

The Many Benefits of Yoga Nidra

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Yoga Nidra is the deepest form of relaxation – experienced by Yogis during states of meditation. It is commonly described as bringing an incredible calmness and clarity to the mind, and often referred to as a form of ‘Yogic sleep.’ While in the Yogic state of nidra, you are beyond a waking state, past a dreaming state, and in a form of sleep state, while you are actually awake.

The state of nidra can be difficult to achieve, but with regular practice, and a devoted attitude, it can occur at every meditation session, if a practitioner chooses to do so. When Yoga Nidra is practiced regularly, it brings a deep state of calm to the practitioner, which transcends into everyday life. Even strenuous mental and physical activities will not feel as stressful when you have achieved this state of calm.

As a result, you will become more effective in everything you do, as your mind is no longer so clouded by unnecessary or negative thoughts, and you can focus on doing the task at hand. This renewed calmness in your life, and the ability to clear your mind, can also lead to better, more restful sleep at night – translating into a positive cycle that creates a healthier being. The state of nidra creates a powerful mind and body link, unlike any other. While it is being practiced, the mind makes the entire body relax, promoting better circulation of the blood and easing the pains of the body, such as the ones that occur with headaches or backaches.

One of the amazing aspects of Yoga Nidra is the fact that you can actually restructure your personality in a positive way and wipe your “emotional baggage clean.” This ability to let go takes place because you are in such a state of relaxation and emotional well-being. By spending your time in nidra, while focusing on a positive thought, you can make this positive thought override your mind, and become a permanent aspect of your being. Being in the state of nidra also makes it easier to learn new things, as it opens the mind to new thoughts and experiences.

As a result of this, and the states of relaxation it promotes, [Yoga Nidra](#) is an effective treatment for people with Post Traumatic Stress Disorder (PTSD) and other anxiety disorders. It has been also known to lessen or cure such ailments as depression, asthma, migraines, and ulcers.

By harnessing the power of your mind in this deep sleep conscious state, you can become a more intelligent and peaceful person overall – not to mention experiencing a whole new state of being. Students who are interested in practicing deep states of Yogic sleep, meditation or relaxation, should contact a prospective Yoga school before taking classes.

<http://www.yoga-teacher-training.org/2011/07/05/the-many-benefits-of-yoga-nidra/>