

# Yoga Nidra: The Journey of Water

**The practice of awareness.**

# Relaxed in the foreground, alert in the background

Yoga Nidra requires a specific mental state.

## **Foreground :**

Relaxing the body and letting go of physical tension.

## **Background :**

Maintaining a sharp, ever-present awareness.

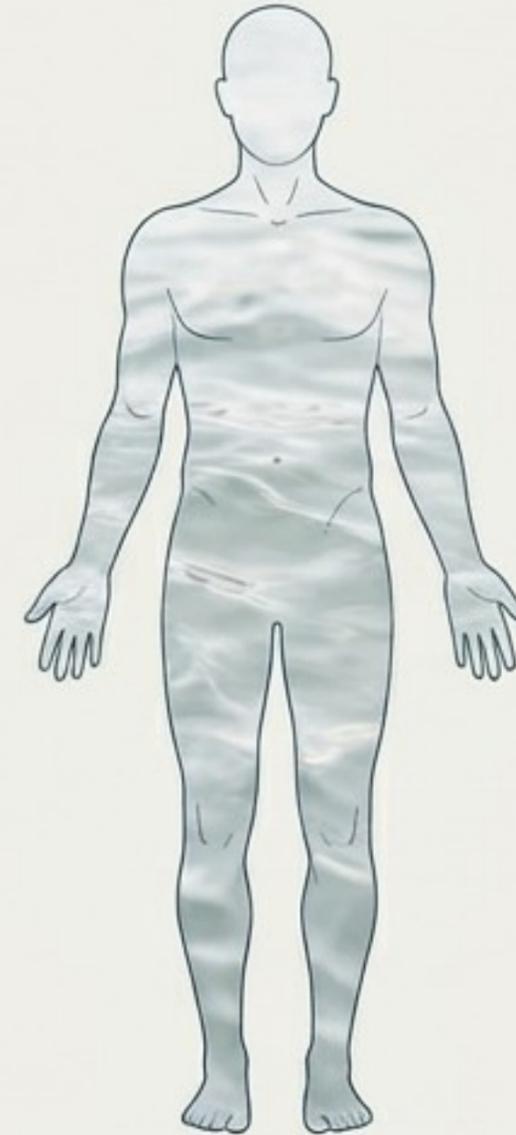
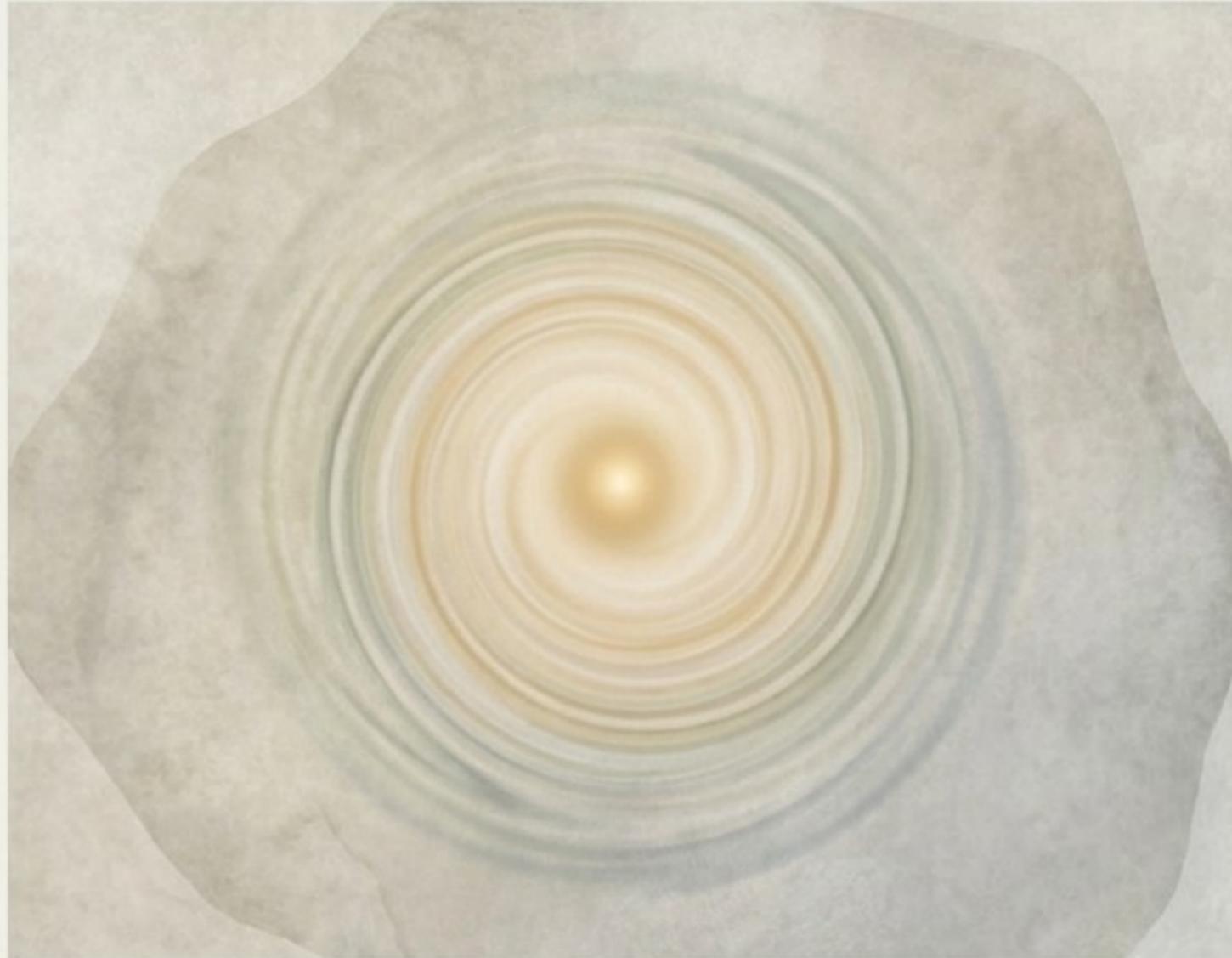


