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Yoga Nidra Intervention to Rejuvenate; Complimentary To Meditation for The Ultimate Purification of Mind

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ABSTRACT:
Yoga Nidra, a creation of Swami Satyananda Saraswati, BSY, is a Relaxation technique which is a Pratyahara sadhana, working on the subconscious mind. An inward journey towards divine happiness. Feeling blessed to get an opportunity to spend valuable moments with the young, energetic Gorkha athletes after previous Yoga Nidra sessions. A must Pause!! How beautifully the "pause" revealed as the sacred, divine space between thoughts, actions, and life's processes. Entire emphasise to focus not on the words but the gap in between! Sincere efforts of the stubborn fickle mind to grasp that fraction moment of pause! A passing moment of pure presence where awareness arises. These minute gaps, between breaths or switching mood swings, are where the bliss lies, and real meditation begins. It's worth relaxing for a few minutes after a tiring hectic schedule of gruelling Mumbai Marathon running. Yoga Nidra is the master sadhana of meditation. A few minutes of Yoga Nidra is equal to several hours of sound sleep. The witnessing attitude, such a beautiful concept, to see yourself as a third person, simple साक्षीभाव!We can call Yoga Nidra, Kalpa Vriksha, wish fulfilling tree. A single practice with multiple applications. Yoga Nidra supports prenatal wellbeing by fostering Garbha Sanskara. Yoga Nidra can help improve the conduct and speech of signal school children. Its key element Sankalpa (Resolve) empowers positive change. Yoga Nidra can be widely applied in the modern world to improve wellbeing of mankind.

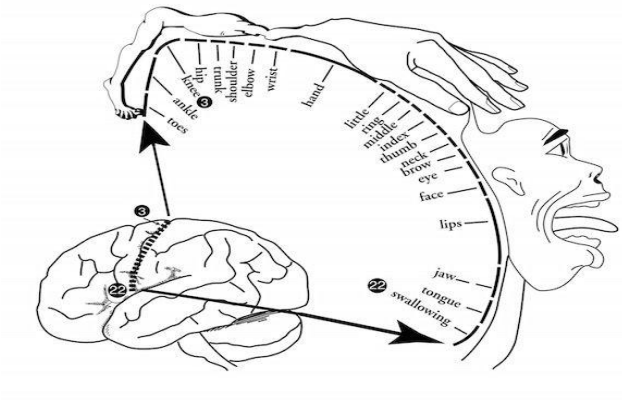
Keywords: *Yoga Nidra, Meditation, Sankalpa, Witnessing Attitude, Relaxation*

I. INTRODUCTION

YOGA NIDRA is undoubtedly the master Sadhana of relaxation. A few minutes of Yoga Nidra is equal to several hours of sound sleep. Sleeping with awareness and sleeping with an awakened state of mind. As if we are observing our own self emerging from our own body. The witnessing attitude, such a beautiful concept, to see yourself as a third person, simple *Sakshi Bhav*!

The term Yoga Nidra is derived from a combination of two Sanskrit words, Yoga and Nidra. The straightforward meaning of Yoga is union, and Nidra means sleep. When we combine these two words as YogaNidra, the depth of the meaning reaches the peak of awareness.

Origin of YogaNidra: Yog is an ancient science. Swami Kuvalayananda is the pioneer who brought the ancient Yog to the laboratory to rejuvenate. Dr Nagendra's stress relieving powerful techniques like SMET, MSRT are a boon to the modern society. And Paramhans Swami Satyananda Saraswati developed beautiful **Yoga Nidra**.



(Yoga Nidra and Brain)

Yoga Nidra is a Pratyahaar sadhana, which works on the subconscious mind. An inward journey towards divine happiness, sat chit anand. Yoga Nidra gives inner strength to accept the reality and power to dream big.The main difference between sleep, samadhi and Yoga Nidra is that, during Yoga Nidra, you are not out of the world; you are entering into a completely new zone of Yoga Nidra, where

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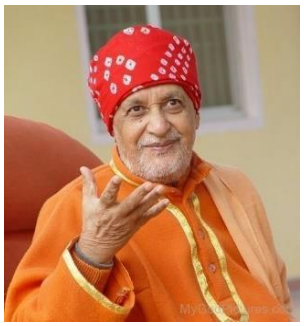
sympathetic arousal is reduced, and so the tension is released. In this other realm of Yoga Nidra, grasping capacity is increased, and mindfulness is enhanced. With Yoga Nidra relaxation, quality sleep is obtained over quantity sleep. It is claimed that one hour of Yoga Nidra can give you four hours of sound sleep.

