

Yoga Nidra

This is the guided meditation and deep conscious state script to enhance the mind and harmonise the body through auto relaxation. Divided into 8 parts which are: (1) Sankalpa (personal resolution), (2) Body Scan, (3) Conscience of the Breath, (4) Opposite sensations, (5) Chidakasha (mental screen), (6) Visualisation, (7) Repeat Sankalpa, (8) Return Journey

Sankalpa (Sanskrit: संकल्प) means conception or idea or notion formed in the heart or mind, solemn vow or determination to perform, desire, definite intention, volition or will.^[1] In practical terms, the word, Sankalpa, means the one-pointed resolve to do or achieve; and both psychologically and philosophically, it is the first practical step by which the sensitivity and potentiality of the mind is increased; it is known as the capacity to harness the will-power and the tool to focus and harmonise the complex body-mind apparatus.

This script uses plenty of guided auto relaxation, and then open your heart and mind to experience a natural state of bliss. It is very peaceful and a very positive guided meditation that lasts for about 30 - 45 minutes.

The Script

Welcome to Yoga Nidra guided meditation and deep relaxation.

Make sure that you are feeling nice and comfortable... cover yourself if you feel the need.

Lying down, place your arms beside your body without touching it, with palms facing up. Now close your eyes...and relax.

With your eyes closed, you begin to connect with your inner world of thoughts and feelings.

Gradually become more aware of your breath, nice deep abdominal breathing only using the nose.

Gradually, the external world will fade from your awareness.

For the next few minutes, give yourself time to enjoy this relaxing experience.....connecting with your inner peace.....

RELAXATION

Become aware of any sounds you can hear in this moment. Nothing else but what you can hear without strain. Begin to focus on the most distant sounds that you can hear. Let your sense of hearing radiate outwards, searching out these distant sounds and following them for a few moments. Move your attention from sound to sound without labeling the source. Gradually bring your attention to closer sounds... to sounds outside... to sounds inside... Without opening your eyes visualize your body lying on the floor, the position of your body,

your clothes, your hair, your face. Become more aware of the existence of your physical body lying on the floor.

AWARENESS OF BREATH

Become aware of your natural and spontaneous breath that moves in and out of your body without any effort. The natural breath flows in through both nostrils. Notice the feeling of the breath as it comes in and out of your nostrils.

There is a sense of coolness as you inhale the breath... there is a sense of warmth as you exhale the breath. Allow your breath to become longer and slower. Take a long slow inhalation, followed by a longer slower exhalation. Make your exhale even slower and pause... When you need to inhale do it slowly... longer... slower... Exhale... Continue breathing like this... Now go back to the natural breath, releasing any control over the inhale or exhale.

SANKALPA

The practice of yoga nidra begins now. At this moment you should make your sankalpa or resolve. The sankalpa should be a short, positive statement in simple language; try to discover one naturally. Please state your sankalpa clearly and with awareness three times. The objective of your sankalpa is to increase or to grow something positive from your personality at a subconscious level, for example: feel confident about myself... or...bring harmony to my body and mind... Also say to yourself, "I will not sleep...."

ROTATION OF CONSCIOUSNESS

We will now begin a systematic journey of sensory awareness throughout the body. You will move your awareness to different parts of your body as soon as you hear them named. Please repeat mentally the name of the part of the body you are listening to, but don't move any part.

The practice begins on the right side of the body:

Right hand thumb ... 2nd finger ... 3rd finger ... 4th finger ... 5th finger ... palm of the hand ... back of the hand ... wrist ... forearm ... elbow ... upper arm ... shoulder ... armpit ... waist ... hip ... thigh ... knee ... calf ... ankle ... heel ... sole of the foot ... top of the foot ... right big toe ... 2nd toe ... 3rd toe ... 4th toe ... 5th toe.

Left hand thumb ... 2nd finger ... 3rd finger ... 4th finger ... 5th finger ... palm of the hand ... back of the hand ... wrist ... forearm ... elbow ... upper arm ... shoulder ... armpit ... waist ... hip ... thigh ... knee ... calf ... ankle ... heel ... sole of the foot ... top of the foot ... left big toe ... 2nd toe ... 3rd toe ... 4th toe ... 5th toe.

