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FAQ

What is Yoga Nidra?

Yoga Nidra is a powerful technique that yoga sages have been using for thousands of years. Yoga Nidra means “yogic sleep.” Yoga Nidra refers to a state of consciousness and not to a particular technique. It’s a state of conscious deep sleep that goes far beyond deep relaxation to a place of intrinsic peace and quiet. It’s a glorious place where awareness remains yet the thinking mind withdraws. What’s experienced is awareness without words, thoughts, images, feelings and other sensations. It’s where our innate wisdom, intelligence and intuition naturally reside.

Is Yoga Nidra different from meditation and hypnosis?

Yes. In meditation, we stay awake and notice, observe and remain undisturbed when thoughts, words, feelings, beliefs, and images appear and disappear. In hypnosis, we’re in a brain wave state that is not as deep as in yoga nidra. With hypnosis, someone else makes suggestions to us in this altered state. In Yoga Nidra, positive suggestions originate and come from within ourselves for lasting and constructive change. This is called setting a resolve, or sankalpa.

What are the benefits of Yoga Nidra?

With regular practice, your health will undoubtedly improve. Scientific studies have shown that real relaxation and yoga nidra helps with a variety of physical and mental problems. It can boost your immune system, lower blood pressure, and decrease pain. Though it’s not a substitute for sleeping, one hour of yoga nidra equals about 4 hours of typical sleep because the brain wave state we’re in is extremely restful and relaxing. You’ll enjoy living with a clear head. Eventually, mood swings and emotional upsets won’t bother you. Your creativity and intuition will flourish in a positive and productive way. Plus, your energy increases.

How is Yoga Nidra Done?

During our process of Yoga Nidra, you'll be invited to get comfortable lying down on a yoga mat or something similar. Feel free to use a cover for warmth and pillows under your head and knees for comfort. Then, you'll mentally follow your breath for a while. This helps you relax and clear your mind of restlessness. Next, we'll take a conscious tour through the body. This technique is called "rotation of consciousness." The map being used corresponds to the motor cortex in the brain. Refer to the diagram below. Using this body map strengthens all the brain/body connections and influences the brain itself. It's been recommended to always use the same map each time Yoga Nidra is practiced. From here, we'll use another special breathing technique that further balances your body, mind, and spirit.

How does Yoga Nidra help me make positive changes? What is a resolve?

The brain wave state we're in during Yoga Nidra is fertile ground. We're both very relaxed and very receptive. Setting a resolve during this time makes it completely possible to clear out useless habits and bring about positive and permanent changes in your personality and life. So, choose a worthwhile virtue that has meaning and significance for you as your resolve. Kindness, patience, and love are good examples. You'll state your resolve briefly, sincerely, and in the present tense until it becomes a living reality.

How often should I do Yoga Nidra?

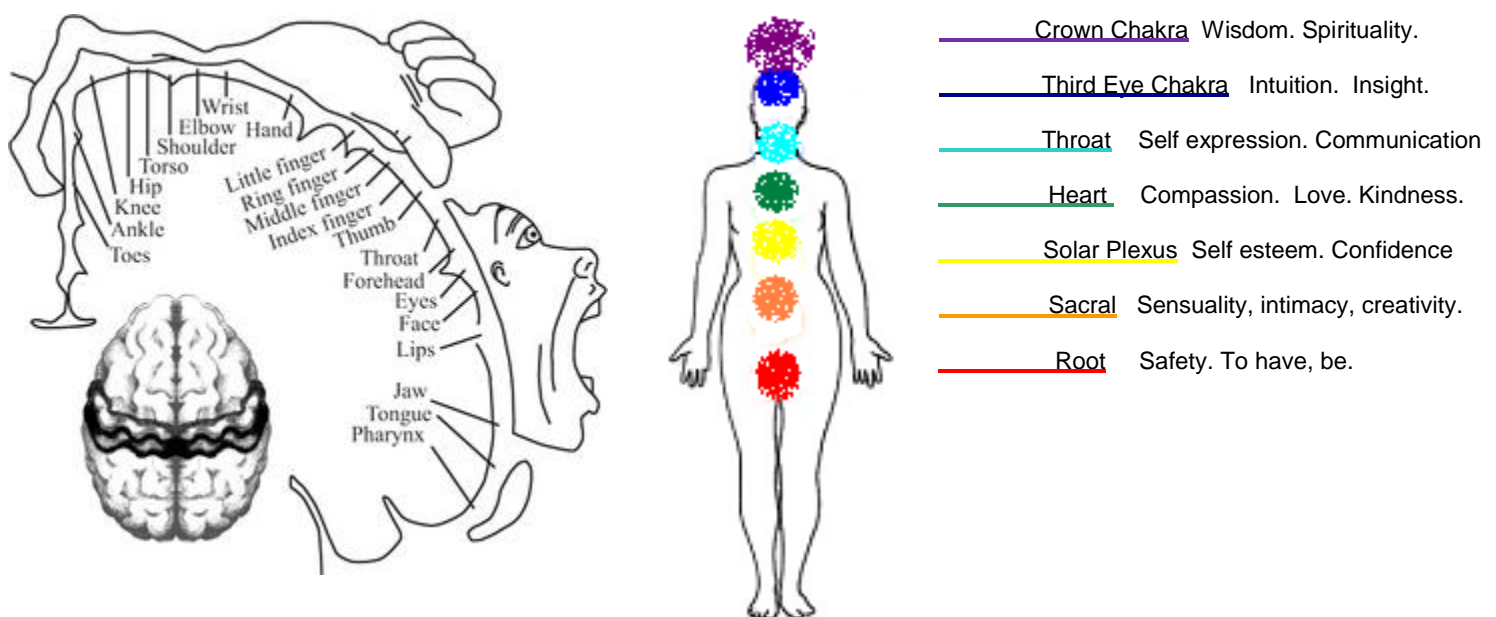
Regular practice (daily to several times a week) is strongly recommended, especially if you want to reap the benefits.

Is this available on CD?

Yes. Here's a link to get your own copy of [Real Relaxation: Yoga Nidra](#) by Julie Lusk. Her website is <http://Wholesomeresources.com>. Please visit often.

The Map of Consciousness used during Yoga Nidra

To achieve the state of conscious awareness known as yoga nidra, the body is mentally scanned using a specific order and duration. It is recommended to follow the same sequence to help bring about the movement of prana (life force) and create a healthy flow of energy.



The diagram on the left shows the brain's motor cortex and the areas of the body corresponding to the precentral gyrus called the motor homunculus. It is the foundation for the body map used during the rotation of consciousness. During the rotation of consciousness, more time is consciously spent on the areas of the body with more of the brain dedicated to it. Doing so stimulates and increases brain-body connections. Mentally moving back and forth between the right and left sides of the body also takes place to further enhance brain hemisphere and body integration.

The diagram on the right shows the subtle energy centers, called chakras, that are also mentally scanned. Chakras are associated with physical, psychological, emotional and spiritual health, and more.

In addition to the rotation of consciousness, an intention (sankalpa), breath work, sensory awareness and guided imagery are often incorporated into the practice. Remember, yoga nidra refers to the state of consciousness awareness that is reached rather than the method used.

Julie Lusk (c) 2009 - updated 2010

Refer to Yoga Nidra (BYS) and Real Relaxation: Yoga Nidra CD by Julie Lusk for further information. Brain diagram is in the public domain.

More info at <http://WholesomeResources.com>