

Gururaj. Right now listen, Yoga Nidra is a Practice that is done in three stages. Now this is the first stage and once you get established in the first stage, I will start teaching you with the second part and then the final part of it. The purpose of Yoga Nidra is to be able to be totally aware of everything around you even while you are fast asleep. The whole idea is, the whole idea is to be consciously aware twenty four hours of the day of the Divinity that is within you. Now when people are fast asleep they are not aware of Divinity at all because the conscious mind goes asleep although the subconscious mind and the superconscious mind is continuously working. But the whole idea of Yoga Nidra is this, that even while you are fast asleep you are still consciously aware of that Divinity within you.

Now let me tell you about myself. In St. Thomas's Hospital. Professor Fennick who is a Professor Psychologist, Neurologist and what have you they have sleep laboratories, they wired me up and it this was not only at St. Thomas's Hospital but also at Gruete Schuur Hospital in Cape Town where they wired me up and they have monitors and machines, electrical machines that could show you what depth of sleep you are in and yet on the machines it was recorded that I was fast asleep, totally deep sleep and yet I was aware totally of everything that went around me, who came into the room, who came to check me, came to check the blood pressure and this and that and everything which nurses came in and what they spoke to each other and all that. Right. Now this is a very, very ancient art where you are totally aware for twenty four hours of the day of Divinity. Now if you can be totally aware for twenty four hours a day of Divinity, that would mean that you could be aware of Divinity for eternity and that is the way where you find that Isness, that oneness with everything around you.

So we will start right and of course all of you have these slips, you must take home with you good. Now lay back very relaxingly and wiggle your toes, just wiggle them, just wiggle them, wiggle your toes we're going to get all the tensions out of your bodies, wiggle your toes in whichever direction you like, just wiggle them, just wiggle them and one , two , three, four, five, six. The other direction whichever. One, two, three, four, five, six. Now rotate your ankles whichever direction you like, lift them slightly off the ground and rotate your ankles, rotate, rotate your ankles, rotate your ankles, one, two, three, four, five, six. Why only one, why not the other one, both, both. That's it. Rotate the ankles, rotate them, rotate the ankles, we are getting all the tension away jus rotate your ankles. Now lift both legs and shake your calf muscles, right, lift them, shake the calf muscles until they feel loose. Come on, come on, come on, come on until they feel loose. Yeah. Shake them, shake them, get the tension out of the calf muscles and they'll feel loose they will shake like jelly in a moment. You just carry on. Good. Right, right, right, right one and two and three and four and five and six and relax.

Now lift your right leg as high as possible high, high, higher, higher - come on higher don't bend your knees, higher, higher and down and number two, up again up, up, up, don't worry about your dress I'm not looking, up, up, up, up, up and down. And number three and up, up, up, up, up, up, up, up, up more come on dam it, up, and down. We were are number two still weren't we, no number three up, up, up, up, up, up, up, up, as high as possible and down, flop it down. Right. Okay. Now up, up, up, up, up, up as high as possible and down ah good. You see you have never done these things before. Now lift your left leg as high as possible up, up, up, up, up, up, up, up, as high as possible lift them muscles and up and down. I think that was only five, last one six. Up, up, up, up., up, up, up, up, up, up, up, up, up, up, and down. Now this is exciting. It is very good for people that have any problems, sexual problems or whatever and it would help them very, very much. Good. Now pull in your anal muscles as much as you can - pull in, in, in, in, in, in, in, in, more, more, more, more and relax. In, in, in, in, in, in, in, in (laughter) in, in, in and relax. Right. In, in, in,, in pinch your anal muscles, got it, in, in, in, in, in, right, in, its reverse to sitting on a toilet pot, in, in, in, in, in, in, in, in, in, in, come on, in and relax. In, in, in, in, in, in, in, in, come on, come on, come on and relax. First time I think. In, in, in, in, in, in, in, in, in and relax. Right number five, in again, in again, in, in, in, in, in, ah oh, its creaking, in, in, in, in, in, in, in, in, and relax . Ad the last time in, in, in, in, in, in, I can't any more - relax. Right. (Laughter)

Relax for a moment. You know I have a habit of giving you techniques that are so simple, very effective and I can do it very humorously, so make play of it. When you teach, a true teacher would know how to teach it give the proper things and yet make it into a play.