Now go to the back of the body ... right heel ... left heel ... right calf ... left calf ... right thigh ... left thigh ... right buttock ... left buttock ... lower back ... middle back ... upper back ... the entire spine ... right shoulder blade ... left shoulder blade ... back of the neck ... back of the head.

Top of the head ... forehead ... temples ... ears ... eyebrows ... middle of the eyebrows ... eyes ... nostrils ... cheeks ... lips ... chin ... jaw ... throat ... collar bones ... chest ... abdomen ... navel ... groin ... the pelvic floor.

The whole right leg ... whole left leg ... whole right arm ... whole left arm ... the whole face ... the whole head ... the whole torso ... the whole body ... the whole body ... the whole body at the same time...

BREATH AWARENESS

Now we are going to bring consciousness to our breathing rhythm, counting mentally backwards from 27 to 1, following this sequence....inhale 27, exhale 27.....inhale 26, exhale 26.....inhale 25, exhale 25....continue following this sequence until you get to 1 or close to 1...if you lose your concentration, then start counting again from 27 down to 1....

OPPOSITE SENSATIONS

We are going to experience opposite sensations... let's start feeling ...

Lightness/Heaviness: Now imagine the whole body becoming light. As if your body could float away from the floor and towards the ceiling. The head is light and weightless, the limbs are light and weightless, the torso is light and weightless, the whole body light and weightless. You are rising higher and higher away from the floor....

Imagine your body becoming heavy. Feel the heaviness in all parts of the body, each part is becoming heavier and heavier... The head is heavy, the limbs are heavy, the torso is heavy, the whole body is heavy.... So heavy that it is sinking down into the floor.

Now we are going to feel Cold & Hot sensations: Awaken the experience of cold in the body, the experience of chilly cold. Imagine being outside in winter without enough clothing. You feel this chill throughout your entire body...

Now allow the sensation of warmth to spread throughout the entire body. Remember the feeling of heat in summer when you are out in the sun with no shade. You feel heat radiating on your skin, heat all around the body....

INNER SPACE VISUALIZATION (MIND SCREEN)

Begin to concentrate on the space in front of your closed eyelids. Imagine before you a transparent screen as if you were at the cinema. The screen is as high and as wide as the eyes can see. Concentrate on this mind screen and become aware of any images that manifests within it; colours... patterns... and light. Whatever you see is the manifesting state of your mind. Continue your awareness of this space but don't become involved, practice detached awareness only.... If thoughts appear let them come and go... but continue watching the dark space...

RAPID IMAGE VISUALIZATION

Now, a number of different things will be named and you should envision them on the level of emotion, memory, and imagination as best as you can. Jump from image to image as soon as you hear it.

red desert ... peacock feather ... Buddha meditating ... doctor's office ... a good night's rest ... full moon ... your reflection in a mirror ... foggy morning ... waiting for results ... sun shining

overhead ... bouquet of flowers ... tall tree ... receiving help from others ... cool clear water ... making appointments ... a relaxing afternoon... laughing with friends... a warm hug... burning candle ... temple on a mountain ... path in the woods ... vibrant sunset ... taking a deep breath ... cat stretching ... a beautiful garden path... your favorite song... the sound of my voice... your body lying on the floor ...

REPEAT SANKALPA

Now, It is time to repeat your sankalpa. Please repeat the same statement you made at the beginning of the practice three times mentally now.... With tranquility... full awareness... conscience and determination...

RETURN JOURNEY

Come back to the feeling of your breath flowing in and out of your nostrils. Maintain your awareness of breath and at the same time develop your awareness of your physical body. Your body is relaxed and lying on the floor. Notice the heaviness of your body as it rests on the floor and take your awareness into all the points that are touching the floor; the back of your heels, thighs, buttocks, shoulder blades, arms, hands and head. Do not open your eyes yet, but visualise your surroundings... Lie quietly until you feel ready to move. Start by slowly moving your hands and feet, take your time, there is no hurry. When you are sure that you are fully awake, gently open your eyes. Please roll over to your right side. Stay on your right side for a few more moments.... Until you feel ready to come to the seated position...

The yoga Nidra practice is over.

Thank you very much

Namasté!

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