Yog as a Therapy: The objective of the ancient time of Yog was moksha, liberation from the cycle of death and rebirth. And in today's time, it's the physical, mental, emotional, social and not to forget but the spiritual stability. It is an IAYT-Integrated Approach of Yog Therapy.
The base is Panchkosha, from Taittariya Upanishad. Chudamani Upanishad says," swadehe yona janati tasya siddhi katham bhavet." The person who doesn't know own body, how can he achieve attainment

Founder of Yoga Nidra, Swami Satyananda Saraswati



Purposeof Yoga Nidra: Keep mind away from false understandings, mis concepts and ignorance. Broaden the boundaries of awareness. Minimize the obstacles.The Sankalp is the true treasure of this technique. The Sankalp is your own. The reflection of your genuine desire to happen something positive as per your own wish.

II. Review of Literature:

Yoga Nidra in Scriptures:
Mandukya Upanishaddescribes Yoga Nidra as Turiya, the fourth level of consciousness. (c. 600BCE. Short principal Upanishad on Om), which is deeply associated with the state of Yoga Nidra. Traditional Nyasa Tantra. Bruhadyog Yadnyavalkya Smruti. YogTaravali. Yogachudamani Upanishad, Hathapradeepika.In the epic Mahabharata, the beautiful narration of Yoga Nidra by Lord Krishna teaches Arjuna about equanimity and inner stability. However, the first systematic practice of Yoga Nidra was presented by Swami Satyananda Saraswati from the Bihar School of Yoga, in his book "Yoga Nidra" (1976). Yoga Nidra is considered Pratyahara, the fifth limb of Ashtanga Yoga, by Sage Patanjali. It is a sleep with awareness. Yoga Nidra is a simple modification of ancient Nyasa tantra.

Yoga Nidra in Application:
Arathi Anand, Dr. Metilda Thomas. (2026) Comparing the long-term effectiveness of Yoga Nidra Meditation and Pharmacological Interventions on Sleep Disorders.

Anuradha Soni, et al. (2025)
Theoretical Perspectives on Yoga Nidra: A Pathway to Conscious Relaxation.

Esther N Moszeik, et al. (2025)
Effects of an Online Yoga Nidra meditation on Subjective Well-being and Diurnal Salivary Cortisol: A Randomised Controlled Trial.

Shashank Ghai (2025)
Effects of Yoga Nidra on Stress, Anxiety and Depression: A Systematic Review and Meta-Analysis

Ajaykumar (2024)A study on the effect of Yoga Nidra on anxiety in Pregnant women of different trimester was done to overcome anxiety, stress, anger.

Krishnan, Santhosh (2024)Effect of Yoga Nidra on anxiety among active social media using adolescents, the intervention, Yoga Nidra proved highly effective in reducing anxiety among students.

III. Research Methodology

Research Objective
To study the influence of Yoga Nidraintervention on anxiety and well-beingamongvarious groups in the society, here the athletes.

Long Term Goal
To boost positive attitude, will power and confidence in healthy persons. The best way to prepare them physically, mentally and emotionally as well, with the positive resolve done twice, empowering them in and out. A true revolutionary transformation of every personality, where a common person can transform into a yogi.

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Research Design:
A descriptiveand qualitative analysis, using **mixed method research.**Practical based and comparative theoretical approach.

List of Variables
Independent Variable: Yoga Nidra (Yogic Intervention)
Dependent Variable: Anxiety, Well Being, Will Power and Positivity.

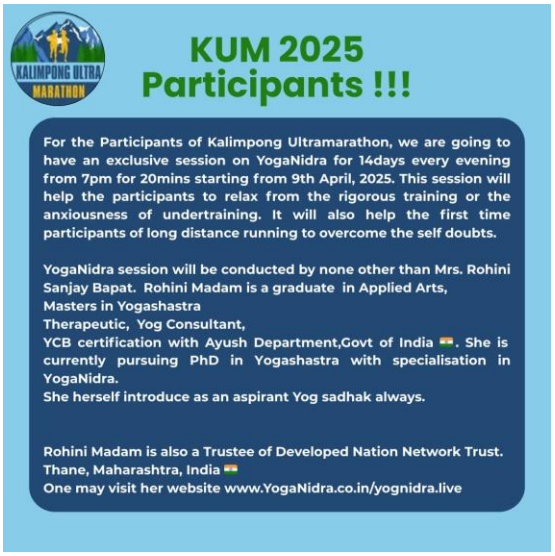
Outline of the Practice
Duration: Twenty to forty minutes.
Method: Live listening or recorded version
The most important thing in Yoga Nidra is to refrain from sleep. If you fall asleep, you lose the awareness which you are aiming for in the practice.

Preparation of practice
Yoga Nidra is performed in shavasana. Gently closing the eyes, minimising even the touch of two eyelashes to annihilate the minute impulse. Here begins the process of pratyahara, withdrawal of the senses, turning the sensory organs inside, to mind take the charge of them.

