

Lokah Samastha Sukhino Bhavanthu

Tapping Grace through Yoga Nidra

Adapted from the talk given on Winter Solstice 2020



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*Grace is everywhere as an active orientation of all
created reality toward God*

Karl Rahner

Prelude

In 2010 [Robert Bridgeman](#) came in touch and we have stayed connected since then. In these 12 years he has been recognized a modern mystic, light worker, mindfulness expert and coach. He is transforming many lives through Bridgeman Institute (www.robertbridgeman.com)

Robert continues to be guided by an 'inner voice' and anything more on this is incorrect to share in public domain! During our first meeting we had an interesting exchange of silence and thoughts. It was clear that *Robert* received answer to a spiritual conundrum.

Further to this interaction, before leaving India in 2010, that 'inner voice' propelled him to visit our home. On arrival he shared a prophesy and handed over 2 fluorite crystals as well.

The prophesy was that he could see seekers from all over globe receiving lessons under the trees in the campus, from the undersigned. He said that one fluorite crystal to be kept in the place of learning (eventually [Shrimath](#)) as it would

accelerate the unfolding of the blueprint of the place. In 2010 this was inconceivable as I was out of the job then!

Gradually the prophesy came true at the end of March 2011 as till now seekers from 40+ Countries have visited *Shrimath* to experience what *Robert* saw in his vision. The word-of-mouth is organically ensuring that this number is only increasing by each passing year.

Robert asked to keep the 2nd crystal at a specific place with a message that once its job is done, it would vanish. This did happen in 2011 itself.

In 2020 *Robert* asked me to deliver a session on Winter Solstice organized by [Ariëtte Love](#) of Heart Soulutions with the sole (soul) objective of spreading light and love during the covid pandemic. 48 Masters / Teachers across globe who were lined up to do these sessions.

Robert also asked to suggest a few names to take part in this *Yajna*. [Amith Hegde](#) and [Arul Dev](#) were kind enough to give consent and shared the wisdom that flowed through due to their decades long practice.

Now over to you to go through the adaptation of the transcript of the session 'Tapping Grace through *Yoga Nidra*' delivered by the undersigned.

Grateful to Chiranjeevi [Aadarsh](#) for transcribing the talk.

Love Thanks Divine Grace

Karthmadesh

Tapping *grace* through *Yoga Nidra*

Living traditions say, “Cosmos has 5 operational modes”
- *Creation, Sustenance, Dissolution, Veil, and Grace.*

The first three on the list explain the cycle of any form of life on the planet.

It appears that but for us all other species live by their instincts and have a programmed life pattern.

We, the humans, can not only think but can grow beyond mere instincts to enter the domains of intuition i.e., higher awareness. For that to happen, we need to understand *veil* clearly, then figure out ways and means to tap *grace*.

How to understand *veil*?

The thing that makes us feel...

- If I get promoted by the end of this year, my life will turn out to be better.
- If I get a new house in Vienna, I am settled for life.
- If I take a vacation to the Maldives, I'll feel fresh and rejuvenated.

So, *veil* is one that makes us feel that performing an action will bring about fulfilment. This 'so called' fulfilment generally leads to lots of action, inaction, overaction and reaction.

What is *grace*?

The fifth aspect of divinity is *grace*. *Grace* is ever flowing. To understand this better, let us take the example of a radio station. If we want to listen to songs, news or the weather report, we tune into the service provider of our choice. But, irrespective of our decision to listen to the radio, the channels continually transmit audio waves. Similarly, to channel *grace*, we need to tune ourselves to it.

This is where the role of living tradition comes into play as It teaches us multiple ways to tune in to tap *grace*.

Signs of *grace*

When we start enquiring in complete earnestness with the desire to know the ultimate truth the questions like the below issue out from the deeper recesses of our mind:

- Who am I?
- Where have I come from?
- Where do I go from here?

The flow of *grace* is in direct proportion to the intensity of this yearning. In fact, the moment such questions arise within, it can be taken as a sign of *grace*.

The 2 paths

Pravirti and *Nivirti* are the 2 paths available to us.

The former is about using the senses and mind to pursue various goals in life. The latter is learning to control the senses and mind to realize that the only goal worth having in life is to know who we (truly) are.

A vast majority of us by the virtue of the modern education system are coached subtly to give value only to *pravirti* because tangible achievements are possible.

To develop the mind in order that it can tap and receive *grace*, we need some knowledge and processes that help us to turn the mind inward.