Now pull in your abdominal muscles as much as you can , let your stomach touch your spine if you can in, yeah, yeah, relax. And the second time in, in, in, in, abdominal muscles abdominal muscles in, in, in and relax. And the third time in, in, in, in, in, in, in, harder just that bit harder, a little harder in, in, in, doesn't matter if your boobs swell up in, in, in, in, in, in, in, in, in, in, relax. And in, in, abdominal muscles in, in, in, in, in and relax. In again, in, in, in, in, in, in, in, in, (baby cries - yes my darling) in, in, in, in, in as much as possible - the more you do it the better for you and relax. And the last time in, in, in, in, in, in, in, in, in, and relax. Now just relax, just relax, just relax. Let your palms face upwards, just on your side just let them face upwards, upwards. Let your palms face upwards and relax. Now start watching your breathing. Do not concentrate on your breathing. Do not concentrate on your breathing just a gentle awareness of your breathing at the tip of your nose and you are relaxing, relaxing. Your breathing is slowing down gradually slowing down and you are going into a nice state of deep relaxation. Just relax and watch your breathing, watch your breathing. Do not concentrate just be aware of your breathing, just be aware of your breathing slowing down , calming down. If you fall asleep it does not matter, in a deep state of relaxation, a deep state of relaxation, just watch your breathing, just relax.

Now very slowly sit up on your elbows. Do not rush, do not rush, do not rush. Sit up on your elbows. That's it. Sit up on your elbows, there we are. Oh Chetan is gone to heaven. Now there we are. Now stretch your neck in the clockwise direction as far back as possible, as far back to the side, as far forward, as far back and on you go that was one. And two and three and four and five, take your time, take your time stretch them, stretch them, feel the creek in the neck. There we go and four and five and there we go and six, six, six, six, six. And heads are forward now when you're ready, now anti clockwise the same thing one and two. I'll start again one and two, three, four and five and six, six and a quarter, and there we are - relax.

Now we're going to do breathing. Now many people do not know how to breathe. So if you watch me I will show you how proper breathing is done. Now people normally breathe - oh this thing - thank you love. Do you know why all this absolute must be mixed up with the infinite and the - ah. Most people breathe there in their chests. That is not breathing. Your entire system is not oxygenated. Now by oxygenating your entire system, you are drawing through the breath what is called Prana, the vital force of energy, the vital universal force. The proper way to breathe is to breathe into the stomach first like this and then you push it up to the chest as high as possible, right, (Gururaj demonstrates the breathing) This way don't mind my darling. That is called a yogic stomach, meditational stomach you breath into the stomach why you push the breath as high as you can. So what happens that your entire system is filled with that vital force of oxygen right or what we call Prana, oxygen is just a superficial word really. Okay. You've got the idea now. Where am I, I have to study my own notes. We do it six times while lying down, it doesn't matter. Breathe in, into the stomach first and shift it up to the chest and out, and again, and again, and again, - take your time. I'm in no hurry and again and again. Fill the stomach and shift the breath up to the chest and out, and again. Start again to the stomach and up to the chest and up, up, up, as high up, fill the lungs and then out and the last time. Fill the stomach, fill the stomach, fill the stomach up and up, up, up, up fill the lungs as much as possible and out. Just relax.

Now stretch your arms to the sides of you, stretch out, stretch out like a cross, stretch out. Now here you must have controlled movement that means feels conscious of your arms there and lift them up, feel not mechanically, feel that you are lifting your arms up, feel, feel, feel, feel your arms are lifted up, feel your arms lifted up, feel them going up, up, up, up, up, up, up, up, up, your palms are facing each other right one, two, three and clap. Now come on it has to be one sound. Right. Now stretch the arms and lift them up slowly, slowly, feel your arms being lifted up and up, and up, and up, and up and up, and up and facing each other one, two, three, that was a bit better. I am not satisfied yet. Stretch your arms again. Up, up, up, up, up, up, up, up, up, up, at the count of three you clap up, up, up, up, one, two, three, clap.





tense, tense, tense come on 'til it hurts, tense every muscle, every bone, every sinew , every never mind what. Yeah everything tense, tense, tense, tense and relax. Good. That keeps my heart going. Good. Right. Once more for the last time tension, tension, tension, tension, you can even sit up if you like whatever you want to do as long as you tense yourself until your gut breaks, tense, tense, tense, tense, tense, tense, tense, tense, tense, tense,. Let the blood come to your cheeks, tense, tense, tense, tense, tense and flop. Good. Just relax.

