

Excerpted from The Amrit Yoga Institute.

Yoga Nidra a unique marriage of science and spirit, combining alert awareness and deepest relaxation. It takes your brain to the alpha state and eventually the even deeper theta wave state. Here, without effort or strain, you are able to tap into your own source of intuition, creativity, health and abundance.

Yoga Nidra is practiced in a comfortable supine position when possible. You are guided through a series of breathing exercises and simple instructions. Some of these include visual imagery or a scan of the body, which occupies the mind and prevents it from becoming involved in the usual mind-chatter that absorbs our ordinary consciousness. Within a short time, you become submerged in the alpha state, where brain rhythms drop into the silent space within.

Research has proven the benefits Yoga Nidra on lowering stress and promoting overall health:

- Electroencephalograph studies (EEG) demonstrate that the increase of alpha brain waves is directly linked with the relaxation of the nervous system.
- Stress hormones are reduced, blood pressure and heart rates decline and the metabolic system slows down.

The Biological Basis of Yoga Nidra

Stress is the biggest problem of modern life. We carry tensions both within the physical body and on even deeper levels in the subtle bodies which we are not even aware of. While physical tension can be eased by stretching, exercise or massage, subtle tensions are difficult to recognize and even harder to release. Amrit Method Yoga Nidra is a unique method that goes below surface tensions to release and transform stress at its deepest level.

Normal waking brain activity produces the faster, fragmented beta waves. The waking state also engages the sympathetic nervous system which reacts to stimulus and the secretion of adrenaline. Chronic engagement of this state forcing the right brain and parasympathetic nervous system to progressively become more dormant.

Yoga Nidra allows you to drop into a sleep-like state with relaxed brainwave activity. Slow alpha waves, and even slower theta waves, produce deep relaxation and are the entry points to the subconscious. In

this state, you can make a conscious crossover from the logical left brain to the intuitive right brain, connected to the field of conscious pranic intelligence, where intention is carried out spontaneously and effortlessly.

One purpose of yoga and Yoga Nidra is to initiate the integrative process that balances the sympathetic and parasympathetic nervous systems, and the left and right brain. Establishing awareness in the Third Eye sets off the powerful, integrative forces of homeostasis; the natural balance of polarity. With the removal of all surface and subtle tensions and entry into deeply integrated space, you simultaneously enter the state of communion with the divine, luminous, radiant, omnipresent presence.

The Psychology of Yoga Nidra

Stress caused by our individual, unconscious conflict-creating patterns is built into our psychology as well as our biology. In psychology, this represents the vast complex of habits, patterns, belief systems and self-concepts that control our lives and prevent us from living joyously and fully.

These karmic patterns form a compelling force that regulates your actions, forms your self-image, shapes your perceptions, impacts your health, structures your beliefs and personal biases, and creates mental and emotional barriers. Karma is at the root of what we perceive as our problems, although it may take on many forms. All human suffering is caused by conflict created by our personal, conditioned and biased reactions to the impersonal nature of reality.

Karmic debt is triggered through our interpersonal relationships, but has nothing to do with the person or situation that initiates our karmic reaction. Instead, karma lives in the form of our reaction to that person or situation. The karmic pattern arises in our reaction which is activated by the specific karmic “button” pushed by someone else. Yoga Nidra focuses on removing the button, which causes the reaction rather than the person who pushes the button.

The Amrit Method of Yoga Nidra enables you to uncover and alter the deepest karmic patterns hidden in your subconscious. Removing such subconscious energetic blocks can connect you with self-regulating and self-restorative powers.

The Spirituality of Yoga Nidra

Yoga Nidra is neither purely logical nor psychological. It initiates a quantum leap beyond the intellect, and operates from the domain of trust, faith, love and compassion. It transcends the linear dimension of logic, reason and memory. The purpose of this ancient practice is to reactivate the harmonizing power of our subconscious, pranic intelligence.

Yoga Nidra techniques are designed to temporarily disconnect the mind and senses from ordinary waking consciousness, which is conditioned by karmic patterns. From there, it reconnects you with the higher integrative state of being. This is your true nature from which you can receive all you need to activate the self-healing powers of the universal, pranic field.

Deep-seated karmic tensions can only be banished when you penetrate unconscious inhibitions, blocks and limitations in the subtle bodies. This means you are bringing balance biologically, psychologically and spiritually.

Yoga Nidra empowers you to go into deep states of relaxation, access the seed of karma, and resolve it by burning the seed. It has the potential to heal past traumatic interpersonal relationships, empowering you to release your vital energy held hostage by blame, anger, guilt, jealousy, hatred, fear, and attachment. This is the process unfolds with the awakening powers of the third eye.

The connection to your source for self-healing and personal growth is always present within you. Yoga Nidra is the master key for self-transformation. It can be used to initiate the power of the soul and to turn your hidden, inner potentiality into reality.