



# Yoga Nidra for Sleep

Written by Scott Moore

As we begin our Yoga Nidra practice for sleep, I invite you to do whatever you need to to release any pent up energy. Send a sigh once or twice out your mouth. It might be helpful for you to stretch and do a couple of body clenches where you open your arms and spread your fingers and spread your toes, then clench everything very tightly... hold that for just a moment... and now relax. Maybe with a sigh out your mouth. Again, breathe in, hold your breath for just a moment, clench all of your muscles ... then sigh as you relax. Now, allow yourself to move into a position where you can fully relax.

I invite you to release all expectations about your practice, though you may have an intention, you are simply going to welcome, recognize and witness whatever arises. As you feel your body in this moment, close your eyes and see if you can allow yourself to relax just 10% more than you are right now.

Now, begin to simply notice whatever you are experiencing in this moment. Notice sounds and sensations. Notice emotions and thoughts. Simply allow the process of Awareness to have its way with you. Remember that your natural compoment is that of relaxed Awareness. So, the more you become aware through your Yoga Nidra

practice, the more you will relax. If you happen to fall asleep, that's okay. The part of you that I'm speaking to is still paying attention, regardless of whether or not your conscious mind is alert or asleep.

Come back to the Awareness of simply feeling your body, just experiencing it as sensation, and welcome the sensation of body, recognize it as sensation, and simply be the witness to sensation of body, your entire body. Feel your head and hands, arms and legs, front and back. You are simply witnessing body. There's nothing to do, change, or hold onto concerning your body. You are simply witnessing body.

Through the course of your Yoga Nidra practice, you are setting the conditions for deep Awareness and may it be your intention for this practice to cultivate an Awareness that will facilitate deep, peaceful and nourishing sleep. You are practicing Awareness that will facilitate a deep, peaceful and nourishing sleep. As you go through deepening layers of Awareness, just be curious how the body naturally begins to become more and more relaxed. You are not going to try to make anything happen. You will simply watch your body become more and more relaxed.

In this moment, remember a place you love to be. This is your personal sanctuary. This is your own private paradise where you can imagine or remember a time when you were very relaxed. Remember or imagine a time where you were very relaxed and see the scene with your eyes, in your Awareness, not as if you are seeing it on a screen or watching yourself as a character in a movie, but actually seeing the scene with your own eyes. Maybe what you see is the peace and darkness of a quiet room, or a peaceful sunset over a beach. Bring to life a scene where you can be extremely

relaxed. What does it smell like in this scene? Notice the sounds of this relaxing scene. Perhaps it is quietness that you notice. Are there any tastes associated with this scene? How does your body feel as it becomes more and more relaxed? Perhaps you are feeling weightless or comfortably heavy. Give yourself a moment as you enjoy this scene. Allow yourself to run through your senses and bring this scene alive. Feel yourself relaxed in this scene and allow it to relax your body, mind, and spirit, in this moment. You may return to the scene whenever you wish. This is a resource that exists within you that never changes or diminishes and you can always come back here whenever you want to.

Now in this moment, I want you to bring your attention to your Sankalpa, and if you have your own purpose for practicing today, repeat that as a statement in your mind that is specific, that speaks to now, and that is positive. Or if you'll allow me, I'm going to suggest the Sankalpa for our practice today. Unless you have your own Sankalpa, please repeat in your mind, "I'm creating the conditions to facilitate deep, peaceful, and nourishing sleep. I'm creating the conditions to facilitate deep, peaceful, and nourishing sleep." And as you repeat that a few times in your mind, let that seed be planted in the fertile soil of your heart. As you continue to deepen your Awareness through your Yoga Nidra practice, you will create the conditions necessary for this seed of intention to grow and to bloom. We are not forcing anything to happen. We are merely aligning ourselves with our True Nature, that of Awareness. As we do so, we will naturally create the conditions for all parts of our being to optimize, even that part that seeks deep, peaceful, and nourishing sleep.

