UNIT 14: CONTEMPORARY YOGIC PRACTICES

UNIT STRUCTURE

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14.1 LEARNING OBJECTIVES

After going through this unit, the students will be able to:

- to acquire knowledge about yoga nidra**.**
- to know about the techniques of yoga nidra**.**
- to acquire knowledge about cyclic meditation.
- to know about the techniques of cyclic meditation.

14.2 INTRODUCTION

Today's competitive work environment has caused immense stress on corporate employees, as seen by decreased cognitive functions and deteriorated mental health. Yoga Nidra is a guided meditation technique that allows you to relax and achieve a profound state of consciousness. Cyclic meditation is a practice that blends yoga poses and breathing exercises. There is a link between cognition impairment and occupational stress. Mind-body practices like Yoga-Nidra (YN)

and cyclic meditation (CM) have been demonstrated to increase cognitive function, reduce stress, and boost psychological well-being. The pioneers of Indian philosophy, sages, saints and yogis, through their experiences and reasonable explanations, underlined the importance of yoga and its therapeutic benefits. Yoga-Nidra (YN) and cyclic meditation (CM), a specific type of yoga, aredefined as a straightforward and exact method of treating mental illnesses. Yoga-Nidra and cyclic meditation can help treat mental, physical, and psychological disorders, improve cognitive capacities, and help people connect with themselves.

14.3 CONCEPT OF YOGA NIDRA

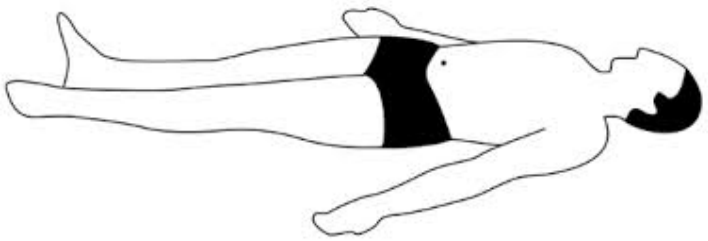
Yoga Nidra, often known as 'yogic sleep' is a shortened version of ancient yogic relaxation practice. The most general definition of the practice is that it blends directed mental imagery with the yoga pose Shavasana.In ancient yogic writings, yoga Nidra was regarded as the ultimate objective of Yoga Samadhi. In yoga, Nidra is used to relax the body and awaken consciousness. It is convenient to utilize a yoga Nidra tape or follow the directions of a yoga instructor. Yoga Nidra has been described as the most effective relaxing technique known to man. However, it serves a much broader purpose in yoga. This technique is so powerful that it is frequently employed as a therapeutic approach to alleviate pain, work on inner neurosis, and in some circumstances, even overcome handicaps. Regular practice can lead to more advanced benefits. To begin, one can listen to the spoken instructions of a yoga instructor or of course, use Yoga Nidra. Indian saints and seers have given us a magnificent relaxing method called yoga Nidra. There are various strategies for relaxing the body and mind, but Yoga Nidra is arguably the most well-known method for inducing complete physical, mental and emotional relaxation. Yoga Nidra is a state in between sleep and Samadhi. It's a combination of sleep and wakefulness. The easy and effective practice of sleeping, as known by yogis, may prove immeasurably beneficial to many people and be referred to as psychic sleep.Yoga Nidra is an altered state of awareness. It is not sleep, a dream, or the condition of Samadhi. The goal of yoga Nidra practice for Indian

saints and sages was to cultivate the witness attitude, which is being aware of one's subconscious and unconscious states and eventually entering the stage of super consciousness.According to MaharsiMarkandey, Yoga Nidra is a state of deep relaxation and Lord Visnu Himself uses this amazing technique. According to MaharsiMarkandey'sMarkandey Purana, at the end of Kalpa, when the entire cosmos was in deep relaxation, Lord Visnu was lyingon the serpent's bed in the condition of YogaNidra.

