




*Welcome...*

Welcome to this deep dive into the magical world of Yoga Nidra!



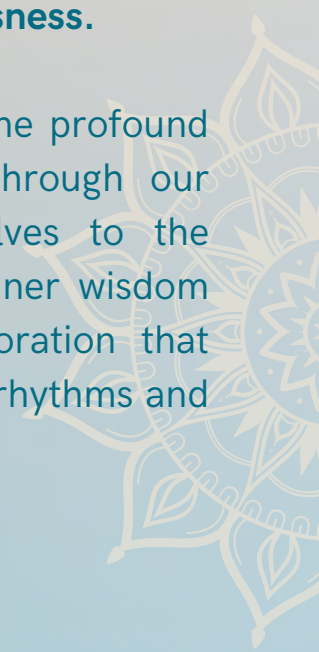
In a world dominated by relentless "doing" and ceaseless achievement, our equilibrium easily falters. We become ungrounded, leading to personal and collective imbalances - mental health struggles, physical ailments, conflict, environmental crises, and more.


But hope shines through as we immerse ourselves in the magical practice of Yoga Nidra, embarking on a profound journey. Solutions to our challenges often remain elusive when confined solely to the mind.

**This journey transitions us from relentless thought and action into authentic feeling and pure being.** It's an opportunity to exit the confines of our "headeducation" conditioning and embrace our bodies, a wellspring of innate wisdom and intelligence that opens a secret doorway to our soul. After all, the true healing medicine resides within our 'Being'.

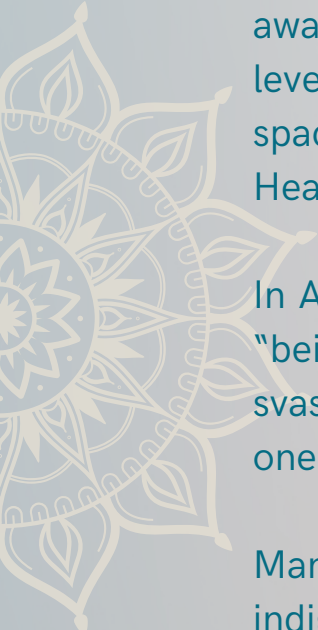
Yoga Nidra celebrates the essence of who we are, encompassing body, mind, and heart. When we anchor ourselves in our 'Being,' these elements collaborate to manifest the inner wisdom flowering from our Spirit. **Like a gentle current, Yoga Nidra becomes our guiding force, weaving transformation into every corner of our consciousness.**

This moment is pivotal for humanity - a call to tap into the profound intelligence that courses through our spirits, flowing through our entirety. With conscious awareness, we attune ourselves to the guidance of our bodies, minds, and hearts, letting the inner wisdom illuminate our path. Together, we embark on an exploration that nurtures the equilibrium we seek and harmonises with the rhythms and cycles of life.






It is in the welcoming cocoon of our Nidra nest that we can tend with great care to our physical needs and comfort, explore our felt-sense awareness, enable our minds and emotions to process at deeper levels, purge what is outgrown, forge new neural networks, and make space for new visions and responses that are in harmony with the Heart of Existence.

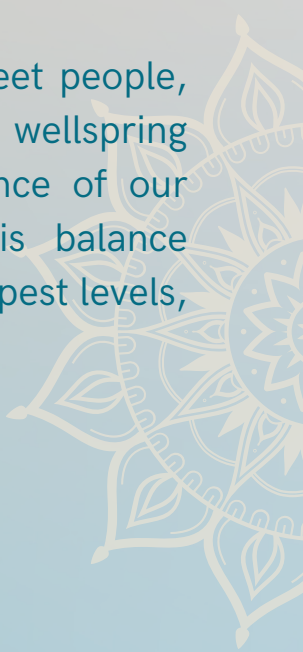


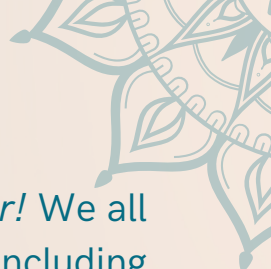
In Ayurveda, the definition of health is to be grounded in the Self (our “beingness”, the Heart of existence). The Sanskrit word for health is *svasthya*, which signifies the universal wisdom of staying (*stha*) true to one's own self (*sva*).

Many cultures across the globe, rooted in deep nature connection and indigenous ways, have at their core a holistic lens from which to experience the wholeness of life. This is often represented as a sacred compass or a Medicine Wheel indicating the 4 (or 7) directions, charting the various aspects of our being, natural rhythms and cycles of life, and how we are made up of and a part of it all. We can look to the ancient teachings of Ayurveda and TCM (born of the Asian and South/East Asian regions), the Medicine Wheel teachings (of North and South America’s First Nations peoples), the African cosmogram (with Bantu-Kongo roots) and the Celts (with origins in Europe), to see how similar maps continue to deliver the wisdom we so desperately need today.




Drawing from the wisdom of beloved elders of the Blackfeet people, we are reminded that within our 'Being' (East), we find the wellspring that guides us, flowing through the conscious convergence of our bodies (West), minds (North), and hearts (South). This balance presents us with the chance to care for ourselves at the deepest levels, with the utmost kindness and compassion.