# The mountain posture stimulates the flow of life



Placing the body in this specific shape stimulates the intercourse of the waves of respiration and the wheel of circulation.

# Planting a seed within a body of water



- **The Intention:** Planted as a seed in the spaciousness of the heart centre.
- **The Element:** The dominant element of the physical body is water. As the body relaxes, it spreads outward and finds its own level.
- **The Goal:** Give the mind permission to take a mental vacation while observing the tide within this body of water.

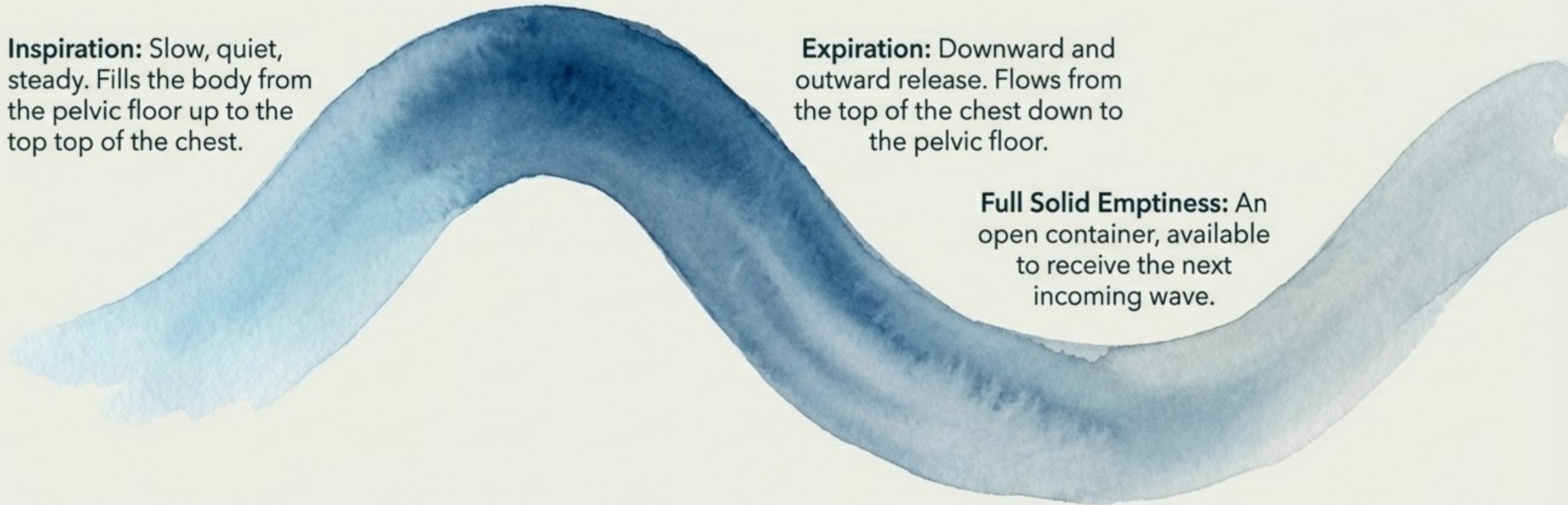
# The tide of breathing is a four-part wave

