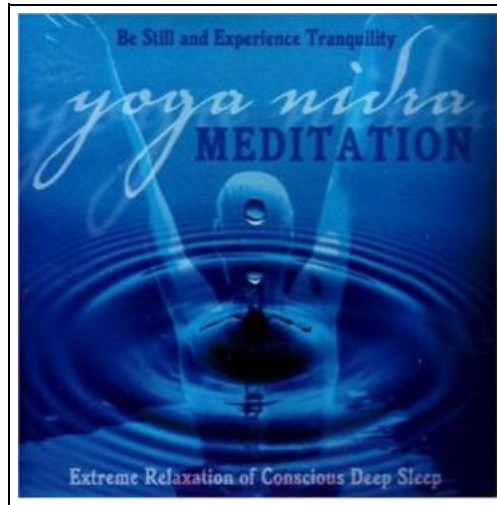


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Filesize: 3.94 MB

Reviews

*Merely no phrases to describe. It generally does not price an excessive amount of. Its been designed in an extremely simple way in fact it is simply soon after i finished reading through this pdf through which really altered me, modify the way i really believe.
(Natasha Rolfson)*

YOGA NIDRA MEDITATION CD EXTREME RELAXATION OF CONSCIOUS DEEP SLEEP



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Tranquility Productions. No binding. Book Condition: New. Audio CD. Dimensions: 5.6in. x 4.9in. x 0.4in. 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....



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