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Yoga Nidra, also known as yogic  
sleep guides you into a state of  
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wakefulness and sleeping. The  
"going-to-sleep" stage is typically  
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experience takes you down into an even deeper brain-wave state—one that can't be reached through conventional sleep. In this fourth state of consciousness, below delta, your brain is thoughtless. This state is sort of like a complete loss of consciousness, but you are awake.

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The Little Yoga Nidra to the sounds of Mother Earth. Composed and guided by Swami Janakananda. 20.23 min  
2. Travel through the Space of Experience Music, composed and played on a Swara-Mandala harp by Roop Verma. 12.28 min  
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the music of Roop Verma. 45.05 min

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Janakananda Saraswati is a tantric yoga and meditation teacher and a writer, who has had a significant influence in the dissemination of yoga and meditation in Scandinavia and Northern Europe.

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All the organs and senses of the body are rested in a way that sleep seldom provides. Thus the senses are sharpened and you feel invigorated afterwards. During Yoga Nidra the relaxation is constantly deepened while you follow the instructions and devote yourself to the experience. The body starts to relax and the mind follows.

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