**Pregnant Emptiness:** A natural space marking the transition.

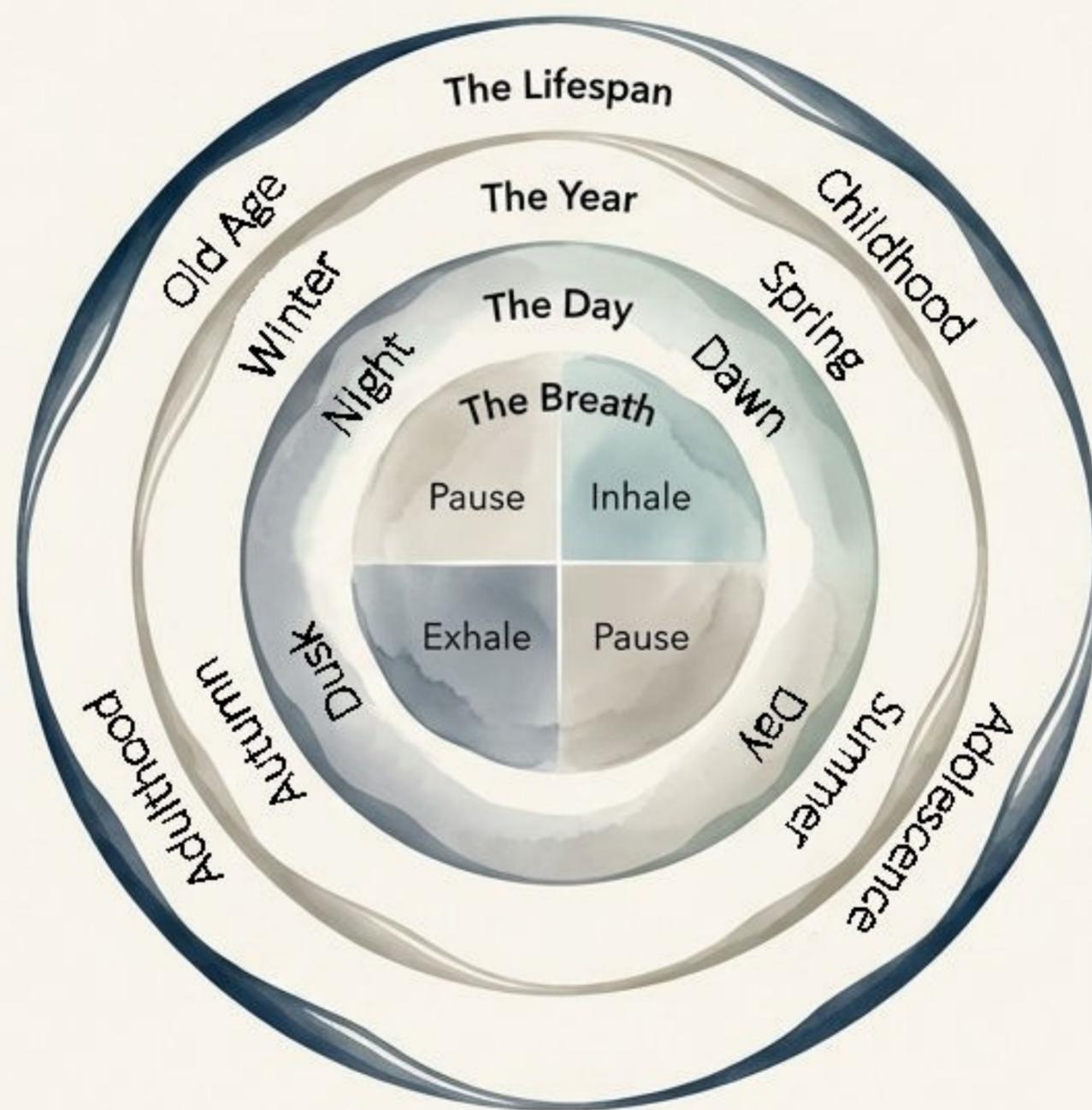
**Inspiration:** Slow, quiet, steady. Fills the body from the pelvic floor up to the top top of the chest.

