YOGA VEDA LIFE

Yoga Nidra

psychic sleep

Taught by Andy B Allen

What is Yoga Nidra?

Yoga nidra, or psychic sleep, is sleeping with full awareness. It is the process that helps us reach the fourth state of consciousness, or *Turiya*, the absolute state where complete awareness of reality is experienced.

Important points to remember

- Yoga Nidra is not a relaxation practice but it will help with that
- It must be practiced for specific lengths and periods of time
- Intention is key (sankalpa or resolution)

4 states of consciousness

- Waking or conscious (gross)
- Dreaming or unconscious (subtle)
- Deep sleep or subconscious (causal)
- Full consciousness or absolute (turiya)

The Fourth State

The fourth state is not a state in itself, but that which holds all the other states. It is the absolute state (Bramhan). The first three states are representations or aspects of the fourth.

The Purpose of Yoga Nidra

Yoga nidra has many purposes but the main one is to allow the individual consciousness, or Atman, to realize and merge with the absolute consciousness, or Brahman. As a byproduct, the individual gains control over the first three levels of consciousness. Yoga Nidra is a process and many goals are achieved throughout it's practice. Yoga nidra practice can be compared to reading a book, where every part of the story is a story on it's own. Every step or level of Yoga Nidra is an achievement on it's own.

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Benefits

All and everything in between

The benefits will very and change depending on the stage the practitioner is at. They often move from the gross to the subtle, but there is no particular order. Often, the first benefit people will notice is a sense of overall tranquility, peace of mind, as well as clarity and a relaxed body.

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Steps of Yoga Nidra

- Initial Relaxation
- Resolve or Sankalpa
- Rotation of consciousness
- Breath awareness
- Feeling of opposites
- Creative visualization
- Repeat sankalpa
- Return to full awareness

Conclusion

Yoga Nidra is one more of yogic tool to assist the practitioner in the aim of self-realization. Even though it can produce results on its own, it is not a stand alone practice. It is meant to be used in combination with the rest of the yogic teachings and as a compliment to the yogic life style.

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Recommendations for Practice

- Don’t rush the practice (time matters)
- Make sure you have the time and privacy for the practice
- Develop a steady practice (at least 3 times a week)
- Have clear the intention before starting the practice
- Allow the practice to take you where you are supposed to be
- Once the mechanics of the practice have been mastered, focus on the higher self (spiritual growth) not the lower (material gains)

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Recommended Reading

- *Yoga Nidra* by Swami Satyananda Saraswati
- *Why We Sleep* by Matthew Walker