



Yoga Nidra Meditation CD: Extreme Relaxation of Conscious Deep Sleep

Download now

[Click here](#) if your download doesn't start automatically

Yoga Nidra Meditation CD: Extreme Relaxation of Conscious Deep Sleep

Yoga Nidra Meditation CD: Extreme Relaxation of Conscious Deep Sleep

This meditation is an authentic rendering of Yoga Nidra as taught in the Himalayas by the masters of Yoga, Vedanta and Tantra. While it is an advanced meditation practice, anyone can start the practice while watching it deepen over time.

Yoga Nidra literally means "Yogic Sleep." In this deep meditation you train your attention to leave the chatter of the Waking state of mind, go past the fantasy of the Dreaming state, and consciously, intentionally enter the stillness of the Deep Sleep state, yet paradoxically remain awake and in deep meditation. For thousands of years the Yogis have used Yoga Nidra to master the art of sleep, to balance the subtle energies, and to experience greater depths of meditation.

The state of conscious Deep Sleep or Yoga Nidra is underneath, behind, or subtler than meditations at either the Waking or Dreaming levels. This subtle state is called "Prajna," which means "supreme knowing." "Pra" means "supreme," and "jna" means "knowing." The conscious experience of this state is a doorway to higher, formless knowing that has been called the infinite library of wisdom and the teacher within.

The depth of authentic Yoga Nidra comes from inner awareness of the levels of your own self, including your body, breath, and the subtler mind, rather than diverting attention through music or inner fantasies (as pleasant as these may be). This inner exploring through self-awareness is a more refined form of meditation that leads you deeper into the stillness and silence of your own being, while remaining fully awake and aware. The Yoga Nidra methods bring you to a place of awareness where you are able to completely let go of any words, thoughts, images, impressions, or pictures in the mind. You are guided to allow your mind to "empty, empty, empty" though you remain fully awake and clear of mind.

The practices on this CD will gently train your ability to direct your own attention, which is the primary skill in the art of meditation. You will find that you are gradually able to use these methods on your own, without the CD, and the benefits will be with you not only during your practice time, but also during the activities of daily life.

The voice will systematically guide you to explore your physical body, then move through 61 specific points within the body, and then practice ascending breath awareness along the body and spine. Your attention will be brought to the space between the eyebrows, then to the throat, and finally to the heart center, where you will go deep into stillness and silence, beyond the activities of the mind.

The Yoga Nidra CD has five tracks. The first track is an introduction (8:02 minutes), describing the state of Yoga Nidra and the practices on the CD. The next four tracks move through four sequential practices that are listened to together, so as to form a complete practice of 57:24 minutes (CD is 65:36 minutes in total). These four tracks can also be listened to individually, as complete practices unto themselves, which allows you to have the benefits of practice when less time is available.

 [Download Yoga Nidra Meditation CD: Extreme Relaxation of Co ...pdf](#)

 [Read Online Yoga Nidra Meditation CD: Extreme Relaxation of ...pdf](#)

Download and Read Free Online Yoga Nidra Meditation CD: Extreme Relaxation of Conscious Deep Sleep

From reader reviews:

Elizabeth McNeal:

What do you about book? It is not important with you? Or just adding material if you want something to explain what the one you have problem? How about your spare time? Or are you busy man? If you don't have spare time to accomplish others business, it is make one feel bored faster. And you have free time? What did you do? Every person has many questions above. They have to answer that question due to the fact just their can do which. It said that about book. Book is familiar in each person. Yes, it is appropriate. Because start from on guardería until university need this specific Yoga Nidra Meditation CD: Extreme Relaxation of Conscious Deep Sleep to read.

Kim Nielsen:

This Yoga Nidra Meditation CD: Extreme Relaxation of Conscious Deep Sleep tend to be reliable for you who want to certainly be a successful person, why. The reason why of this Yoga Nidra Meditation CD: Extreme Relaxation of Conscious Deep Sleep can be among the great books you must have is usually giving you more than just simple reading through food but feed you with information that probably will shock your earlier knowledge. This book is handy, you can bring it all over the place and whenever your conditions both in e-book and printed ones. Beside that this Yoga Nidra Meditation CD: Extreme Relaxation of Conscious Deep Sleep forcing you to have an enormous of experience for example rich vocabulary, giving you tryout of critical thinking that could it useful in your day pastime. So , let's have it and enjoy reading.

Marie Miles:

Exactly why? Because this Yoga Nidra Meditation CD: Extreme Relaxation of Conscious Deep Sleep is an unordinary book that the inside of the book waiting for you to snap the item but latter it will distress you with the secret this inside. Reading this book alongside it was fantastic author who have write the book in such wonderful way makes the content within easier to understand, entertaining technique but still convey the meaning thoroughly. So , it is good for you for not hesitating having this any more or you going to regret it. This book will give you a lot of benefits than the other book include such as help improving your skill and your critical thinking method. So , still want to hold off having that book? If I were you I will go to the e-book store hurriedly.

Millie Goodman:

Many people spending their time frame by playing outside with friends, fun activity along with family or just watching TV all day every day. You can have new activity to shell out your whole day by studying a book. Ugh, think reading a book can definitely hard because you have to accept the book everywhere? It ok you can have the e-book, getting everywhere you want in your Cell phone. Like Yoga Nidra Meditation CD: Extreme Relaxation of Conscious Deep Sleep which is having the e-book version. So , try out this book? Let's view.

Download and Read Online Yoga Nidra Meditation CD: Extreme Relaxation of Conscious Deep Sleep #0UP92BYF84N

Read Yoga Nidra Meditation CD: Extreme Relaxation of Conscious Deep Sleep for online ebook

Yoga Nidra Meditation CD: Extreme Relaxation of Conscious Deep Sleep Free PDF d0wnl0ad, audio books, books to read, good books to read, cheap books, good books, online books, books online, book reviews epub, read books online, books to read online, online library, greatbooks to read, PDF best books to read, top books to read Yoga Nidra Meditation CD: Extreme Relaxation of Conscious Deep Sleep books to read online.

Online Yoga Nidra Meditation CD: Extreme Relaxation of Conscious Deep Sleep ebook PDF download

Yoga Nidra Meditation CD: Extreme Relaxation of Conscious Deep Sleep Doc

Yoga Nidra Meditation CD: Extreme Relaxation of Conscious Deep Sleep Mobipocket

Yoga Nidra Meditation CD: Extreme Relaxation of Conscious Deep Sleep EPub