**Expiration:** Downward and outward release. Flows from the top of the chest down to the pelvic floor.

**Full Solid Emptiness:** An open container, available to receive the next incoming wave.

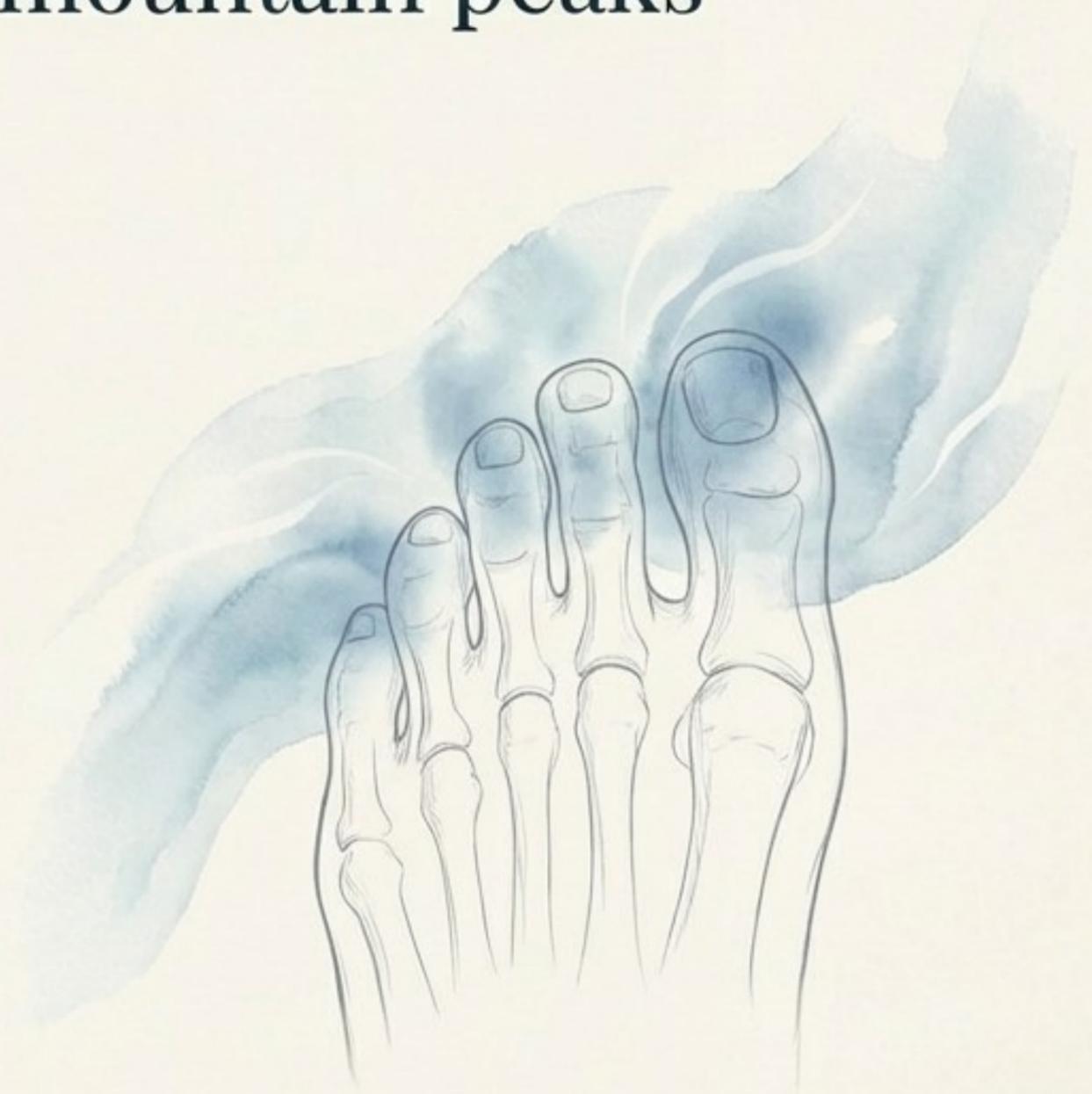


# The simple breath mirrors the four-fold flow of all life



Awareness of the tide of your breathing is the means to be aware of the functioning flow of life itself.

