

**238 YOGA NIDRA: A DEEP MENTAL RELAXATION APPROACH**

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For past many eternities human being is indulged in a process, the process of reaching towards perfection and of being perfect. Many researchers and technocrats are still inventing things and many had already changed our lifestyles and made this world a comfort place to live in. This mad run invited many unwanted guests, pollution of air/land/water, pollution of society/body/mind, which further leads to many sufferings and stressful life. Developing the ability to lax your body and calm your mind is significant because it helps you to control your activation level and channel your focus, both needed for stability. Yoga, a system of mental and physical training, concerns with postures, breathing exercises, meditations,

which claim to give knowledge of reality. In the area of mental relaxation and meditation, shavasana and the sitting postures maintain the balance by their equal input of physical stimuli. Yoga Nidra is a systematic method of inducing complete mental, emotional and physical relaxation. It means psychic sleep, where conscious intellectual mind disappears, subconscious mind becomes active and unconscious mind merges with the subconscious, and there we have no concept of time and space. Yoga Nidra is an effective way to release stress and induce deep physiological rest and relaxation. Rotating the awareness around the different parts of the body in turn, as we do in Yoga Nidra, stimulates the chakras in a fully balanced way. During scientific experiments it has been seen that when you practice Yoga Nidra,  $\alpha$  waves change immediately.