

## HEALTH TIPS

**Nidra the barometer of equilibrium amongst Body, Mind and Soul:**

- **"Having good health is very different from only being not sick."** barometer of good health is **quantity and quality** of the sleep you have.
- In response to a question "Bhagwan, is it better to sleep or to keep awake." Lord Mahavir said **"Sleeping is good. So is keeping awake good."** Questioned once again "Bhagwan, how could both be same. One must be better than other." Bhagwan replied smilingly "For a sinner it is better that he sleeps. For a good man it is better if he keeps awake. A sinner benefits the world by sleeping. A good person benefits it by keeping awake.

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**Yoga Nidra - An open secret of divine yogic self healing technique:****Yoga Nidra, Steps Involved and Healing Benefits**

Yoga nidra is a **state of conscious deep sleep**. During the practice of yoga nidra, one appears to be sleeping, but the consciousness is functioning at the deeper level of awareness. Normally when we sleep, we lose track of ourselves and cannot utilize the capacity of mind.

Classical yogic texts explain that there are 72000 nadis (bioplasmic pathways) in the human pranic framework acting as medium and base for the physical body. Yoga nidra is a technique that helps to **harmonize the pranic flows throughout the whole human structure by rotating awareness through different parts of the body**.

**Points to remember when doing yoga nidra:**

- Relax, but don't sleep;
- Be aware, don't concentrate;
- Maintain the attitude of a witness, don't get lost in the mental reverie;
- Don't move the body;
- Keep **your eyes closed throughout the practice**;
- Don't try to intellectualize the process of yoga nidra.

**Steps to yoga nidra in very brief:**

1. **Preparation:** Lie down in Shavasana facing upside->loose cloth->keep the feet and legs a little apart->arms beside your body->palms facing up->adjust your body comfortably->**vow not to sleep**;
2. **Sinking the body:** Look at the space in front of eyes->imagine the space surrounds to body->imagine your body is immersed in that space->simultaneously be aware of your body... it **feels very light->as light as a leaf... falling from a tree...** your body is sinking... sinking... sinking into depth like a falling leaf->be aware of this feeling;
3. **Rhythmical breathe awareness:** Become aware of your breathing (a) .....**at the naval**->as you breathe in count 1 mentally->as you breathe out count 2 mentally (imagining rhythmical pulling in and pushing out air from naval part) ->like

count up to 20; (b) then become aware of **area of chest**->repeat the process of awareness and breathing counting upto 20 as you did in navel area; (c) then become aware of breathing **at the nose**-> repeat the same process;

4. **Sankalp:** Repeat your Sankalp (goal) or Resolution, at least 3 times, over and over again with heart feeling **not with lips**.
5. **Visualization-body awareness:** Imagining that you are viewing your body from outside as it looks in a large mirror->see your whole body in the order of ->feet, knees, thighs, abdomen, chest, arms, hands, each finger, nose, eyes, eyebrow centre, whole face and your whole body->rotate awareness at different parts of the body->continue for few seconds.
6. **Physic centre-awareness rotation:** You now have to discover physic centres (chakra) in your body. **Feel sensation, starting from Muladhara to Sahasrara, at each point of each chakra**. Now repeat the process in reverse i.e. downwards in turn through Sahasrara. This is 1 complete round of chakra rotation.

Do few rounds or more if time permits. Chant **"AUM"** at each point **mentally only** to feel vibration.

7. **Physic centre-visualization:** Now you try to visualize, to the best of your ability, the symbol of each chakra **starting from Muladhara to Sahasrara**.  
Now repeat the process in reverse i.e. downwards in turn through Sahasrara. This is 1 complete round. Take few rounds and also spend few seconds on each centre.
8. **Eyebrow centre awareness:** Now fix your attention at the eyebrow centre->**feel blood pulse** at that point->synchronize mantra "AUM" with pulse beat mentally like ticking of a clock->continue for few seconds->feel "AUM" is emanating outwards in all directions->feel your being and whole universe is enveloped in "AUM"->feel your expansion->continue for few seconds;

9. **Sankalp:** Repeat your goal over and over again for a minute;
10. **End:** Become aware of your breath...and your whole body->become aware of outer sense perception->feel that you are lying on the floor->feel the places of physical contacts->hear outside sounds->slowly move your body->stretch your muscles->and get up. This is the end of yoga nidra.

**Summarized healing benefits:**

- Relaxes the **whole physio-psychological** system;
- Rejuvenates the **body and mind**;
- Removes and prevents psychosomatic diseases like high **BP, diabetes, asthma, rheumatism, neurasthenia, allergies** etc;
- **Reduces sleep requirement**;
- **Induces sleep** in insomnia;
- Brings **deeper perception of mind, inner intelligence**, joy contentment etc;
- Removes **psychological blocks**, fears, phobias, conflicts etc. especially which are **unresponsive to routine psychotherapy**;
- **Enhances learning process**;
- Restructures and reforms whole personality from within;
- Can **make corporate more efficient** by enhancing their creativity, receptivity of knowledge and problem solving skills;
- **Manages diseases of all kinds including cancer**;
- **Beneficial in both acute and chronic conditions like hypertension, heart diseases and arthritis**;
- **Stimulates the pituitary gland**;
- **In pregnancy creates the most favourable conditions for intra uterine growth**;
- Opens door for meditation and prepares **mind for spiritual evolution**;

Yoga nidra will **take about 25 to 45 minutes** for the practice. **Everyone can practice**. Even beginners who are stiff.

**Disclaimer:**

The above information have been taken from the reliable sources (Swami Satyanand Saraswati), still the author is not liable for any loss or damage that may be caused directly or indirectly by the above information. A physician is always recommended for any remedy.