# Water awakens at the mountain peaks



## The Geography:

Water asleep as snow and ice on great peaks (the Himalayas, K2, Nanga Parbat, Annapurna, Everest, Alps, Andes, Rockies).

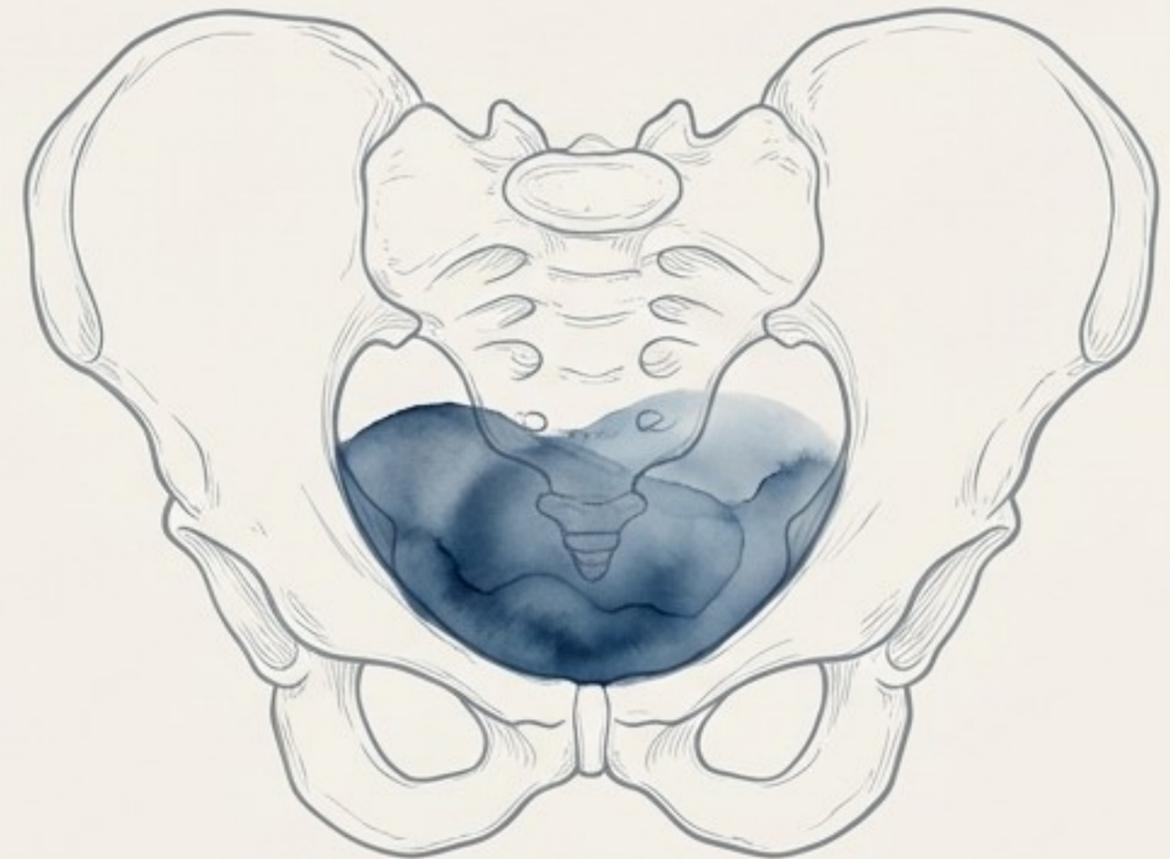
## The Anatomy:

The blood in the tips of the toes and extremes of the feet awakens from its cold slumber.

## The Action:

Melting into drops, forming rivulets, and beginning its downward journey. Feel the coolness of the feet as fluids flow freely.

