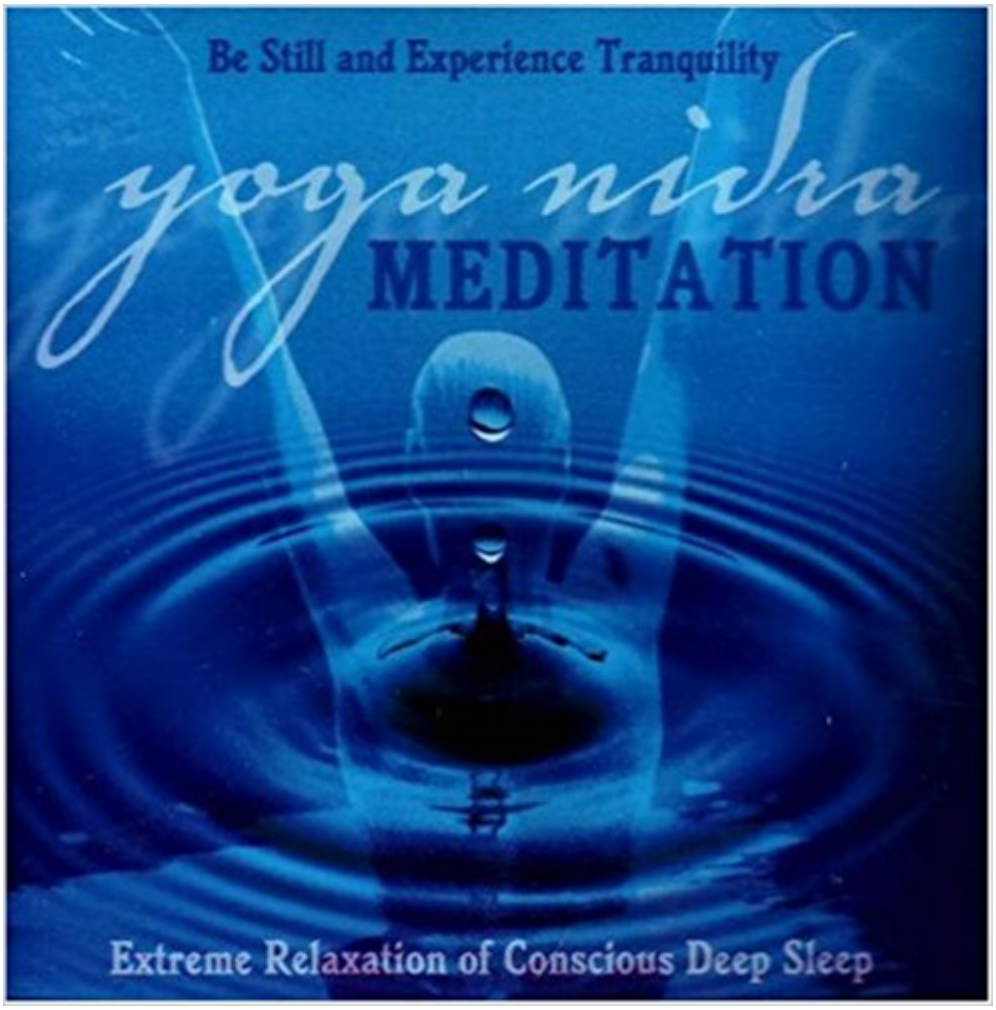
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Yoga Nidra Meditation CD: Extreme Relaxation Of Conscious Deep Sleep



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Synopsis

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.

Book Information

Audio CD

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Customer Reviews

Swami Jnaneshvara is passionate about traditional Yoga meditation as a most profound path to the direct experience of the highest spiritual awakening. In addition to practicing meditation from childhood, from 1994 until the present he has practiced and taught meditation from time to time in Rishikesh, India, including one period of more than five years when he was in continuous residence. He is a student and teacher of the ancient tradition of the Himalayan meditation masters, and received initiation as a monk by Swami Rama of the Himalayas. He continues to teach in both India and USA, and presently lives in Florida. He was born in USA in 1948 and his education includes a BS in Management from Florida State University and an MA in Consciousness, with emphasis in Transpersonal Psychology from John F. Kennedy University, in California. He is devoted to producing the highest quality of guided practices.

