

Gururaj. Now Yoga Nidra means Yogic sleep. Fine. Today we're going to do the first stage and then as time goes by and you get more and more established in it, we'll do Stage two and Stage three which completes it. Now what happens in Yoga Nidra is this and specially in today's world I've seen this in America they have so many organisations that teaches you stress management and the release of tension, it has become quite a big thing today. So these simple things that we are going to do, releases tension and stress management but above that all, you can learn to sleep in a deep, deep sleep and yet be fully aware of everything happening around you. Now we did many experiments at the University of Capetown where I come from and they wired me up and they, on their monitors and things they found that I was in total deep sleep, the deepest you possibly could go to and yet I could tell them afterwards everything what was happening in the room, what one said to the other and what have you. So this shows that the awareness that you have is not only subjected to your conscious mind in the waking state, but that awareness of Divinity or of anything to which you direct your mind, can even be in your sleep and that is Yoga Nidra.

Now do not bother about the simplicity. I do believe in Hatha Yoga but then also I say that you not need to go through all the contortions of Hatha Yoga. These various things would have a rejuvenating effect on your glandular system, on your muscular system and every part of your body gets totally relaxed. In this, we not only relax the body, but the mind is relaxed. And when the mind and body is relaxed then a greater awareness of the spirit within develops or just comes to the fore. Because the spiritual awareness does not need to develop, it just comes to the fore. It is so simply organised that children, young people and even old people can practise it. So it starts with progressive relaxation which you must have heard of, and also your mantra is involved in it, your Pranayama or the science of breath is involved in it, visualisation is involved in it. So it does not only become a physical thing, but it also has its psychological and spiritual counterparts and it's very, very beneficial. It could help you, for example, people with stomach problems like gaseousness, indigestion, it helps you with that, people that are very emotionally disturbed to a certain degree, it will help them. Right. And there are so many benefits too numerous to mention. I could speak on this all the time and then we'll forget what we're going to do. Good.

So now lie down, be comfortable. Fine. Legs not touching each other. Now very simply just start wiggling your toes. You can just look up at me what I am doing if you don't understand what I mean. Keep on wiggling your toes, fine. Wiggle your toes, keep your ankles firm on the ground and just wiggle your toes, wiggle your toes. And now start rotating your ankles in any direction you like. Start rotating your ankles, any direction anti-clockwise or clockwise it wouldn't matter. We normally do these things for about six times. And by the way each of the steps - but as you go on you can increase it if you like its entirely up to you, and those of you perhaps that might find a little strain, you just stop whenever

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you want to. And if any of you while doing it, fall fast asleep that's also okay and we don't mind the snoring either. You can have your head on a pillow or if you prefer it without a pillow, it's entirely up to you. Fine.

Now we lift our legs slightly off the floor both and shake them so your calves shake. Feel your calves shaking, the calf muscles here, feel them shaking. Some of you are just wiggling your toes, calves (General laughter) calves. Look, during the Course you know, I might be walking round seeing what's happening to all of you, so don't mind me, you just carry on. Calves shaking, what are you doing there, riding a bicycle, (General Laughter) calves shaking. This is going to be fun. Calves shaking. Now relax for a second or two. Right. Now lift your right leg as high as possible and then down. Now remember one thing have full control over the leg. As you move your leg up, feel it moving. Let your mind go to the leg feel it moving and as you lower it, also steadily and controllably let it come down. Once again. We're going to do it about six times - and down. Hey, that's up, down I said and down. Up again and down, and up. Mary, you're doing it beautifully with full control. And down. Up again and down. By the way if you want greater concentration, you can close your eyes so there's no distraction. Up again and down. And up and down. This is good for the abdomen and your thighs and your back. Up (General laughter) and down. Look we're giggling today but the next time we're going to be serious. Right. Today is just a sort of a demonstration.

Now you start with the right leg. Up as high as possible and down. Up and down. Up and down. Up and down. Just relax for a second now. Now, the anal muscles, try and pull them deep within you as possible. Deep within you as possible and out and in, deep. Pinch them deep within you and down. This helps your abdomen and your genitalia. Deep, pull in the muscles and out, in and out and in and out. It has a marked effect on the Muladhara Chakra, which controls the genitalia. In, out. Just relax a few seconds now. And now your abdomen, pull it in as tight as you can and relax. And again as tight as possible and relax. And in and relax. And in and relax. Okay. Now just relax and take your attention to your breathing, just relax like in the Prep. Technique. Just relax and take your attention to your breathing. You're just relaxing, without a care in the world and your attention is on your breathing. You will find your breathing falling into a more greater rhythm. Good. Fine. Now we are going to do some breathing. Breathe in to the stomach, fill the stomach and push it up to your chest as high as possible. If you like, let me show you how proper breathing is done. Now as I, you are recording this, are you? Good. Fine. Now I'm breathing in, that's the right way to breathe. In other words, your entire system is oxygenated, so from that side you see. Carry on. That's four, five, six. Between each step, you allow a second or two. Good.