# Fluids pool in the high mountain lakes of the pelvic basin



## The Geography:

Plateau and basin areas collect pure, clear, clean, and cool water from elevated peaks.

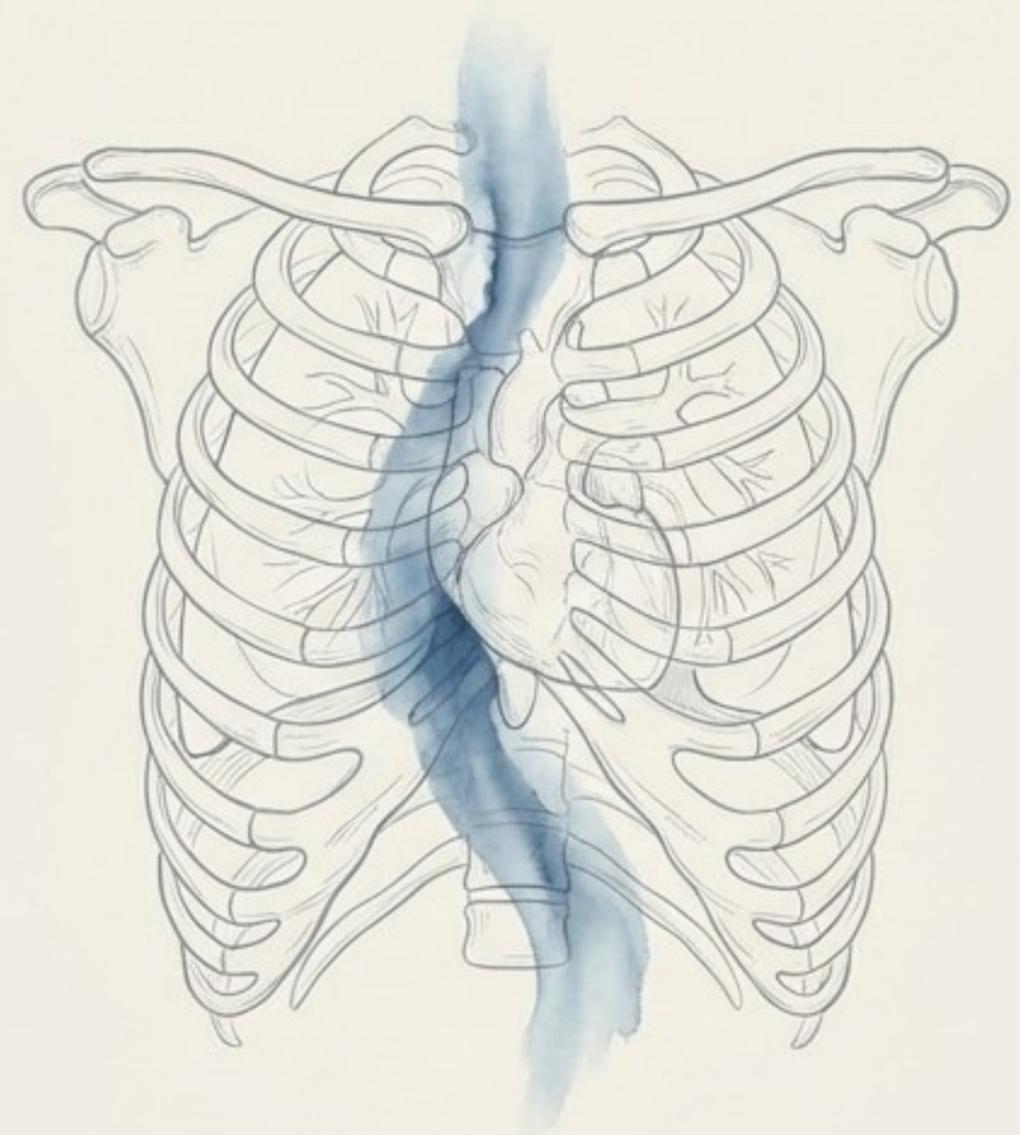
## The Anatomy:

The bowl shape of the pelvic basin acts as a reservoir.

## The Action:

Bathing and cleansing the organs of reproduction and elimination. The flow streams into the abdominal cavity, nourishing the liver, pancreas, and spleen.

