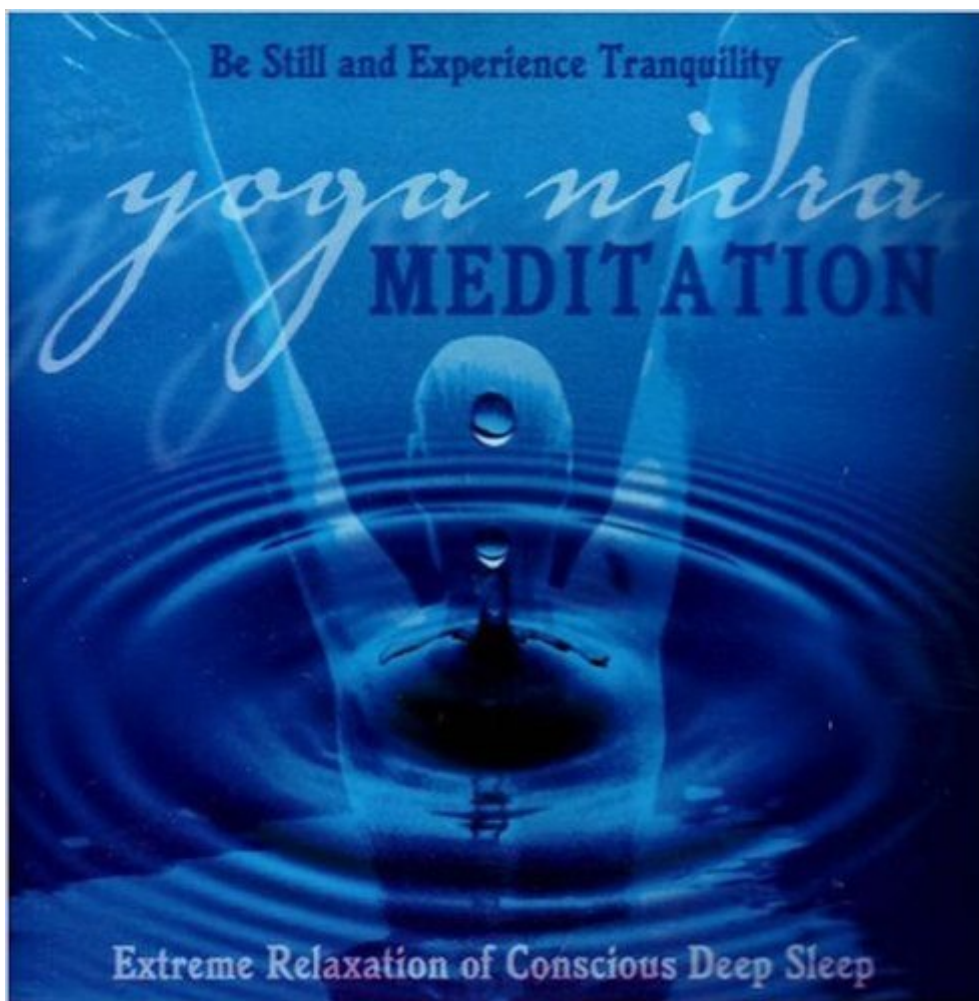


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# Yoga Nidra Meditation CD: Extreme Relaxation Of Conscious Deep Sleep



## Synopsis

This meditation is an authentic rendering of Yoga Nidra as taught in the Himalayas by the masters of Yoga, Vedanta and Tantra. While it is an advanced meditation practice, anyone can start the practice while watching it deepen over time. Yoga Nidra literally means "Yogic Sleep." In this deep meditation you train your attention to leave the chatter of the Waking state of mind, go past the fantasy of the Dreaming state, and consciously, intentionally enter the stillness of the Deep Sleep state, yet paradoxically remain awake and in deep meditation. For thousands of years the Yogis have used Yoga Nidra to master the art of sleep, to balance the subtle energies, and to experience greater depths of meditation. The state of conscious Deep Sleep or Yoga Nidra is underneath, behind, or subtler than meditations at either the Waking or Dreaming levels. This subtle state is called "Prajna," which means "supreme knowing." "Pra" means "supreme," and "jna" means "knowing." The conscious experience of this state is a doorway to higher, formless knowing that has been called the infinite library of wisdom and the teacher within. The depth of authentic Yoga Nidra comes from inner awareness of the levels of your own self, including your body, breath, and the subtler mind, rather than diverting attention through music or inner fantasies (as pleasant as these may be). This inner exploring through self-awareness is a more refined form of meditation that leads you deeper into the stillness and silence of your own being, while remaining fully awake and aware. The Yoga Nidra methods bring you to a place of awareness where you are able to completely let go of any words, thoughts, images, impressions, or pictures in the mind. You are guided to allow your mind to "empty, empty, empty" though you remain fully awake and clear of mind. The practices on this CD will gently train your ability to direct your own attention, which is the primary skill in the art of meditation. You will find that you are gradually able to use these methods on your own, without the CD, and the benefits will be with you not only during your practice time, but also during the activities of daily life. The voice will systematically guide you to explore your physical body, then move through 61 specific points within the body, and then practice ascending breath awareness along the body and spine. Your attention will be brought to the space between the eyebrows, then to the throat, and finally to the heart center, where you will go deep into stillness and silence, beyond the activities of the mind. The Yoga Nidra CD has five tracks. The first track is an introduction (8:02 minutes), describing the state of Yoga Nidra and the practices on the CD. The next four tracks move through four sequential practices that are listened to together, so as to form a complete practice of 57:24 minutes (CD is 65:36 minutes in total). These four tracks can also be listened to individually, as complete practices unto themselves, which allows you to have the benefits of practice when less time is available.