Nine Steps of Yoga Nidra
Relaxation in shavasana pose
Resolution
ROC-Rotation of Consciousness
Awareness of touch
Breath Awareness
Awareness of opposite sensations
Visualisation
Repeat Resolution
Return Journey
The significant advantage is that Yoga Nidra can be done without elaborate and expensive gadgets and in a small space in the privacy of home.

Sample:
Gorkha Athletes-Participants:

Sukanya	R	Karnataka	Bangalore
Rajneesh	Kumar	NA	NA
Subhash	Bijeta	NA	NA
Preeti	Lala	Maharash	Thane
Prashant	Beura	NA	NA
Munna	Lal	Gujarat	Jamnagar
Urmila	Lal	Gujarat	Jamnagar
Saurabh	Sarma	NA	NA
Rakesh	Rawat	Gujarat	Jamnagar
SANTANU	DUTTA	Assam	Guwahati
sunata	Barua Dut	Assam	Guwahati
Shilpa red	Ganasyam	Telangana	Hyderaba
Saikat	Sinha	Telangana	Hyderaba
SAIKAT	CHAUDHU	Jharkhand	Ranchi
Dr Rittwic	Barman	Meghalay	East Khasi
Pankaj	Jain	Meghalay	East Khasi
imtiwati	jamir	Nagaland	Dimapur
Bharati	Subba	Sikkim	Soreng
Biren	Gurung	Sikkim	Soreng
Uttam	Sinha	Assam	Guwahati
Lorik	Yadav	Uttar Prad	Lucknow
Janaki	Venkat	Tamil Nad	Chennai



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I am feeling blessed to get an opportunity to spend valuable moments with the young, energetic Gorkha athletes after previous Yoga Nidra sessions, coming all the way from small hilly regions close to Darjeeling. A must Pause!How beautifully the great Osho

Revealed the "pause" as the sacred, divine space between thoughts, actions, and life's processes. Entire emphasise to focus not on his words but the gap in between!Sincere efforts of the stubborn fickle mind to grasp that fraction moment of pause. A passing moment of pure presence where awareness arises. These minute gaps, between breaths or switching mood swings, are where the bliss lies, and real meditation begins, prolonged staying in these pauses to realise the inner self, experience sereneness, beyond thinking, pessimism and overthinking, leading to inner awareness and transformation.

It's worth relaxing for a few minutes after such a tiring hectic schedule of gruelling Mumbai Marathon running. Yoga Nidra is the master Sadhana of relaxation undoubtedly. A few minutes of Yoga Nidra is equal to several hours of sound sleep. Sleeping with awareness. Sleeping with the awakened state of mind. As if we are observing our own self, coming out of our own body. The witnessing attitude is a beautiful concept, to see yourself as a third person.A divine, positive resolve is the cherry on the cake. Everyone should enjoy the feast!

Spontaneous Opinion Exchange:"Thank you for the amazing session.

I don't feel like talking after the session"

Get Set.

Yoga Nidra, A Pratyahara Sadhana:

Pratyahara-Self withdrawal or detachment. "Swavishaya samprayoge chitta swaroopanukar-ivendriyanam pratyahara". (PYS 2.54). Meaning, when the senses are disconnected from their respective external objects and turned internally to follow the commands of the mind. **Yoga Nidra is a pratyahara practice.** Preparing the practitioner for antaranga sadhana. It is the bridge joining the bahiranga-external practice and the antaranga-internal bliss. But it's not a forceful process, no suppression. But it's a very natural, soothing and spontaneous. One is not trying hard but it's happening in a flow, effortlessly.

Dharana- "Deshbandh Chittasya Dharana" (PYS.3.1) Meaning, binding of the mind to one place, object or idea is Dharana-Concentration.

Dhyan- "Tatra Pratyaiktanata Dhyanam" (PYS.3.2) Meaning, awareness directed towards a single point of focus, which is continuous, uninterrupted, is meditation. It's like a blooming of a flower from a tender bud.

The implicit meaning of Patanjali Muni's definition of Yoga, "Chittavritti nirodh". (PYS.1.2) means the stilling of the fluctuations of the mind. "Let go" approach. Such a classic response to the query "What is Yoga?" He states that yoga is a process of blocking the patterns of consciousness. But not forcefully; here, blocking is not supposed to be suppression.

A prerequisite for Yoga Nidra practice is developing the skill to relax, calm down, take a deep breath and slow down the speed of the superfast life. A habit of sitting quietly, practising Trataka, prepares the body for meditative practices like Yoga Nidra. It is not an exercise to practice hurriedly in two minutes' available time. It is a

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process for which mental preparation is necessary. Any kind of meditation can be a good preparatory practice for Yoga Nidra.