At the same time, many of us have duties and responsibilities towards kith and kin. We feel that if there is an organic way to fulfil a few legitimate desires then alone pursuing *nivirti* is possible.

The living traditions are clear that irrespective of the path one consciously chooses, grace *needs* to be the non-negotiable component of it.

The secret is that irrespective of the path one chooses, at some point in time in this life or in the subsequent lives one would be coaxed to turn-in.

It's just that *pravriti* is like traversing through the centre of the city and *nivriti* is the express highway but both reach the same destination i.e. realization of the ultimate reality.

Maybe you could pause here to read the book again till this point and note down your observations!

Observations

Abundance

Abundance is available for each of us! And by *grace*, all of us are free to tap this abundance. In fact, tapping abundance is essential as the living traditions also say that it's important to operate from a state of fullness (*poornata*).

Receiving anything is possible only if the source has abundance and our cosmos / universe is one such source.

Let's assume that someone asks you money. If that amount is within your reach, you might lend them. But, if it's beyond your capability to provide, you might refer another person with the capability or guide the person towards a bank. Usually, the latter option is taken. Why is that the case? The bank has multiple account holders and there is a massive cash flow. So, they have the mandate to lend you an amount based on your eligibility.

Similarly, think of cosmos as a bank. A bank that has access to infinity in all dimensions be it *material wealth, grace & all-round prosperity*. We need to ensure that we become eligible to tap into the *grace* that is available to all beings on this planet irrespective of religion, race, caste, or colour.

Connection between awareness & *grace*

Awareness is one of the most important words to understand in the English language. Awareness is being wherever we are, however we are, whatever we are and observe the things happening around and within us with a non-judgemental attitude.

Let's take the proceedings at the court as an example to understand the idea of awareness. The judge calls upon both the parties and ask them to present the case. The main judgement is not arrived at, until the judge hears out the witnesses. The witness is the one who helps the judge understand the sequence of events as they unfolded and the people involved in with an impartial eye. Similarly, the key quality we need to develop to tap into *grace* is the ability to be a witness i.e. awareness. Today, words like mindfulness, heartfulness, living in the now et., have become famous but they ultimately denote awareness only.

A note on our mind

We must move away from the thought that the mind is like a dustbin which has a limited shape and size like the ones used in our homes and offices. But our mind is like the tip of an iceberg, particularly the conscious mind. The

subconscious mind is extremely vast and massive. 90% of the mind is subconscious and only 10% is conscious. How do we empty the contents from the subconscious to the conscious? Is it needed?

Why emptying the mind is next to impossible?

The tradition says, the mind can attain a state of calmness as and when we realise, at least conceptually, that the ultimate reality is infinite and what we see in our lives are manifestations of the infinite.

For example, you own a land of 2000 sqft. Will you be able to count the grains of sand or the blades of grass or the number of leaves the trees there have? (Mind you, these are finite) Then, how would it be possible to keep track of all the (infinite number of) thoughts and empty the mind?

Fullness is not just the ultimate reality but its very nature

This is the why we are always asked to operate from a state of fullness rather than emptiness because the ultimate reality is ever full. Once we understand this, we try to become witness of our own thoughts & life. Whatever we experience, be it emptiness or fullness, doesn't matter as long as we live in the present to just be a witness.

How to tap *grace* then?

All of us wish to tap *grace* but are mostly under the grasp of *veil* because we constantly change the goal post by using our mind to churn one desire after the other or give in to the desire that is thrown at us by the mind, sometimes without any conscious effort from our side!

Thus, unless one develops the ability to be a witness, *veil* will continue to overpower our lives.

This is where our living traditions step in and provide a few possible solutions. *Yoga Nidra* is one such solution which shows us the way to further our *pravriti* aspirations, desires and goals.

When practiced with understanding, this very same *Yoga Nidra* will help us to move into *nivriti* as we personally experience beyond doubt that:

- (1) whatever we are destined we will end up possessing (*artha*) or experiencing (*kāma*) and
- (2) we need not be anxious about anything...

What is *Yoga Nidra*?

Yoga Nidra is the process that gradually helps us to develop the attitude of a witness, thereby we accept everything as it is. The virtue of acceptance is a precursor for the practise of *Yoga Nidra*.

Yoga Nidra works not just at the body level but, it brings out the infinite potential our mind has and helps us to relax, manage stress and realise desires.