# Powerful rivers nourish the tree-lined valley of the ribcage



## **The Geography:**

The lake spills over, becoming a powerful river that nourishes the valley below (like the Nile, Yangtze, Rhine, Seine, Thames, Amazon, Mississippi, Colorado, and Ganges).

## **The Anatomy:**

The tree-lined valley is the ribcage housing the vital organs.

## **The Action:**

The heart and lungs are nourished by the flow of the river of life within the body's passageways.

# Vital energies recharge at the fertile river delta

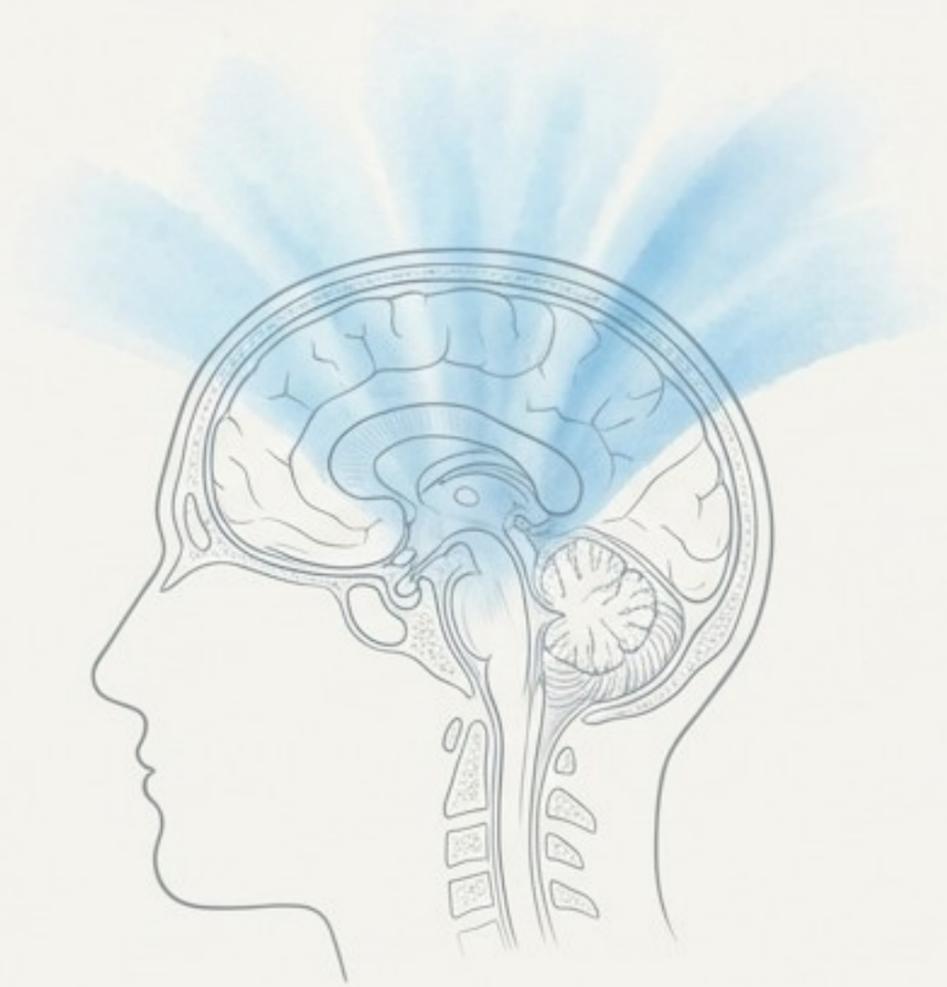


## **The Geography:**

The tremendously rich and fertile area where the river finally meets the ocean.