Now would you sit up on your elbows. Fine. Now let's start with clockwise - turn your head as far to the left and right and as far back and as far forward as possible. Don't worry, it won't break off. Right. That's three, four, five. As far back and forward and to the sides, as possible. Now in the other direction, anti clockwise now. You could choose any first whichever. And that's three, four, five and six. Some of you have been cheating, not really taking it as much as possible. Did any of you feel a sort of a creaking behind the neck? Right. Now the spinal cord is a continuation of the brain. Fine. Now the brain is not totally against your skull, it is floating in a kind of a fluid and part of that fluid is running down your spinal column, your spinal cord rather. Now the reason why you feel those little clicks, it's not only muscular but it could be more muscular than anything else, but it does show that there is not a proper flow from the brain down the spine and therefore we hear that clicking. Do you see? So if you do this for a week or so it would be gone and there would be a greater co-ordination of that fluid flow down your spine to the brain. The mind becomes clearer by doing that, thinking becomes better and energies would flow more smoothly. Do you see how easy it is? Next step.

Stretch arms to the sides like that as much as possible. Bring them up to the chest and clap. Now this will have to be done in co-ordination. Let's hear one clap. Okay. Good. I think what we do is just stop 'til there and then clap. Right. Now here we start again stretch your arms as much as possible bring them up slowly controlled. No, no, no. I don't say clap yet. Right. We'll have to start again it's not my fault. Right. Stretch your arms as much as possible, bring them up in a controlled way right in front of your chest and at the third count, you clap, one and two and three, clap. That sounded better. Come on. Right. Fine. Stretch your arms as much as possible, up and up, up, up, up, up front of your chest and one, two and three – right, on the three, right. Fine. Stretch your arms as much as possible and slowly up, up, up, in front of your chest and one and two and three. That was lovely. Come on. We're improving, really improving. Come on, more. Feel until your shoulder blades stretches out. Good that will give you relaxation. Right. Stretch your arms as much as possible, lift them up and up and up in front of the chest and one, two, three, clap. Once more. Stretch your arms as much as possible, much as possible. Lift them up, up, up, up, up in front of your chest and one and two and three. That's good. Now last time, okay. We must have one more. Stretch your arms as much as possible and lift them up and slowly, slowly lift them up and one and two and three. Lovely. Good.

Now in this one we stretch the arms above the head, no. Yeah. Stretch the arms above the head raise them to the centre of the chest and clap. Now backward as much as possible. Stretch your arms back as much as possible, raise them up and raise them up and raise them up in front of your chest and one, two, three. Once again, stretch your arms as much as possible, as much as possible. Lift them slowly, lift them slowly, slowly, slowly above the chest and one, two,

three, clap. Good. We're getting better. Again. Stretch your arms and even when you stretch your arms, don't just fling it back take it back slowly. Right. No it was supposed to be at the back. Come on. That's it. Right. Forwards, forward up to the chest, up to the chest, up to the chest and one and two and three, clap. Right. Once again. For some people, for the first time it might seem a bit - because all your muscles are stiff and this is a very gentle way to loosen up, but with a few times of practice you know it'll be easy as eating pie. Stretch your arms as back as possible, back as possible, raise them up and raise them up and raise them up in front of your chest and one and two and three clap. Once more. We've got to do it six times. This is the last time. Stretch your arms as far as possible, far as possible stretch them as far as possible. Raise your arms, raise your arms, raise your arms in front of your chest, in front of your chest and one and two and three clap. Lovely.

Now have your arms down the sides and move it right above the head, from the sides and right above the head. And then you bring it to the chest again and then we have our clap at the third count. Fine. From the side, let's start from the side. Fine. Stretch your arms as far as possible over and above your head. Stretch them as much as you can and bring them forward, bring them forward to the chest and one, two, three. Again. Stretch your arms as far as possible, as far as possible above your head, above your head, above your head. It's even better if they could touch the ground at the back if you can. Above your head and bring them up, bring them up to the chest, above the chest and one and two and three. Again. Move your arm in a nice rhythmic movement, from the floor it goes back across over your head and stretch your arms over your heads, and over your heads. Now bring them forward, bring them forward, bring them forward to the chest, to the chest and one, two, three. Lovely. Again. Stretch your arms, stretch your arms, going above the head, going above the head, above the head, above the head, nice controlled smooth, rhythmic flow, above the head, bring them forward, bring them forward, bring them forward over the chest, over your chest and one, two, three. Once more, the last one. Stretch your arms over the heads and up they go, up they go over your heads as far as possible, over your heads, over your heads and bring them forward, bring them forward, bring them forward, bring them forward above your chest, above your chest and one, and two and three. Fine. That was good.

