

# ROOT & BRANCH ORIENTAL MEDICINE

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[www.rootandbranchom.com](http://www.rootandbranchom.com)



## Health & Vitality Newsletter

Hello friends of Root & Branch Oriental Medicine,

### **STRESS! & Yoga Nidra**

In our modern lives the main “roots” of many diseases stem from:

- **Accumulated mental-emotional stress**
- **Improper diet for your constitution**

The practice of Yoga Nidra (or “yogic sleep”) is all about addressing the former on this list. This practice is about consciously dissolving stress and tension at a deep subconscious level. Stress is accumulated over the course of our lives, and while regular sleep just recharges, it doesn't access the

deeper levels of the subconscious where mental- emotional stress is stored. This stored stress drains our vitality. The practice of Yoga Nidra when integrated into your life, will give you much enhanced vitality & a renewed sense of energy, as the stored stress is dissolved. The sages of India who developed this practice, say that **every hour of yoga nidra practiced has the rejuvenating equivalent of 4 hours of normal sleep.** Part of this “turbo” rejuvenation stems from the fact that during Yoga Nidra, you are consciously entering the deep sleep brain wave of theta.

In addition, Yoga Nidra includes the process of using a sankalpa (resolution). Far superior to affirmations which primarily work with the conscious mind (and are therefore often not effective), Yoga Nidra plants “thought seed” deep into the subconscious mind, which is the driving force of our daily activities. This process coupled with your resolution **can make profound changes in the quality and direction of your life.**

So whether you want to learn a new habit, get rid of an old one, or just decompress your inner stress monger, this is something everyone should try.

HOW DO I PRACTICE? I (Geoff here) have tried many different versions of this practice, and one I highly recommend is called **“Relax into Greatness”** by Rod Stryker (which we now have available in our office). For more information on the

potential depth and power of Yoga Nidra, read **"Yoga Nidra"** by Swami Satyananda Saraswati. In addition, GEOFF WILL BE TEACHING WORKSHOPS ON YOGA NIDRA IN THE FALL. So call us for dates, times & locations.

**RELAX! REVITALIZE! and ENJOY!** (and if you know someone who is stressed, [please forward](#) this to them too!)

Finally, clients and friends of Root & Branch, if we are helping you or your loved ones to achieve vibrant health through holistic healthcare, please refer a friend!  
THANK YOU FOR YOUR SUPPORT!

Sincerely,

Geoff DePaula M.Ac., Lic.Ac., Dipl.C.H.  
Eileen DePaula M.Ed., M.Ac., Lic.Ac.

## Quick Links...

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