## **The Anatomy:**

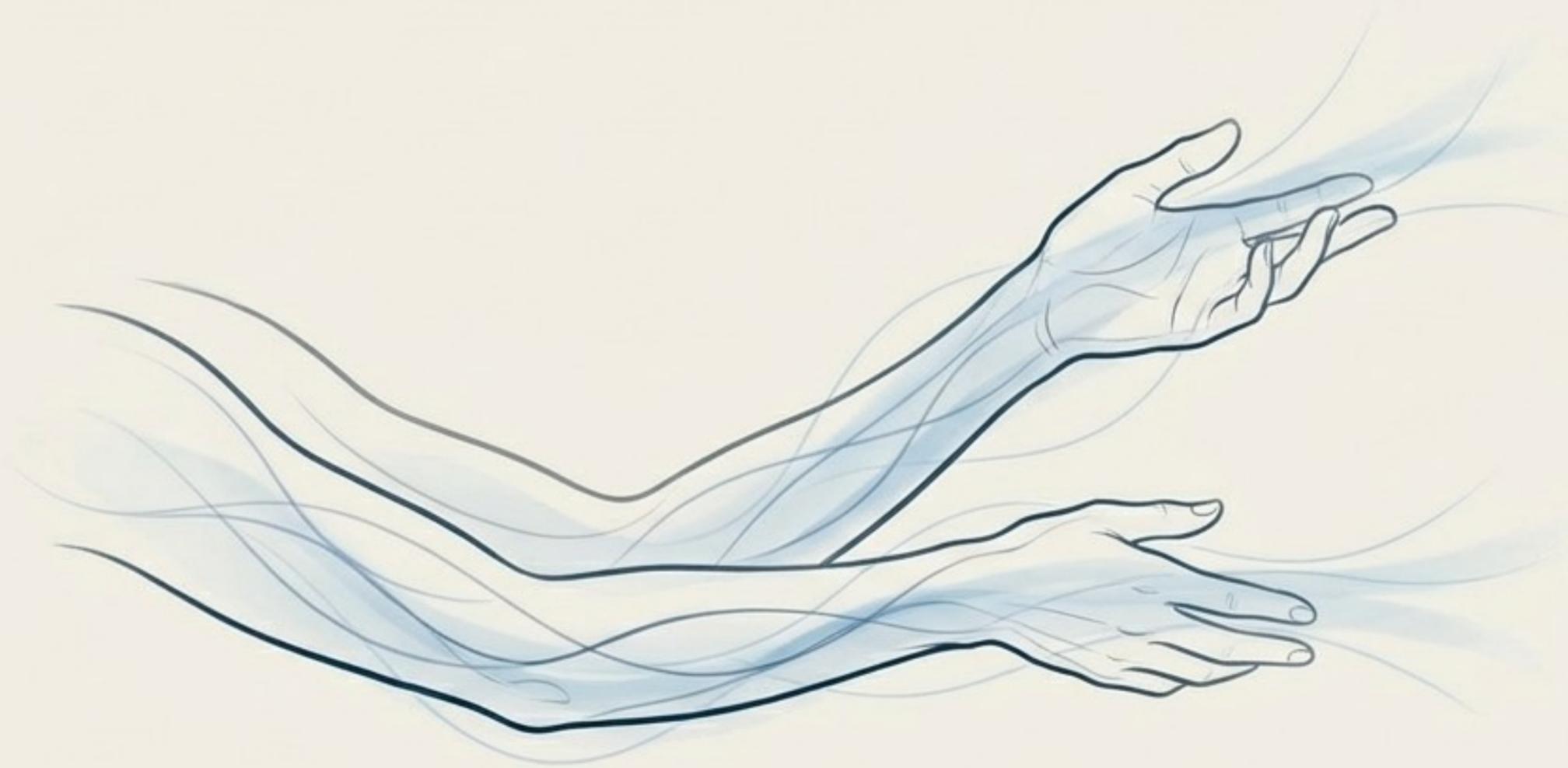
The space of the head and brain.



## **The Action:**

The collective flow of vital energies recharges, restores, and renews the central nervous system.

# Outward flows build connections beyond the body



The flow moves to the extremes into the arms and hands.

These are practical instruments.

They allow you to reach out, making connections and establishing relationships with things and people beyond your own body and mind.

# Returning home to an ocean with no boundaries or edges

The drop of water from the top of Everest returns to its source.  
There are no boundaries to define where the drop ends and the ocean begins.  
The Realisation: You return home as spaciousness and awareness. The fundamental interconnectedness of all life means there is no edge defining where you end and others begin.

# The breathing wheel of life continually turns

The water in the ocean is inhaled up into clouds.

It pauses, then is exhaled, falling as rain, snow, sleet, and hail over great mountains.

It sleeps at the peaks until it is time to flow once again.



# Breathing is life, and life is functioning



The Foreground: The waves of respiration and the wheel of circulation flowing completely relaxed.

The Background: Remaining ever-alert as the space of awareness itself.