I invite you to open up to Awareness itself through the sensation of your body. You are simply welcoming, recognizing, and witnessing the feeling of your body without the need to fix or change or do anything about your body. Simply welcome the sensation of face and give it permission to relax. Relax all the muscles in your face: around your eyes, around your mouth, around your nose, and your ears. Just allow everything to relax with as much ease as possible. You are not trying or forcing yourself to do anything, you are merely noticing how your face naturally becomes more relaxed the more you pay attention to it.

Now, be aware of the sensation of your scalp, the crown of your head and the back of your head. Feel your entire scalp and simply release and become more and more relaxed. Feel your entire head. The more it relaxes, notice how it takes on a new kind of energy, a new kind of prana. It might feel like a heaviness or a tingling or a lightness. Welcome, recognize and witness any way in which your head begins to feel the more and more you become relaxed. Your head is becoming more and more relaxed as you simply become aware of it as sensation. Notice that the sensations come and go and you might be aware of this body part in in one moment and that in the next, but realize that the changing of sensations is illuminating an unchanging Awareness. I invite you to be that unchanging Awareness in this moment. Experience yourself as Awareness, having a physical experience in the form of sensation of body.

As Awareness, experience yourself as sensation of neck and throat. As Awareness, simply notice the gentle rise and fall of your chest as you breathe. There is nothing to do or change, you are simply noticing the gentle rise and fall of your chest as you

breathe. Feel your belly as it becomes more relaxed. There's nothing to hold to try to grip, nothing to change or do. You are experiencing your belly as deep relaxation.

Now, be aware of the sensation of back, as shoulder blades, of spine. Trace the sensation of spine from the base of your skull all the way down through your upper back and neck, middle back, and shoulders and shoulder blades, to lower back, and all the way down to your tailbone. Somehow allow your entire spine to relax and feel heavy and restful. At any time during our practice, if anything arises— sensations or thoughts or emotions— simply welcome, recognize and witness them without any aversion, without any attachment. Notice anything that arises for what it is. Merely be the witness to whatever arises.

Allow yourself the freedom to move deeper and deeper into relaxation and if you find yourself beginning to slip into sleep, there's nothing to resist. The part of you that I'm speaking to is still paying attention. You are experiencing Yoga Nidra as you cultivate the conditions to facilitate deep, peaceful, and nourishing sleep. You are Awareness itself, experiencing itself as a body becoming more and more relaxed. Whether your mind stays completely alert and awake or whether you fall asleep, you are nonetheless receiving deep, peaceful and nourishing rest and creating the pathways for your body, mind, and spirit to cultivate the conditions to facilitate deep, peaceful, and nourishing sleep.

You are Awareness feeling itself is a body that is systematically relaxing. Be aware of the sensations of pelvis and be curious about the sensations of pelvis. Trace the

sensations of pelvis down the leg bones to knees. Trace the sensation from knees down lower legs to ankles, to feet, and to toes.

Now feel your entire body as if there is a wave of relaxation that starts at your head and slowly starts to move down your body, making your entire body more and more relaxed. As it passes, it makes each part it touches become more relaxed. It starts at your head and slowly moves down to your eyebrows, to the bridge of your nose, through your lips and chin, your neck, collarbones— becoming more and more relaxed. It moves through your chest and your back, down through your ribs and your belly, through your pelvis and your legs, through your knees and ankles, all the way down to your feet and your toes. Then, another gentle wave comes making you even more relaxed, slowly moving down your body starting with your head, chest, belly, pelvis, legs, feet. Then another wave from head to toe, slowly moving down, as you notice your body becoming more and more relaxed. Whether you slip into sleep or simply enjoy the rest, be Awareness itself experiencing deep, peaceful, nourishing rest, creating the conditions for deep, peaceful, nourishing sleep.

