



## YOGA NIDRA FOR STRESS MANAGEMENT

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### **Introduction:**

Stress is the reaction of our body to situations which cause turmoil, create conflicts and unhappiness thereby becoming a threat to our well being. Stress is inevitable but coping and managing stress is of utmost importance to lead a healthy and joyful life.

Most people feel as if they are a victim of outside circumstances, which triggers off excess stress, such as traffic jams, financial difficulties, raising children, and a variety of daily life situations. In turn, many people become tense, and irritable, because the body reacts physically to stress. Blood pressure may rise, breathing correctly is difficult, and muscles may tense up due to excessive stress and anxiety.

Yoga works to create solutions for excessive stress, panic, and anxiety, from within. Tension, anxiety, stress and worry, are a natural part of daily life, but Yoga allows us to decipher the real from the imaginary.

Yoga Nidra Meditation is an effective relaxation technique of meditation to remove all stress and tensions and achieve deep psychological and physiological relaxation. It has been found through research that one hour of Nidra Meditation provides an equal amount of relaxation as four hours of conventional sleep.

### **Rationale:**

Yoga Nidra is a state of conscious deep sleep. During the practice of yoga Nidra, one appears to be asleep, but the consciousness is functioning at the deeper level of awareness. It is sleep with a trace of deep awareness. It is state of mind in between wakefulness and dream. Normally when we sleep, we lose track of our self and cannot utilize this capacity of mind. Yoga Nidra enables the person to be conscious in this state and nurture the seed of great will power, inspire the higher self, and enjoy the vitality of life.

Most people think that relaxation is simply reclining and closing your eyes. When you are tired you simply go to bed. But unless you are free from muscular, mental and emotional

tensions, you are never relaxed. That is the reason why many of wake up in the morning with a feeling of fatigue, restlessness and inadequate rest. In order to relax completely, the inner tensions, emotions and mind must be released, this complete state of relaxation can be achieved through Yoga Nidra.

Even listening to music requires energy. Actual state of relaxation can be achieved through yoga Nidra. This technique is more efficient and effective form of physic and physiological rest and rejuvenation than conventional sleep. Psychosomatic illness such as diabetes, hypertension, migraine, asthma, ulcers and digestive disorders-all stem from tension.

Yoga Nidra frees us from the vicious circle of events that causes muscular emotional and mental unrest. It is the most powerful method for reshaping our personality and it enhances our learning capabilities.

Modern education methods, which make use of this state are producing spectacular results. Educational innovators such as Dr Georgi Lozanov, a Bulgarian psychologist and the founder- director of the institute of Suggestopedy in Sofia, are now utilizing Yoga Nidra to create an atmosphere in which knowledge is gained without effort.

Dr Georgi Lozanov, recognizing that the state of active and relaxed awareness in students awakens the desire to learn, improves memory and reduces inhibition, has devised methods for teaching/learning of foreign languages that are three to five times faster, with the use of relaxation and music. As the class proceeds, the students effortlessly assimilate an enormous amount of knowledge, which, under conventional classroom conditions,

would surely precipitate strain, tiredness and loss of concentration. This learning is stress free and permanent.

Yoga Nidra is being tapped internationally as a means of improving conscious recall thereby increasing memory function. Yoga Nidra is a promising technique that will revolutionize the teaching procedures in the future by enabling students to assimilate knowledge without much effort. There are students who want to learn, but their conscious mind is weak or unreceptive. Such children with learning disabilities can benefit from Yoga Nidra by absorbing knowledge through the subconscious mind.

#### **Yoga Nidra for Stress Relief :-**

Mental Stress is the penalty the man is paying today for becoming civilized. It is true that some people are more prone to suffer from the effect of stress, but no one is immune to it. Only the threshold varies. It has been seen that urban population have higher blood pressure levels. The higher standard of living, higher education, higher incomes and more

skilled occupations are associated with higher level of stress. Executives, professionals and people working on jobs with deadlines are under stress most of the time Other than keeping stress out of their lives Yoga Nidra can make corporate more efficient by enhancing their creativity, receptivity of knowledge and problem solving skills.

### **What is Yoga Nidra :-**

It is a state of conscious deep sleep. During the practice of yoga Nidra, one appears to be sleep, but the consciousness is functioning at the deeper level of awareness. It is sleep ~ with a trace if deep awareness. It is state of mind in between wakefulness and dream. Normally when we sleep, we loose track of our self and cannot utilize this capacity of mind. Yoga Nidra enables the person to be conscious in this sate and nurture the seed of great will power, inspire the higher self, and enjoy the vitality of life.

### **Benefits of Yoga Nidra**

- Yoga Nidra gives you profound experience of muscular , mental and emotional relaxation.
- Yoga Nidra transforms a victor of stress into a victor in life.
- Yoga Nidra revives the dispersal of human energies at all levels.
- Yoga Nidra improves the lives of people with chronic degenerative diseases. Yoga Nidra burns the old hales and tendencies in order to be born new.
- *Yoga Nidra* melts your mind so that you can cast good creative impressions thereby increasing receptivity.
- Yoga Nidra plays a vital role is ensuring psychological health and well being of children.
- Yoga Nidra augments the capacity of receptivity and attention and awakens the joy of learning in young students.
- Yoga Nidra provides the perfect conditions for intra-uterine growth of the foetus.
- Yoga Nidra acts as an ideal antidote to preserve child's natural abilities and creative faculties in the most effortless and spontaneous way.
- Yoga Nidra helps in combating diseases that have sprung up with new dimensions and reached a peak in the last few decades.

### **References**

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