



Yoga Nidra Meditation CD Extreme Relaxation of Conscious Deep Sleep

By -

Tranquility Productions. No binding. Book Condition: New. Audio CD. Dimensions: 5.6in. x 4.9in. x 0.4in. 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...



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