

HOW TO USE THE YOGA NIDRA

You can use this Yoga Nidra in two very simple and effective ways:

Firstly you can use it as a guided relaxation/meditation which you can listen to on a MP3 player and you have about half an hour.

Secondly you can learn this Yoga Nidra to use completely on your own, so you can use it anywhere and anytime you feel it would be useful to relax or reduce stress. The more that you practice the Yoga Nidra you will find that you can speed up the process, as the mind is trained to each level of relaxation by the use of the numbers, for each part of your body. So you will eventually be able to relax in the time it takes you to countdown from 5 to 0. Once you have practised the Yoga Nidra on your own for a while, it is most useful to use one deep slow breath in and out with each number you count down.

This is also a powerful tool in helping you release resistance so that the law of attraction can work for you in a more positive way.

To use this amazingly simple and profoundly effective tool on your own;

- Start by listening to the recording a number of times so you become familiar with the process.
- Then begin to practise it on your own using the attached PDF to help you remember the steps. (You might like to print this PDF so you can access it easily).
- Then after a number of attempts when you feel comfortable with the process you can begin to speed it up if you wish so you can get the same depth of relaxation in a much quicker time.

Doing the Yoga Nidra for 20 minutes has been proven in tests to be the equivalent of two hours sleep.

The Yoga Nidra is also the missing piece which allows affirmations and visualisation to work to their full potential. Once you get to Zero you are in a very powerful place where the critical mind no longer exists and any affirmation or visualisation that you use when you are in this place works much more powerfully to bring about your dreams and desires.

Yoga Nidra

Gently close your eyes and take three slow deep breaths. As you breathe out just allow your body to relax.

Now just imagine the number five in any way you can... Then place your awareness in your forehead... Allow your forehead to relax... feel the gentle warmth in your forehead. Now move this relaxed warm feeling to your eyes, feel them relax and sit comfortably in their sockets. Then move this wave of relaxation to the

➡ nose ➡ cheeks ➡ upper lip ➡ lower lip ➡ chin ➡ back of the head

Feel the relaxing wave of energy moving over your face and head. Now imagine the number *four* and place your awareness at the back of your neck, feel the back of your neck relax

➡ right side of the neck ➡ front ➡ left side

Then because we hold quite a bit of tension in our neck we must repeat this process.

back of your neck ➡ right side of the neck ➡ front ➡ left side

Now imagine the number *three* and move your relaxed awareness into your chest

➡ shoulders ➡ upper arms ➡ lower arms ➡ hands ➡ fingers

Now imagine the number *two* and move the relaxing feeling into the top of the back

➡ middle back ➡ lower back ➡ buttocks ➡ between the legs ➡ abdomen

Now imagine the number *one* and place your awareness in your hips allow them to relax

➡ thighs ➡ knees ➡ calf muscles ➡ feet ➡ toes

Now imagine a *zero* in your mind you are completely relaxed and calm now.

In this state of complete relaxation there is nothing to think about and nothing to do
You are completely in control with nothing to decide.
Totally safe and secure.

When you are ready slowly count yourself back from 1 to 5 expanding your awareness with each count and by the time you reach five your awareness will be totally back in this room and you will open your eyes and feel completely refreshed and revitalised.