic and spiritual subject like, God, Universe, Truth, "Who Am I" ,. Love, beauty of nature, Silence. Sun, Moon. Heaven, Mother, Guru, Yoga, Sleep, Dream, Sound, Mantra. Diagram Symbol-whatever method will channel your consciousness to concentrate upon it and make you calm and tranquil.

This is an act of introversion or going beyond intellectual level or relaxing physically and intellectually and being aware inside,

and to guide consciousness consciously -in other words to enjoy "sleepless sleep" (the sleep in which your consciousness does not slip or does not remain suspended)

2. To achieve the same end, you can compare yourself with the sun, moon and stars and the whole cosmos and locate your relative value. You will find you do not exist. Then you will be able to forget problems and pain for some time. It will bring momentarily self-forgetfulness and thus, you will be able to overcome intellectual faculty and get introversion.

3. Imagine that you are in the lap of Divine Mother Earth and you are not alone. Your problems are universal and cosmic and not only individual. Rest and relax your mind by developing this philosophy. Those who have devotional background will succeed in this practice.

D) Now your personality is deeply relaxed. Put some "cosmic seed of thought" in the form of resolve in it, and it is bound to come out, as a plant, flower or fruit. Resolve to remove personality error and personality complex, to remove bad habits and to achieve success in life. Thus it is an art of "thought projection" or powerful thinking, or positive thinking, or "to increase will power" or to "materialize through thought". It should be an honest and pure resolution. Formulate it in a few simple but effective words. Write it down in your diary. Repeat 21 times and continue it for one or two months until you find a change in your personality or until your aim is achieved.

The same resolution should be repeated at the end of psychic sleep using the same words and with the same underground feeling-21 times.

E) Now you have trained your consciousness to project on any particular thought, channelise and concentrate over it. In this exercise you have to rotate your consciousness in different joints of the body-feel them, understand them, relax them. Thus by concentration on any part, you are able to draw more nervous current and, thus, more blood circulation in that region which

gives healing effect and keeps that part healthy and relieves psychic tension in that part. Like this you will rotate your consciousness in the whole body. Put order in every cell of the body Thus enjoy perfect physical and mental health and deep peace and bliss.

Now rotate your consciousness in the following parts of your body, repeating the name mentally and taking your consciousness in those parts and feeling those parts with love, and relax them. Rotation should be continuous and channelised with the same speed.

Right hand thumb	Left hand thumb
Second finger	Second finger
Third finger	Third finger
Fourth finger	Fourth finger
Fifth finger	Fifth finger
Palm	Palm
Wrist	Wrist
Elbow	Elbow
Shoulder	Shoulder
Armpit	Armpit
Waist	Waist
Hip	Hip
Thigh	Thigh
Knee	Knee
Calf	Calf
Ankle	Ankle
Heel	Heel
Sole	Sole
Right toe	Left toe
Second toe	Second toe
Third toe	Third toe
Fourth toe	Fourth toe
Fifth toe	Fifth toe

Complete first column then start second column

right shoulder blade	right chest
left shoulder blade	left chest
right buttock	center of chest
left buttock	heart

back	heart beating
front	naval
head	abdomen
forehead	genital organ
right eyebrow	right leg
left eyebrow	left leg
center of eyebrows	right arm
right eye	left arm
left eye	trunk
nose	Head
nose tip	whole body
right cheek	whole body
left cheek	whole body
right ear	whole body
left ear	whole body
upper lip	whole body
lower lip	whole body
chin	whole body
throat	whole body

Repeat this whole sequence 3 times until you feel totally introverted and do not remember the next part of your body, A lot of confusion comes and finally your external consciousness becomes dim and internal consciousness becomes bright or awakens.

Now if you have enough time to do the following additional exercises;

1. Try to feel your whole body part by part-heavy_
2. Try to feel it part by part light-repeating the same above sequences.
3. Super impose feeling of heat and feel part by part your body becoming hot.
4. Super impose the feeling of cold and feel part by part cold.
5. Superimpose the feeling of acute pain in your body in any part.
6. Superimpose a memory of the best happiness you ever had or imagine one.

Thus train your psyche more and more to odd and even of life so, in the world, when you have to fight under the influences of good and bad, you will be able to turn and adjust your mind soon.

Thus you will be above the influences of this duality because finally you know how to achieve unity (Yoga) with your soul.

F) Now totally relax-no thought , void-watch your incoming breathing from tip of the nose of to top of the nose and outgoing breathing from top of the nose to the tip of the nose. Try to sleep as quickly as possible and be aware to See and watch from where sleep comes and what is your last thought or mental condition when sleep comes and what happens during sleep. Follow the sleep-be aware and witness during sleep. This practice will take you deep down in your personality and great treasure of wisdom will be open to you.

You will learn many things during your sleep you will yet be totally relaxed, light, fresh and full of new energy and creative thought when you come out of this sleep.

This is the process of brining dynamism to your consciousness. This practice alone can lead you to the best meditation and even to Samadhi (super conscious experience). It will provide you health.

happiness. Peace, tranquility, beauty and strength with all round dynamism and success in all walks of life.

G) Before you come out of this practice repeat your resolution 21 times.

H) Now be aware slowly of external atmosphere-room, sounds. out side of room sound etc. Stretch your arms, back, neck, head and whole body and with positive thought, tranquility, peace of your soul through your whole personality.

I) Do not forget to do the spinal strength exercises to stimulate the body and awaken it, after Yoga Nidra (Paschimnottan asana) This will. bring the circulation to normal.

M H T H A K E R