I just got this cd a few days ago. I've listened to it twice already. The second time I fell asleep before Bharati got through the breathing segment and woke myself up snoring. That tells me something. Swami Bharati doesn't try to seduce you with his voice. He simply guides you through the Yoga Nidra experience. I liked that part about it a lot. I don't know much about Yoga Nidra, I am learning. I have practiced some meditaton exercises, like the candlelight meditation, but as in any practice, be it meditation, or pole vaulting, you need that coaching and reading it from a book, doesn't always help. I tried that with Hatha Yoga and I gave it up after just a several months.It is helpful to be able to focus on the physical self for that period of time he guides you through the 61 points of the body.

The empty, empty part of the 5th segment was a little troubling for me as it is not specific enough, like empty negative thoughts? If I were going to write or be a writer this would be the drug of choice for me. I think it is a very helpful tool and I like the idea that there is no music. It is simple and straight forward, no thrills, no frills, no chills. Very, very relaxing. Thanks to Swami Bharati for sharing this experience.I also want to take the time to just say how much I appreciate 's efficient service. I have been ordering from for the past three years and I have yet to have a problem with receiving an order even from the Market Place and I have ordered from the Market Place three or four times. I have only had to return one item and it was a breeze. Thanks .

Was expecting a little more but it did relax me, so I guess you could say it worked. Just ok though.

I am someone that experienced insomnia for a few years now. This CD, is the BEST! I have tried other Yoga Nidra journeys but so far Swami Bharati really helped me. He has that wonderful voice, script and rhythm to it that puts me to sleep before track one finishes ...in most instances. Thank you with my heart Swami Bharati for this Amazing CD. I would love to learn and share this technique with the world!

This is a very calm and relaxing CD. It doesn't have any music; instead it focuses on the breath, stillness, and relaxation. This is my first time doing the CD. The voice is very calming, and it trains you to relax consciously. I noticed that the feeling of quiet and stillness stayed with me after I finished it. This is different from other meditation CDs because you don't focus on all of the chakras in ascending or descending order. You do focus on a couple of them during the Ascending Breath track, but that's it. I think it takes a little more discipline to do than other meditation CDs because you have to focus on your own stillness within rather than listen to music and follow along. I am amazed at how effective it is at getting rid of anxiety. Before I did this CD, I centered and cleaned out my chakras then grounded. Then I did this CD and I feel very calm, still, and solid. Really relaxing.

By far the best yoga nidra CD. Its to the point without a lot of filler or extraneous information, it is also thorough and long.

beware of the wake up suggestions at the end of this cd. this would be a great relaxation for sleep cd otherwise. very disappointing as it has seriously disrupted my sleep each time i used it and

therefore i can’t use it again. apparently it wasn’t intended for sleep purposes. i would probably have given it five stars otherwise.

The CD arrived on time. Had only one session but felt great after and during the session. Will do again soon. Just keep in mind that while lying be comfortable. When I did my session I started feeling bit uncomfortable and regret not following instructions and paying much attention on thin cushion needed for head.

I cannot say enough good things about this CD. I’ve reached an inner peace far beyond anything I have ever experienced. On several occasions,Including this morning, I awoke feeling very sick. I put the earphones on and began this meditiaion. 1o minutes after I completed it- I felt incredible. No trace of being sick and a calm sense of peace that cannot be explained.The most critical reviewer of this CD claimed that it was bad and that any of the positive reviews were of friends of the author. I am not a friend of the author or even know who he is. My feeling is this person didn’t complete the whole hour or was in a bad mood to begin with.HIGHLY RECOMMENDED Meditation!

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