Meditation is the ultimate for the purification of the mind

Such an important guidepost by Gurudev, of adding two Meditating Figures in the Warli painting depicting a dream of a Developed Nation. Jay Gurudev!Long long ago, Gurudev had given an important suggestion of adding two meditating figures in Warli paintings gifted to him, depicting the dream of a developed nation 2020. We are into 2026 today. What a visionary statement it was! By Gurudev Sri Sri Ravi Shankar. What a coincidence that every year on 21st December we are now celebrating world meditation day. Meditation has received global recognition. It was Gurudev' s statement that even if the nation is developed in all aspects, the need for meditation will be inevitable.A few resting moments, where the bliss lies, and real MEDITATION begins, prolonged staying in these pauses is "*Tatra Pratyaiktanata DHYANAM*". PYS-3.2- to realise the inner self. All types of meditation revolve around the mind. Sage Patanjali may call it Chitta. Meditation is the entrance door to eternal peace. We are very attached to words, but in meditation, we have to go beyond the words. Bhagwan Shrikrishna, Gautam Buddha, Bhagwan Mahavir, Jesus Christ, etc., have done meditation. Gorakhnath, Saint Dnyaneshwar, Saint Kabir, Babaji, Yogananda Paramhans, Raman Maharshi, and, in recent years, Osho and many more have done substantial work on meditation. All must be aware of Swami Shivananda, Satyananda Saraswati, and Niranjanananda Saraswati. Meditation has long-lasting effects. It's a very smooth, effortless process. Just like a bud turning into a flower is so natural! It just happens without doing. If one continues meditation consistently for several years, one can experience the bliss of God in the state of meditation. Meditation is the technique to achieve harmony in life. It is the highest spiritual discipline. Through meditation, we can experience peace within ourselves. **The ultimate purpose of meditation is the purification of the mind and intellect**. Removing ignorance, expelling doubts, elimination of habitual errors can be possible with meditation. Great Yogi Samprasad Vinod has described nine secrets of successful meditation.

Tools of Data Collection

Participant feedback was collected with the help of a Questionnaire, which was Based on comparative impact between YogaNidra and other yogic practices. This questionnaire was shared among the participants, after the completion of the course of Yoga Nidra practice.

IV. Result and Discussion

Yoga Nidra played a significant role in helping the athletes, manage their stress and improve overall health. Most of the sadhaks (practitioners) felt fresh and rejuvenated. I am really fortunate to get such dedicated groups who express freely during and post the sessions and express their gratitude that the teachings went far beyond the mat, helping them find strength, balance and inner peace in both body and mind.

V. Conclusion

Yoga Nidra can be a powerful weapon to overcome the distress, failure and a guaranteed source of success. Utilisation of powerful force of imagination and consciously directing it into the bright future, leaves no room for negative thoughts of failure. This technique can be adopted by leading trainers and sportsmen. Positive results can be obtained by improved performance levels and winning gold medals. This is just one glimpse, but in fact this master key for success can be used to open most difficult locks of events and situations of life to transform thousands of lives. Yoga Nidra is not just a stress buster, but after a consistent practice, the practitioner becomes stress resistant. It not just teaches to cope up with stress, but it makes positive utilisation of tension as a leading path towards greater awareness. This is the great secret of Yoga Nidra.

Future scope

Yoga Nidra has widespread applications in the management of multiple diseases. Yoga Nidra can definitely play a major role in the future as its potential becomes fully recognised by all medical

professionals, like doctors, psychologists, and healers. Its value as both a curative and palliative has been investigated in many research institutes globally, with positive outcomes.

Yoga Nidra can be used as a preventive measure as well. Perfectly healthy persons, as a means to maintain good health, get relief from accumulated tensions, boost efficiency, increase stress resistance, avoiding future development of psychosomatic disorders and insomnia.

Yoga Nidra promotes general well-being and a feel-good experience.

VI. Recommendations

Yoga, as an experiential science, and Yoga Nidra, a relaxation technique, offer a holistic lifestyle of efficiency, emotional equipoise, mental clarity, intellectual sharpness and physical wellbeing. *"Yogastha Kuru Karmani*" BG 2/48. Means: Attuned to your SELF (all-pervasive awareness), do your actions. These actions, in relaxation or working in total awareness, can become a reality as we start releasing the stresses not only at the physical level, but also reduce the imbalance at gross, vital-energy, astral and subtle body. In yogic terminology, at *Annamaya, Pranamaya, Manomaya* and *Vijnanamaya* kosha Level.This is exactly the Holistic Yogic Lifestyle to prepare ourselves, free from anxiety and stay happy and healthy at all levels: physical, mental, emotional, intellectual and spiritual levels. The ultimate objective of Yoga, as described in scriptures, is Moksha. The greatest among all yogic practices

To ensure success in life and acceptance of a failure in a balanced state of mind.The only area to overcome AI- (Artificial Intelligence). Knowing its limitations. AI can never replace awareness

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