The author of Hatha Yoga Pradipika, famous yogi Swatmarama, identifies Yoga Nidra as the condition of turiya, which meansthe all expansive and encompassing 'fourth dimension' in which Sakti does not contract or expand, but is in harmony with Siva or supreme consciousness.Yoga Nidra strives to remove the pratyaya from the conscious or outward level, the subconscious or subtle plane and the unconscious and causative planes. Thus, yoga Nidra can be seen as a highly efficient yogic practice that should be promoted in society to promote mental health and happiness.

14.4 TECHNIQUE OF YOGA NIDRA

i. **Preparation**: Lie in Savasana with legs apart and hands beside the body, palms facing upward. The head, neck and spine should all be in one line. Close your eyes and relax your body. Yoga Nidra does not require falling asleep or moving the body. Simply feel as if you are completely rested for sleep, but you are not; you must sleep. Observe the body components the bodily condition and the surrounding surroundings. Examine the sounds emanating from outside the room.



i. **Samkalpa:** Sankalpa refers to the practice of resolve. Make a positive resolution to achieve your life's goals. Repeat it three times in your mind. Resolutions should be brief and uncomplicated.

ii. **Consciousness Rotation:** Begin rotating your awareness through your body's various components. Begin with the right side of the body: right hand, thumb, index finger, middle finger, ring finger, little finger, palm, back of palm, right wrist, forearm, elbow, upper arm, shoulder, armpit, right side chest, waist, right hip, right thigh, knee, ankle, right big toe, second toes, third toe, fourth toe, fifth toe and the entire right side. Bring attention to the left side of the body: left hand thumb, index finger, middle finger, ring finger, little finger, palm, back of the palm, left wrist, forearm, elbow, upper arm, and shoulder. armpit, left side chest, waist, left hip, left thigh, knee, ankle, left big toe, second toe, third toe, fourth toe, fifth toe and entire left side of the body. Bring your attention to the back of the body, including the soles, heels, calf muscles, back of the knees, back of the thighs, both buttocks, hip joint, lower back, upper back, spine, shoulder blades, back of the neck and back of the head. Bring attention to the front of the body. Top of the head, forehead, brows, eyes, ears, nose, cheeks, lips, chin, neck, chest, upper and lower abdomens, hip joint, thighs, knee cap, shin bone, feet and the entire front section of the body. Once the entire body was together.

iii. **Breath Awareness:** Focus your attention on your breath right now, with no changes in your breathing pattern. Simply observe the natural breath. Observe the movement in the abdominal region; the navel comes up and down. Simply count down the number of breaths from twenty-three to zero. There is no rush or mistake. If you forget the number again, start with twenty-three. Avoid falling asleep when doing yoga Nidra. Be notice of your breath and the number.

iv. **Visualisation:** Leave the awareness of breath and begin visualising the thing as instructed. Just feel that your body weight is increasing and you are becoming heavier, then pause and feel that your body weight is decreasing and you are becoming lighter, then pause and sense the coolness or hotness of the environment. Visualize the

rising sun, the candle flame, the full moon, the stars in the sky and pause. Heavy rain, red clouds, flying birds, endless desert, deep well, small garden, sea burning fire, 'Om',statue of Lord Buddha, Mahakal etc.

v. **Samkalpa:** Allow the visualization to end; then repeat the resolution three times. Repeat the same samkalpa with complete trust.

vi. **Ending:** Begin by softly moving the toes and fingers, then the hands, legs and neck. Move the body slowly to the left and rise to a sitting position with eyes closed. Rub the palm over the eyes. Open your eyes slowly. Yoga Nidra concludes. Yoga Nidra is an excellent relaxation technique. An hour of successful yoga Nidra is equivalent to more than four hours of sleep. However, the ultimate aim of yoga Nidra extends far beyond deep relaxation. Yoga Nidra links conscious desires, willpower, the subconscious and the unconscious mind. When this occurs, you receive numerous strong benefits and feel in complete control of all parts of your life.