## Book Information

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& Meditation #83 in Â Books > Books on CD > Health, Mind & Body > Meditation

## Customer Reviews

This recording has 5 tracks. The first one introduces you to Yoga Nidra - and the following tracks guide you through actual practice. The guided meditations on this recording are entirely verbal - there is no music in the background. The introduction is followed with a meditation which guides you into a state of deep relaxation. The next track guides you through 61 points relaxation - guiding your awareness to 61 different points on your body. Then follows the practice of ascending breath - inhalations and exhalations begin and end at different parts of your body - ultimately leading to leading the breath up your spine. The last meditation guides your awareness to your "third eye" - awakening and opening it, going down to your throat chakra and then resting in your heart chakra. You are then guided into the state of emptiness. The purpose of recording is not only to help you remain conscious while dreaming, but also to help purify your mind and emotions (your energy field) from emotional attachments - attaining a state of deep peace, purify and clarity. Even though there is no music in the background, the voice is very relaxing and you may find yourself drifting into sleep while listening to it.

As an instructor of meditation, I found this practice profound in experience unlike any other. It not only relaxes and rests the body through deep sleep, it allows one to move beyond mental confines into a place of perfect peace and awareness of the vast and infinite of the unseen dimension. Words are inadequate to express the experience. I use Yoga Nidra for bodily rest as well as developing a deeper spiritual awareness. On a recent cross country (USA) drive of some 2,300 miles, I replaced

normal sleeping with Yoga Nidra (deep sleep) and made the trip in 51 elapsed hours. For a deeper spiritual awareness, Yoga Nidra has brought me to the verge of sammadhi and the precipice of the vast unmanifest realm. It has also enhanced my normal meditative practice by moving me into the peaceful state more quickly and consistently. Yoga Nidra does not require adherence to any particular religion, therefore, it is applicable to any spiritual aspirant who seeks a deeper relationship with the Divine Creative Intelligence.

This CD is quiet and subtle. It leads the listener (meditator) into a deep restful meditative state. IMHO Music is not included because it would keep the mind of the meditator more active and distracted and thus not allow a state of deeper rest. After the guided meditation, there are quiet periods on the CD. These quiet periods allow the mind to go deeper into its own spacious, silent meditation. True meditation is profoundly personal and is done in the stillness of one's own mind and heart. This CD trusts your intuitive wisdom, to lead you into the depths of your own shining silence.

Swami J's Yoga Nidra CD adds a wonderful dimension to our Yoga classes. It is flexible in format. For example, after asana and pranayama practice, selections from the CD precede meditation. On other days, the guided yoga nidra is practiced in lieu of meditation. A few students share the following observations: \* "The 61 Points takes me into a deeper relaxation than I have ever before been able to experience," Insurance Agent \* "Spinal Breath is what I really love. Whoosh, whoosh, and the world is gone. It is a pure energy experience," Occupational Therapist \* "Upon facing surgery recently, I used the Yoga Nidra CD for relaxation. I listened to parts 2&3 the afternoon before surgery. The next morning I listened to parts 4&5 before leaving for the hospital. While in the pre-op area, I did my breathing practices. The nurses were teasing me about smiling, reminding me that I was going into surgery! I did great with no medication after surgery and enjoyed a relatively quick recovery. Yoga Nidra made all the difference," Retired teacher of gifted students. Carolyn Reynolds, Hatha Yoga Instructor. Niceville, FL

I just got this cd a few days ago. I've listened to it twice already. The second time I fell asleep before Bharati got through the breathing segment and woke myself up snoring. That tells me something. Swami Bharati doesn't try to seduce you with his voice. He simply guides you through the Yoga Nidra experience. I liked that part about it a lot. I don't know much about Yoga Nidra, I am learning. I have practiced some meditation exercises, like the candlelight meditation, but as in any practice, be it meditation, or pole vaulting, you need that coaching and reading it from a book, doesn't always

help. I tried that with Hatha Yoga and I gave it up after just a several months. It is helpful to be able to focus on the physical self for that period of time he guides you through the 61 points of the body. The empty, empty part of the 5th segment was a little troubling for me as it is not specific enough, like empty negative thoughts? If I were going to write or be a writer this would be the drug of choice for me. I think it is a very helpful tool and I like the idea that there is no music. It is simple and straight forward, no thrills, no frills, no chills. Very, very relaxing. Thanks to Swami Bharati for sharing this experience. I also want to take the time to just say how much I appreciate 's efficient service. I have been ordering from for the past three years and I have yet to have a problem with receiving an order even from the Market Place and I have ordered from the Market Place three or four times. I have only had to return one item and it was a breeze. Thanks .

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