

Practical 33



Meditation

According to yogic concept, meditation is a state of mind and consciousness in which there is alertness, dynamism of mind and senses and total concentration.

Aim

After completion of this practical you will be able to perform and demonstrate Yoga Nidra in appropriate manner.

Requirements

- Yoga Mat – 1
- To cover thin sheet etc. - 1

Preparation of Yoga Classroom

- The room should be clean and well ventilated.

Preparation of the Practitioner:

- Wear comfortable, light, cotton clothes.
- Remove accessories like spectacles, wrist watch, belt etc. before practice.

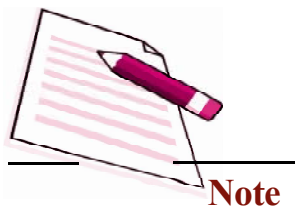
Method

1. Take deep breath during Shavasana and feel the peace in entire body. Feel relaxation in the body while exhaling.
2. Take your consciousness to various body parts when their name is called. Remember that there should be no tension and movement in your body.
3. Take your focus to right big toe, then to second, third, fourth and fifth toe and move your consciousness later to sole, ankle, calf, shin, knee, thigh etc. in order.
4. Similarly do with left leg. Later take your consciousness to the parts of right and left hands.
5. After legs and hands, concentrate on trunk and later on your entire face. We call this Nyasa practice or body visualisation.



Note





6. After body visualisation, feel the *pranic* flow to each and every cell. Feel the flow vibration on the weakest or diseased part of your body. Make your body realise that the diseased part is getting healthy.
7. Similarly move your consciousness on various body parts more than one time. Body will get maximum relaxation and rest.
8. Be conscious towards breathing mentally. Count it in back counting from 54 to 0. I know I am inhaling 54. I know, I am exhaling 53. Continue till you reach to 0. In case you forget the counting in between, start the procedure again from 54. Do not sleep continue counting process.
9. From your inner eyes, visualise the various beautiful scenes of nature. Such as you see mountains, falling springs. You see the waves of ocean. Visualise the early morning sunrise. Visualize any famous temple. Mentally involve yourself in group of members doing prayer at the place, with which your religion is associated. Like think of prayer in mosque if you are Muslim. If you are Sikh, do your prayer at Gurudwara. Do prayer at church if you are Christian. In short, involve yourself emotionally in which you have faith and trust.
10. While travelling mentally through these places, bring your focus on your body lying there in Savasana. Again move your consciousness in all body parts quickly in order. Again feel pranic energy flow in your body and feel the life in body.
11. Now feel that your body has become very light just like flower. The fragrance has spread around me. Now I have been overwhelmed with divine waves. I am calm completely. I am happy.

Now in the last, take a right turn and sit back to your place. Don't open your eyes now. Pray to your God, keeping your spinal cord straight and get ready for good deeds with new energy.

1. Keep yourself awakened throughout while practicing Yoga Nidra.
2. Shouldn't sleep.

Precautions

- Do not wake up with jerk.
- Maintain physical stability.
- Keep your eyes closed.
- There should be no interruption during practice.



Benefits

- It reduces physical, mental and emotional stresses.
- It gives complete rest to the body and has control on all internal systems.
- Yognidra practice increases the functional abilities.
- With its practice we can remove our bad habits and other kinds of phobias.
- This prepares us for *Dharna* and *Dhyan*.
- It is helpful in awakening of our body chakras.
- In this, high level consciousness experience is achieved.

Effects and Observation

- Perform this practice as mentioned above daily for 8 weeks and observe the effects

Physical Effects	W1	W2	W3	W4	W5	W6	W7	W8
Effect in the body								
Effect on breathing								
Mind calmness and stability								
Effect in internal awareness								
Positive effects in body and mind								

✓ or × under physical effect and submit the record.

Observation

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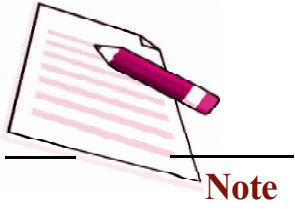
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Note





Remarks

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(Signature of the Instructor)