14.5 CONCEPT OF CYCLIC MEDITATION (S-VYAS)

Yoga is an ancient science that originated in India and combines physical exertion, guided relaxation and interoception. Yoga involves a variety of disciplines, including physical postures, regulated breathing, meditation and lectures on philosophical aspects of yoga. Meditation is the seventh of eight steps suggested to achieve the ultimate state of spiritual emancipation (Patanjali, about 900 BC).While many practitioners learn meditation directly, others find it easier to first learn yoga postures and regulated breathing. It is postulated that when a novice attempts to meditate directly. The Mandukya Upanishad addresses this psychological dilemma. Based on this, H.R. Nagendra, Ph.D. developed a technique known as Cyclic Meditation that blends the practice of yoga postures with guided meditation and has its origins in an ancient Indian scripture. When the mind is inactive,awakenit, when it is disturbed, calms down, and between these two phases, it realizes its potential. If the mind has attained a condition of perfect equilibrium, do not upset it further. The fundamental premise is that, for most people, the mental state is typically

somewhere between the extremes of being inactive or being agitatedtherefore to reach a balanced state, the most suited strategy would be one that combines awakening and calming techniques. Cyclic meditation is a collection of stimulation and relaxation-based practices that include cycles of physical postures and relaxation techniques.

14.6 TECHNIQUE OF CYCLIC MEDITATION

Let us know how you intend to practice the technique.

i. **Prayer:** Lie on your back. Relax and collapse your entire body on the ground, legs apart, hands apart, palms facing the roof, smiling face and letting go of all body parts. As you repeat the prayer feel the vibration throughout the body.

Laye sambodhayetcittamvikniptamcamayetpunau
Sakacayamvijaneyatsamapraptamnacalayet
Aum Shanti ShantiShanti: |

ii. IRT (Instant relaxation technique): Involves bringing your legs together, joining your heels and toes and placing your palms by your thighs. Keep your face beaming to the conclusion. Gently direct your attention to the tips of your toes. Tighten your toes, ankle joints and calf muscles. Pull up the kneecaps. Tighten your thigh muscles. Compress and squeeze the buttocks. Exhale and suck in your abdomen. Make fists with your hands and tighten yourarms. Inhale and expand your chest. Tighten the shoulder and neck muscles, then compress the face. Tighten the entire body, from toes to head. 'tightertighter tighten'. Let go and relax. Legs and arms spread apart, palms facing the roof. Assume the most comfortable position and allow the entire body to sink. Allow all muscle groups to relax beautifully. Collapse the entire body.

iii. Linear awareness: Now, slowly raise the right hand over the head and along the ground. Keep your left hand on the abdomen and fold the left leg from the knee then slowly turn the body into the right side. Resting the left leg on top of the right. Entire body touching only on right side. Feel this moment. Now slowly with both arms come to the sitting position and allow the whole body to relax. Feel linear consciousness, must be eyes closed. Gradually begin to approach Tadasana.

iv. Centring the Whole Body: Let's us chant 'M'kara.Now the entire body is centered, the weight of the body is evenly distributed over the soles of the feet. Collapse the shoulders and let the arms swing freely down.

v. Perform Standing Asana: very slowly perform (i) Ardha Kati Chakrasana with accurate breathing degree by degree on both sides. Now sit on SithilaDandasana.

vi. QRT (quick relaxation technique): From SithilaDandasana slowly lie down on your right side of the body, then Savasana and Chant 'U' kara. Let all movements be slow and continuous. The entire right arm is extended, with the head on the right biceps, the left leg on the right leg, the left palm on the left thigh and the weight is transferred to the ground from the right side, resulting in exquisite acute linear awareness. Now again very slowly sit on SithilaDandasana.

vii. Perform Sitting Asana: Now very slowly perform (ii) Vajrasana/Sukhasana with full concentration. After that perform slowly (iii) Sasankasana with proper breathing and chant 'M' kara, feel the vibration. Slowly rise to stand on your knees for (iv) Ardha-Ustrasana. Stand on your knees and examine all of the changes in the head region. Slowly glide the palms up the thighs, fingers together and use the palms to hold the waist, fingers pointing forward and perform Ardha-Ustrasana with 'AA' kara chanting. Then sit on Vajrasana to SithilaDandasana.