In this moment, with your body even more relaxed, allow yourself to be without a care in the world. Give yourself permission to move into the realm of sleep. Even if there's a part of you that's paying attention to my words, you can drift into the realm of sleep and allow your mind to rest. You are allowing yourself this moment to drift into a place where nothing is except deep and peaceful, nourishing sleep, the place where your body is relaxed, your mind is soft, clear and at ease, receptive to dreams, and receptive to any information that may come through you. Allow yourself to be in this place of deep sleep and imagine being pulled deeper and deeper into sleep, into

a place of pure Awareness, pure Beingness, where you can feel a body and a mind somewhere out along the periphery, but you are not responsible to control them at this moment. You are simply experiencing yourself as pure Awareness. There is a mind somewhere in the periphery, a body somewhere in the periphery, yet you are experiencing yourself as pure Awareness. There's nothing to do. There's nothing to change. There's nothing to be. You are experiencing yourself as Awareness, pure Awareness.

Feel your body at rest, naturally moving through the mechanics of automatic breathing. You hear and feel your heartbeat, yet you are experiencing pure Awareness, opened to pure Awareness.

In this place of pure Awareness repeat your Sankalpa, "I'm creating the conditions to facilitate deep, peaceful, nourishing sleep. I'm creating the conditions to facilitate deep, peaceful, nourishing sleep." You are Aware, you are experiencing beingness.

Anything that arises during this space, you will merely practice welcoming with it this pure observation, recognizing it for what it is, and you are simply going to experience witnessing whatever arises. There is nothing to change or do. You are merely experiencing this deep rest.

Now, give yourself a moment to remember that this place of rest is one where you can always come back to. Whether you find yourself here while sleeping or on your way to sleep, it is a valuable tool to create the conditions to facilitate deep, peaceful, and nourishing sleep. Be a regular visitor to this place.

As you start to come back into your waking consciousness, slowly, I want you to bring your attention back to the physical sensation of body. Notice perhaps how it's become relaxed. As you feel your body, notice the groundedness in your legs. Feel your pelvis and belly, your chest, hands, throat, and head. Then, be aware of the place on your body where you feel most relaxed.

For a brief moment, bring to mind all your senses that experience that beautiful personal paradise. Fill in the details of that restful paradise, the scene with the colors, the smells, tastes and sounds, the textures, the emotion, the feeling of being at peace, calm, and at ease.

In a moment we will be finishing our Yoga Nidra practice. Because of the work that we've done today, we've given ourselves a relaxing exercise in creating the conditions to facilitate deep, peaceful, and nourishing sleep. You will find yourself more clear headed, with greater clarity in your waking every day. You will notice a deeper, more ready ability to drop into rest, and will have an easier time sleeping. If you find yourself in a sleepless state, rest assured that you can achieve deep rest, even if you are not finding sleep. This also has the power to rejuvenate body, mind, and spirit while cultivating the ability for regularly deep and nourishing sleep. Through this practice, you will find yourself increasing your Awareness as well as the quality of your sleep.

In a moment, you'll hear me count down from five and as I do so, that will signal the end of our Yoga Nidra practice. Five, four, three, two, one. Yoga Nidra is over.



If you like this Yoga Nidra practice, get 100+ pages of transformative Yoga Nidra scripts in my book, [20 Yoga Nidra Scripts, Vol. 1](#) at [scottmooreyoga.com](http://scottmooreyoga.com).

Also, tap into the transformative teacher that is already within you and learn to write your own scripts specialized to meet the specific needs of your students with my [Yoga Nidra Teacher Training](#).

I believe that yoga and meditation are about truly understanding ourselves, our connection to others, and the universe. It's about feeling alive, healthy, and finding joy in life.

Everyone is unique and needs to practice yoga and meditation in a way that is right for them. I love life, I adore people, and I believe in YOU.

I invite you to join me on a journey of full-spectrum wellness and radical self-exploration, whether that's coming to a class, attending a yoga retreat in paradise, reading my blog, or taking one of my online courses. It's an honor to walk these roads together.

Namaste,

