

## The Seven Aspects of World Peace Yoga and How They Relate to Yoga Nidra

1. **Intention:** The first of the Seven Aspects of World Peace Yoga is also the first thing done in guiding a Yoga Nidra class: set an intention. In fact, I recommend 3 intentions/*Sankalpas*. The first involves remaining wide awake, alert and aware throughout the very physically relaxing practice. The second is more about self care and feeling safe and secure if things get intense. The third is approached from a place of gratitude and seeks to find one's life purpose by connecting with the heart and then letting that propel one into a life of deep purpose.
2. **Connect to Earth:** The pose or "seat" of Yoga Nidra is traditionally *Savasana*/Corpse Pose. We do so to begin learning this deep consciousness expanding practice because we are aiming to eliminate as much outside stimulation as possible and get to the sensations arising from our own body. Ultimately, with more and more practice, we are able to guide our students to sit in *Sukasana*/Easy Pose, stand in *Tadasana*/Mountain Pose/, or even walk in the garden because the goal, as the goal of all Yoga, is to connect with our true Self and maintain that connection off the mat under any and all circumstances.
3. **Conscious Breathing:** In Yoga Nidra we guide our students to be aware and sometimes in control of their breath using the inhalations as a metaphor for the subconscious mind to expand consciousness. We begin with just the space around the physical body and progress with each body-expanding breath to include community, Earth even Cosmic Consciousness. Continuing this powerful metaphor of consciousness connecting with the breath, on progressive exhalations we may guide our students to tune into the releasing and relaxing sensation to turn ever more deeply inward, expanding our awareness inside to a cosmic degree.
4. **Intuition:** The Yoga Nidra student is initially guided to their intuition when they search their heart for its deepest longing. It is when we turn inward and listen to this compassionate voice from a place of gratitude that we are hearing the deep knowing that has always been there for us but often is drowned out by the loud and intensely busy outer world we live in. In Yoga Nidra we teach our students to be guided by this inner knowing that has the right answer to any question and the solution to any problem life brings.
5. **Compassion:** By having our students, first come to a state of gratitude before exploring their heart's deepest desire, we lead them to find a life's purpose that is rooted in compassion and this guides them to "right" action in the world they interact with and to themselves as set out in the Yamas and Niyamas.
6. **Service:** As teachers of Yoga Nidra we are serving all our students by assisting them to connect with their own *guru dev*/inner teacher, where we are all connected and One with All that is. In this way, they become better stewards of the communities they serve, the Earth and themselves.
7. **Meditation:** In the final analysis, Yoga Nidra really is just meditation. It is an excellent way for new students, curious about meditation to effortlessly try it out in a way that is comfortable and relaxing. Students of Yoga Nidra often have important insights about their lives very quickly with a Yoga Nidra practice which then leads them to explore further. Progress rapidly becomes very rewarding and transformative.