viii. DRT (deep relaxation technique): Slide down to Savasana slowly, using your elbows for support. Legs separated, hands apart, palms facing the roof. Let the entire body collapse on the ground. Allow us to be entirely comfortable and relaxed. Relax your lower half of the body. Chant 'AA' kara and feel the vibrations in your lower body. Relax your centre body completely relax with Chant 'U' kara and feel the vibration in the middle of your body. Relax your entire head region and then chant 'M' kara to feel the vibration in your head. Relax your entire body, from toes to head and chant an AUM in one breath. Feel resonance throughout your body. Enjoy the infinite delight. Move your entire body a little. Feel the lightness, alertness and flow of energy throughout your body. Slowly draw your legs together and place your hands by your sides. Turn over to the right side of your body and slowly sit on any meditative posture.

ix. Make a positive resolution: Line- I am happy, I am a happy soul, etc.

x. Closing Prayer: AdobeNamaskar mudra and with the prayer closed the session.

14.7 LET US SUM UP

- The pioneers of Indian philosophy, sages, saints and yogis, through their experiences and reasonable explanations, underlined the importance of yoga and its therapeutic benefits. Yoga-Nidra (YN) and cyclic meditation (CM), a specific type of yoga, is defined as a straightforward and exact method of treating mental illnesses.
- The author of Hatha Yoga Pradipika, famous yogi Swatmarama, identifies Yoga nidra as the condition of turiya, which meansthe allexpansive and encompassing 'fourth dimension' in which Sakti does not contract or expand, but is in harmony with Siva or supreme consciousness.

- Yoga Nidra, often known as 'yogic sleep', is a shortened version of ancient yogic relaxation practice. The most general definition of the practice is that it blends directed mental imagery with the yoga pose Shavasana. In ancient yogic writings, Yoga Nidra was regarded as the ultimate objective of Yoga Samadhi.

14.8 FURTHER READINGS

- Super Science of Yoga, Standard Publishers, New Delhi.
- Saraswati,S.N.Gheranda Samhita, Yoga Publication Trust, Munger.
- Saraswati, S. Four Chapter on Freedom, Bihar School Yoga, Munger.
- Muktibodhananda, Swami. Hatha Yoga Pradipika, Yoga Publication Trust, Munger.

✓ 14.9 ANSWERS TO CHECK YOUR PROGRESS

Q1: What do you mean by Yoga Nidra?

Q2: Write the importance of Yoga Nidra.

Q3: Write any two benefits of Cyclic Meditation.

Q4: What do you mean by Cyclic Meditation?

Answer to Q1: Yoga Nidra, often known as 'yogic sleep', is a shortened version of ancient yogic relaxation practice. Yoga Nidra has been described as the most effective relaxing technique known to man. However, it serves a much broader purpose in yoga. This technique is so powerful that it is frequently employed as a therapeutic approach to alleviate pain, work on inner neurosis and in some circumstances.

Answer to Q2: Yoga Nidra is arguably the most well-known method for inducing complete physical, mental, and emotional relaxation. There are various strategies for relaxing the body and mind, but Yoga Nidra is arguably the most well-known method for inducing complete physical, mental, and emotional relaxation. Yoga Nidra is a state in between sleep and Samadhi.

Answer to Q3: Cyclic meditation has been demonstrated to increase cognitive function, reduce stress, and boost psychological well-being. The pioneers of Indian philosophy, sages, saints, and yogis, through their experiences and reasonable explanations, underlined the importance of yoga and its therapeutic benefits.

Answer to Q4: Cyclic meditation is a collection of stimulation and relaxation-based practices that include cycles of physical postures and relaxation techniques.Cyclic Meditationblends the practice of yoga postures with guided meditation and has its origins in an ancient Indian scripture.

⍰ 14.10 MODEL QUESTIONS

Short Questions:

1. Write a short note on Cyclic meditation.

2. Write a short note on Yoga Nidra.

3. Mention any two therapeutic benefits of Yoga Nidra.

4. Mention any two therapeutic benefits of Cyclic meditation.

Long Questions:

1. What do you mean by Yoga Nidra, explain in detail.

2. Explain the procedure and benefits of Yoga Nidra.

3. What do you mean by Cyclic meditation, explain indetail.

4. Explain the procedure and benefits of Cyclic meditation.

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