Now tense all your body muscles as much as you can. Extend, from your ankles, your arms, your legs, fine and flop. Once more on this. Stretch, stretch, stretch as much as possible, as much as possible, and flop. Now just have your body as flat as possible on the floor. That is called the Savasanna or the death pose, entire body as flat as possible on the floor and just breathe normally. Now, just have your body as flat as possible on the floor. That is called the Savasana, or the death pose, your entire body as flat as possible on the floor and just breathe normally. Just breathe normally. Just breathe normally. Allow your thoughts to come and go. Just allow your thoughts to come and go. You are

not involved with your thoughts. You are not your thoughts but an observer of your thoughts. Just allow them to come and go. They do not need to be good or they do not need to be bad. Whatever they are, just let them come and go, just themselves. You are the observer. You are the observer. You're breathing normally and allowing your thoughts to come and go.

Now imagine a cool comforting, relaxing breeze playing round the tip of your nose, a cool, calm comforting relaxing breeze playing round the tip of your nose. Cool, calm, relaxing, cool, calm, relaxing at the tip of your nose. Now this beautiful breeze is moving up into your head. This relaxing breeze is moving up to your head. It is playing round inside your head cool, calm and relaxing. Now with your imagination, bring that breeze down over your forehead. It's over your forehead now and now it's going down over your eyes, cool, calm, relaxing over your eyes. Your eye muscles are being relaxed. Move the breeze further down, down, down over your nose, over your nose and spreading around your cheeks and temples, spreading around your cheeks and temples, and over your lips, over your lips and down to your chin. Cool, calm, relaxing, it is very relaxing, a comforting breeze flowing down over your chin and around your neck. Around your neck moving down cool, comforting, relaxing and it's still moving down over your shoulders, over both your shoulders relaxing every muscle. And down, down, down your arms, down your arms, it is passing your elbows now. It is passing your elbows. It is passing your elbows and down your forearms, down your forearms. It has reached your wrists. It has reached both your wrists and through the palm of your hand, it is flowing down. This cool, calm, comforting, relaxing breeze is reaching up your finger tips, up your finger down, up to your finger tips, just reached to your fingertips, this cool, calm, relaxing breeze.

Now move this cool, calm, relaxing breeze up your hands again, up, up, up, up, it passes your wrists up the forearms, up the forearms this cool, calm, and relaxing. It is passing your elbows now, it is passing your elbows and up your arms, up your arms and back to your shoulders. Cool, calm and relaxing. Back to your shoulders. Now bring that breeze down over your chest and down your back, over your chest and down your back. Down, down, down, over the abdomen, over the abdomen and down the small of your back. Cool, calm, relaxing. Cool, calm, relaxing. Down, down, down your buttocks over your genitalia, cool, calm relaxing moving down, down, down, down your thighs, down your thighs. Cool, calm, relaxing, down your thighs down your thighs. It has reached your knees. It has reached your knees and it is still going down relaxing every muscle. Cool, calming, comforting, relaxing. Down, down, down your calves, down your calves, down your calves, reaching your ankles. Cool, calm and relaxing. Down, down, just reached your ankles still down, just moving through your feet. Cool, calm, comforting and relaxing breeze. Down, down, down your

feet, down your feet, it has reached your toes. It has reached your toes and it's going to the tips of your toes. Cool, calm, relaxing. You have relaxed all the muscles of your body. Cool calm and relaxing. Cool, calm, relaxing.

Now think of your mantra, think of your mantra, gently. Gently think of your mantra, gently think of your mantra. And bring your mantra down to the navel area. Bring your mantra down to the Manipura Chakra, which is your navel area. Place your mantra on the navel area. You might even feel a little warmth around the navel area. The mantra on the navel area. Let the vibration loosen up the knot of nerves there, round the navel area. Do not concentrate. Your mantra is at the navel area. It's at the navel area, your mantra, your personal vibration is at the navel area. Picture a blue haze hovering over the navel area. Picture a blue haze hovering over the navel area. Picture a blue haze hovering over the navel area but in the background, your mantra is there. In the background, your mantra is there, in the background. Your mantra is there, while you're picturing a haze over the navel area. If you are falling asleep do not fight against it, because you are so totally relaxed. A blue haze over the navel area with your mantra in the background.

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