It all starts and ends with you, with each one of us. *You matter!* We all matter and how you treat yourself is how you treat others, including the Earth, our lands, our oceans and rivers, all sentient beings and the living elements of earth, water, air and fire. Conscious practice is key to carrying out that which arises from deep within our 'Being'. I can think of no better way of putting a conscious practice to use than with the **powerful non-doing method of Yoga Nidra.**



It may seem counter-intuitive, but it's not in the 'doing' that we will find our way, rather it's in reconnecting to our 'Being' that will bring the true medicine we are so in need of. The 'doing' is then able to arise from the timeless wisdom within each of us. The 'doing' arises from the bridging of our balanced bodies, clarity of minds and heart-full emotions guided by spirit. This is how all aspects of the Medicine Wheel are honoured and literally embodied. This is also the meaning of Yoga (to yoke, to bring into harmony, union).

Yoga Nidra invites us to embrace the sacred interplay of our 'Being' and 'Doing'. As we navigate the realms of our consciousness, we uncover the treasure trove of wisdom that resides within, nurturing not only our equilibrium but also contributing to the balance of the greater whole. **We are reminded that our true essence and worth are not solely defined by our actions, but by our capacity to attune to our authentic selves and the world around us.** It is a way to live into and love from our hearts, thereby reclaiming our humanity.



May we embark on this beautiful journey together, guided by the rhythm of our hearts, the dance of our minds, and the wisdom of our spirits.

I look forward to showing you the way!

Warmly,

*Simone*



## *In deep Gratitude...*

I bow to Spirit and Life itself, (myself one and the same) as my constant teacher, profound influence and inspiration and that which moves in those mentioned below for the gifts they have shared with me.

My Yoga Nidra teachers whom I'm honored to have studied directly with — Dr. Kamini & Amrit Desai, Dr. Uma Dinsmore-Tuli & her partner Nirlipta, and Dr. Richard Miller and his team.

To Mother Nature, Pachamama, Gaia, Danu, Earth and all her profound gifts such as Grandmother Ayahuasca, Huachuma, Noya Rao and other sacred Plant Teachers who have been so vastly significant on my path.

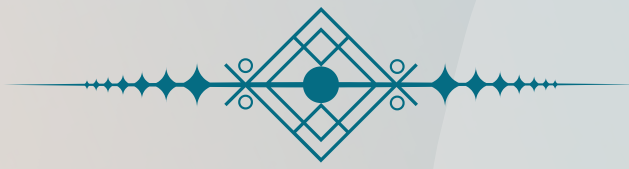
To their human facilitators rooted in the traditions of the Americas as well as drawing on philosophies of the East.

My teachers and mentors, some even from the unseen and more-than-human realms, have guided me to very deep places within myself and offered me a deeper grasp of the context and cycles in which our life occurs. These include an elder of the Siksika/Sauk (Blackfeet) People and their Medicine Wheel teachings and an African-American Tantrika/Shamanka who through drawing on her own Kemetic roots, helped me tap into so much more than words can express.

To my family, especially my Mom, Irene, who has continuously been a loving guide and spiritual mentor. My dad, Allan, who always inspires many laughs, friends of my heart and my Anam Cara, Troy, a wise heart warrior, hilarious companion and gifted teacher. To all the students along the way who I've learned so much from.... Thank you.

It is due to you that I walk with great care upon our Mother Earth and am learning how to BE.

*Love, Simone*



## MAPS, METAPHORS & DIRECT EXPERIENCE

Within this guide and course, I introduce an array of maps and metaphors to shed light on diverse concepts and to point to deeper truths.

Yet, it's crucial to understand that these tools are not synonymous with the true terrain. They serve as imperfect, at times linear depictions attempting to capture a non-linear reality from a specific viewpoint. Also, language itself, being inherently limiting, cannot fully encapsulate the essence, so let's not get caught up in it.

What counts is your own direct experience.



### SACRED EXHAUSTION

YOUR TIREDNESS HAS DIGNITY TO IT!  
DO NOT RUSH TO PATHOLOGISE IT,  
OR PUSH IT AWAY, FOR IT MAY  
CONTAIN GREAT INTELLIGENCE,  
EVEN MEDICINE.

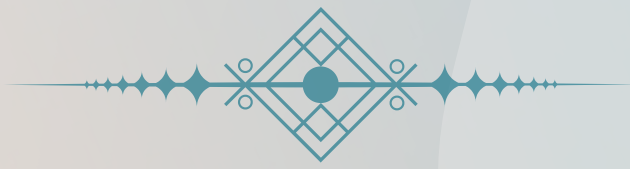
YOU HAVE BEEN ON A LONG  
JOURNEY FROM THE STARS, FRIEND.  
BOW BEFORE YOUR TIREDNESS  
NOW; DO NOT FIGHT IT ANY LONGER.

COME, SIT BY THE FIRE OF  
PRESENCE.

LET THE BODY UNWIND; DROP INTO  
THE SILENCE HERE.

FORGET ABOUT TOMORROW, LET  
GO OF THE JOURNEY TO COME, AND  
SINK INTO THIS EVENING'S WARMTH.

~ JEFF FOSTER



# JOURNAL: YOUR PERSONAL YOGA NIDRA PRACTICE

As you move through this program, your direct experience of Yoga Nidra will inform you greatly. So as a part of this course, I encourage you to journal about your Yoga Nidra experiences. Below are some questions to prompt you along the way.

- *What was your felt-sense?*
- *Did you fall asleep?*
  - *Does this upset you or can you allow your body to do what it needs to do?*
- *What emotions did you experience?*
- *Can you describe them?*
- *Where in your body did you feel them?*
- *Did you see images? If yes, describe them.*
- *What did you notice?*
- *What came up for you?*
- *Did you experience any challenges or fears?*
  - *If yes, what helps you manage challenges or fears?*
  - *How do you meet them?*
- *What strengths do you recognise in yourself?*
- *Did you gain any insights?*
- *What reflections do you have?*
- *What did you learn about yourself?*
- *Is there anything you need to ground after the Yoga Nidra?*