History of modern Yoga Nidra

The process of *Yoga Nidra* was redesigned by *Swami Satyananda* who out of his compassion realised that the world today needs a lot more from *Yoga* than just *Asana & Pranayama*. When he saw the increasing complexity of the world & it's affairs, he put forth this process to his disciple, *Swami Niranjan* and to all the students at the Bihar School of Yoga in 1960's.

How does this work?

The 5 operational modes of the divine as mentioned above are *creation, sustenance dissolution, veil & grace*.

Yoga Nidra helps us to work with the concept of *veil*. It helps us manifest our desires in an organic and systematic way by calming down our body at the physiological level and preparing the mind in a structured way to sow seeds of our desires.

With consistent practise watch the seeds flower as the desires of your life. It is important to note that at a time only one desire needs to be used as a resolve in *Yoga Nidra*!

Yoga Nidra helps us to realise a few desires that we have in life. Recall the concept of *veil*, that makes us feel that performing an action will be about fulfilment.

Once a person who practices *Yoga Nidra* has a few of his desires fulfilled, he/she realises that the effective use of *Yoga Nidra* is to deepen ourselves to remain as a witness in our lives rather than looking out to fulfil desires.

Being process driven

Whatever is supposed to be experienced by us in this life will happen if we think clearly, act in the right way and acknowledge the fact that being process-oriented is more important than being result oriented.

The result that comes out is based on a lot of external factors that are beyond our control. So, being process-driven will take care of our present actions leading us towards the destined result.

When is anxiety neutralized?

Once we become aware and start living in the present, the anxiety that we face thinking about future events will be neutralized. If this is fully grasped, we get to space where we understand that we need to make the present count and do the best of ability and whatever has to happen in the future will happen. With his content mindset, the wavered mind begins to move towards stillness. As the mind calms down, it becomes fit to tap *grace*.

Yoga Nidra & emotions

After the practise of *Yoga Nidra*, you will feel a sense of calmness physically and physiologically as well. You will feel a steady flow of breath which relaxes your mind naturally.

Yoga Nidra gives us control over our emotions. We realise that there are of n number of things happening around us which have had an impact on who we are, our lifestyle, our

food habits and so on. These are some of the things that we haven't been conscious of, nor had a filter on to have control over ourselves which Yoga Nidra gives back to us. Upon consistent practise, we become better witnesses to the life around and the thoughts within. This mentality will prepare us to face multiple and tricky situations in life with equipoise.

Gradually, at higher levels of practise, *Yoga Nidra* helps us realise our deep desires which according to us defines us and our very life. Manifestation of desires is just the initial stage of this practise and we all need to strive towards a state where we are just present as a witness.

Thus, *Yoga Nidra* is a great tool to work with *veil* and also helps us to become a better witness thereby tapping *grace* will happen naturally!

The *Yoga Nidra* instructions can be listened to, from <https://youtu.be/dAtdWNuPLXw>

Do feel free to reach out to us at email@shrimathyoga.com to customise a program on *Yoga Nidra*.

Jai ma



Krishna Prakash is the founder of Shrimath Yoga (India), a traditional gurukul model Yoga School. Since 2011, students from 40+ countries have studied Yoga as a system

Shrimath Yoga bagged the rare TRAVELERS' CHOICE 2020 award from TripAdvisor i.e. recognized as one of the top 10% hospitality properties of the World. For winning the CERTIFICATE OF EXCELLENCE for 5 straight years, Shrimath entered TripAdvisor's HALL OF FAME in 2019. It is a matter of pride that Shrimath is the only Yoga School to achieve these recognitions

Shrimath is the first Yoga School in the World to be approved by Yoga Alliance International to offer teacher training in Yoga Nidra

In 2019, Krishna was inducted as a "Life Time Member" at Government of India supported Indian Yoga Association (IYA) conceived by BKS Iyengar, Sri Sri Ravi Shankar, Sri Jaggi Vasudev, Swami Ramdev, Hansaji, Sri Ishwar Basavaraddi and other living Yogis. Shrimath is one of the recognized 50 ASSOCIATE CENTERS by IYA to learn Yoga in India

Krishna continues to learn from the living traditions of Bhagawan Nityananda of Ganeshpuri, Sri Ramakrishna Mutt, Bihar School of Yoga & other Siddha traditions

For more details kindly visit
www.shrimathyoga.com & www.krishna-prakash.com