Now just breathe normally, breathe normally, normal breathing, just breathe normally and relax. Breathe normally and just relax. If any of you fall asleep, do not be concerned. If any of you fall asleep, do not be concerned, just relax, just relax, just relax. Breathe normally, normally, just breathe normally. Just allow any thoughts in your mind to come and go, observe your thoughts. You are not your thoughts, you are not your thoughts. Observe the thoughts whatever they are. Whatever the thoughts are, just observe them as if they are on a cinema screen, you are an audience, you are the observer observing your thoughts. You are just observing your thoughts, just observing your thoughts. Let them come and go. For a moment you might think of the trees outside, for a moment you might think of the beautiful flowers. For a moment you might think of dinner for a moment you might think of the your wife, children, daughters, sons, whatever. Whatever the thoughts are, they are not important, just let the thoughts come and go and you just observe the thoughts. You are the watcher. You are the observer of thoughts. You are not the thoughts. You are not the thoughts at all. You are not the thoughts at all. They come and go. Now lie very flat on your bodies, very flat. Try and allow each part of your body to touch the floor, in yoga it is called Savasanna. Every part of your body is touching the floor, Savasanna means the death pose. You are dead to your thoughts. You are only the observer and you're lying down, totally relaxed. You are lying down, totally relaxed.

Imagine a cool comfortable breeze at the tip of your nose. There is a cool comfortable breeze at the tip of your nose, cool and comfortable and relaxing, cool comfortable and relaxing and that cool comfortable breeze is going up your nostrils and it's going into the area of your head. That cool comfortable relaxing breeze is going to the area of your head. It is taking away the tensions in your head. It is taking away all the tensions in your head, cool, comfortable relaxing, so relaxing, so relaxing, so relaxing, this cool comfortable breeze, so relaxing, so relaxing in your head, swirling around there, removing all the tension. It is removing all the tension and your head is so relaxed. Now this cool comfortable breeze is flowing down over your head, over your forehead, over your forehead, cool comforting breeze, over your forehead, over your eyebrows, over your eyes. And as this cool comforting relaxing breeze flows down over your eyes, over your ears, over your cheeks you're feeling more and more relaxed. It is going over your cheeks, over your lips, over your lips, over your chin, this cool comforting breeze, relaxing, relaxing, totally relaxing, totally relaxing, relaxing, relaxing,

over your chin, over your throat around your neck and throat. It is flowing down this cool comfortable relaxing breeze around your throat and around your neck and it's flowing down, both your shoulder blades, cool comforting relaxing, relaxing every muscle is being relaxed and down over your shoulders and down your arms, down your arms, your biceps, down your biceps, down your biceps, over your elbows, down your forearms and further down this cool comfortable relaxing breeze, so comforting, so relaxing. It has reached your wrists, over both your wrists and still flowing down, cool comfortable relaxing over the back of your hands and down your palms, still flowing down the backs of your hands and down your palms right through your fingers, right down to your fingertips, right down to the ends of your finger tips, cool comfortable relaxing, cool comfortable relaxing, so relaxing, so relaxing. And now that cool comforting breeze is moving up your arms again, up your arms again through your hands, through your hands, around your wrists, up your forearms, up your forearms, further up over your elbows, and your biceps, your upper arms, your upper arms, over your shoulders cool, comfortable relaxing, cool comfortable relaxing, so relaxing, so relaxing, cool comfortable breeze, so relaxing, so relaxing, over your shoulders, over your shoulders again, over your shoulders, over your shoulders, over your chest and your back, that cool comfortable relaxing breeze, over your chest and down your back. It is moving down, moving down to the small of your back over your navel, cool comfortable relaxing breeze, cool comfortable relaxing breeze, over your abdomen, over your abdomen, over your buttocks, this cool comfortable relaxing breeze, cool comfortable relaxing breeze. It is moving over your buttocks, it is moving over your genitalia, this cool comfortable relaxing breeze, moving over your genitalia and now it's moving down, down, down, over your thighs top and under part of your thighs, top and under part of your thighs and still moving down, cool comfortable relaxing, moving over your knees, over your knees, over your knees, over your knees and under your knees, down the calves, down the calves and down the shins, this cool comfortable relaxing breeze. It is relaxing every muscle in your body, moving down over your ankles, over your ankles, over your ankles and further down, down the soles of your feet, cool comfortable relaxing breeze, cool comfortable relaxing breeze, the soles of your feet, over the tops of your feet, cool comfortable relaxing, cool comfortable relaxing, relaxing, relaxing, cool comfortable down to your toes. It's moving down to your toes to the very end of your toes, this cool comfortable relaxing breeze, down to your toes. Every muscle in your body is relaxed by this cool comforting breeze and relaxing breeze, relaxing breeze, relaxing breeze. Now think if any of you are awake, think of your mantra, think of your mantra. (Tape end here)

END