

Yoga Nidra Meditations: 24 Scripts for True Relaxation by Julie Lusk

Testimonials

"Julie is a master at helping us relax. In her new book she offers her own relaxation scripts, as well as a sampling from other gifted teachers, that guide us in the essentials of relaxation for different states of body and mind. This book is one to keep on the bedside and buy a couple for stressed out friends, they will thank you."

—Nischala Joy Devi, author of *The Secret Power of Yoga*, *The Namaste Effect*, and *The Healing Path of Yoga*

"This beautifully written book is well-laid out, easy to follow, and is chock full of helpful and powerful information. The relaxation scripts are incredible and are sure to assist in helping everyone to find more peace, ease, and healing in their lives. This is a much-needed guide in times of discomfort and stress."

—M. Mala Cunningham, PhD, C-IAYT, counseling psychologist, university faculty, and specialist in medical yoga, neuroscience, and mindfulness

"Julie Lusk's inspirational book provides an indispensable guide to the healing practice of Yoga Nidra...Julie's expertise and generous heart shine through and make her the perfect companion to guide you along the Yoga Nidra path. This is a book to be treasured and returned to over again."

—Jilly Shipway, author of *Yoga Through the Year* and *Yoga by the Stars*

"Having experienced several of the Yoga Nidra practices from this book, taught by Julie herself, I can confidently say that they are immensely enjoyable and relaxing. Each practice guides you in a unique way, but all of them leave you with a profound sense of well-being."

—Zac Parker, MA, RYT-500, online programs coordinator at Yogaville

"Julie Lusk has captured the essence of Yoga Nidra, meditation, and beyond from the great masters, present and past, and has added her own great contributions. Highly recommended."

—Larry Payne, PhD, E-RYT500, author of *AARP's Yoga After 50 For Dummies* and *Yoga Rx*

"Julie Lusk created this work in the spirit of Yoga Nidra—with relaxed expectation of divine blessings—and she effortlessly transmits that peaceful joy through these healing scripts...Julie brings together an inspired crew with centuries of combined experience to make this path of deep healing available in our daily lives."

—Judith Boice, award-winning author of *The Green Medicine Chest* and practicing naturopathic physician

"Julie Lusk's clear, direct, joyful voice explains everything you ever wanted to know about Yoga Nidra. Whether you are a novice or an experienced practitioner, this is your go-to reference book, explaining how, where, and when to practice it, the philosophy behind it, ways to get the most out of it, tips for instructing others, and a whole cache of scripts...her sheer delight with this practice shines through every joyful page."

—Belleruth Naparstek, ACSW, BCD, author of *Invisible Heroes* and producer of the Health Journeys Guided Imagery and Meditation audio library

"Master yoga teacher Julie Lusk has enthusiastically and lovingly taken the ancient subject of Yoga Nidra and made it useful and relevant for today. The meditations are clear, practical, and uplifting. It truly reveals our source of genuine peace and happiness in such a delightful yet helpful manner. It's a fun read—and a treasure."

—Lilias Folan, author of *Lilias! Yoga Gets Better with Age*, host of the television series *Lilias, Yoga, and You*, and known as the First Lady of Yoga

"A timely and much needed manual...this practical book offers such a rich variety of practices that have been tailored for this modern era and address a broad range of benefits that readers will be inspired to engage. *Yoga Nidra Meditations* is a must read for everyone wishing to experience and interweave Yoga Nidra and its marvelous benefits into their daily life."

—Richard Miller, PhD, developer of iRest Yoga Nidra Meditation and author of *Yoga Nidra: A Meditative Practice for Deep Relaxation and Healing*

"This book is a treasure trove of Yoga Nidra scripts from the author and other noted masters in the field...You will find scripts for children, teens, men, women, or anyone in chairs, as well as a multitude of purposes and intentions. No teacher or practitioner of yoga is complete without a Yoga Nidra practice, perhaps the simplest yet most profound experience that yoga has to offer."

—Anodea Judith, PhD, author of *Wheels of Life* and *Anodea Judith's Chakra Yoga*

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Acknowledgements

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The book concept came to me while practicing Yoga Nidra early one morning. Jeanne Fredericks, my literary agent, loved the idea, guiding the process of finding the amazing crew at Llewellyn, including Angela Wix, Terry Lohmann, Hanna Grimson, and others. Meanwhile, Jeanne and her husband were going on a cruise to celebrate a big anniversary. Not missing a beat, she took care of emails during the spotty times Wi-Fi was available on their trip. The first answers from potential publishers came in on meditation night with Amy Orr and Linda Bourquin who give me incredible love and support. Thank you, thank you, thank you.

The contributing authors are a major strength of this book. I had an ambitious wish list but no promises that anyone would help. After finally getting my nerve up to ask, I realized my apprehension was unfounded. The best people on the planet instantly and eagerly agreed to share their brilliant expertise and passion for Yoga Nidra and followed through in perfect harmony. I will always cherish the joy of getting those first yeses. Amy Weintraub was first, sending hers the day before getting married. Not only did Richard Miller agree, he opened the door for Robin Carnes, Stephanie Lopez, and Swami Shankardev to join in. I’ve been practicing Yoga Nidra with Sri Swami Satchidananda with audios ever since the 1980s. First on cassette, then CD, and now streaming. Unbelievably, his recording had never been transcribed until it was for this book, thanks to Prem Anjali, Siva Buechner, and others at Yogaville. All the other contributors made time no matter how busy or where in the world they were, namely Rose Kress, Kamini Desai, Karen Brody, Uma Dinsmore-Tuli, Jennifer Reis, and Marc Halpern. Viviana Collazo, along with her meditation, arranged for the photos of Ruth Poonawala and David Benison in savasana by Ricardo L. Ramirez. What a joyful collaboration. Everyone’s support was overwhelming. Thank you, thank you, thank you.

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My Yoga, meditation, guided imagery, counseling, mindbody medicine, and life teachers over the past four decades are too many to name. I bow to you. Thank you, thank you, thank you.

Thank you, dear reader. May you enjoy and benefit from Yoga Nidra.