

Ep #270: Yoga Nidra to Settle an Overworked Brain



Full Episode Transcript

With Your Host

Susi Hately

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Male Announcer: You're listening to *From Pain to Possibility* with Susi Hately. You will hear Susi's best ideas on how to reduce or even eradicate your pain and learn how to listen to your body when it whispers so you don't have to hear it scream. And now here's your host, Susi Hately.

Welcome to this practice of yoga nidra. And this practice, I've designed it for those times where you've been really heavy in thought. Maybe you're working through a particular problem, you're using a lot of logical power. Or maybe you are completing a creative project or in the middle of a creative project and you've been working at it for quite some time and you're in that state where you're tired perhaps or wired.

You might feel really productive perhaps, but there's this sort of feeling of tiredness and depletion. And you'd really like to come back into your body and relax, but there's this wiredness feeling that is distracting you and making you feel a bit flitty and just sort of out of sorts.

So this process, this nidra practice is meant to bring you back into your sensing and feeling self and help reboot, to help reconnect, to re-inspire and to settle into a more nourished state.

So to begin, connect into a comfortable space. I liken this to a yoga nidra nest. So grab whatever pillows or blankets you need to get yourself into a space that's quite comfy. And as you settle in, take a moment and ask yourself if you could be just 5 to 10% more comfortable. So that might be adding a blanket or putting something over your eyes or adding just one more pillow.

And then connect to your breath and feel the inhale come in and the exhale go out. And again, inhale coming in and exhale coming out. And now is the time to connect with your deep wish. And this wish might have to do with the work that you were just doing, or maybe it's something to do with your own well-being. You can state it as a one sentence statement as if it has already occurred, stating it in the present tense.

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Ep #270: Yoga Nidra to Settle an Overworked Brain

When you have this statement, take a moment and say it to yourself three times. And notice how that statement resonates in your body as you say it. We'll come back to this later on in the practice. And for now, you can lay it aside as we begin to connect into parts of your body.

Let's begin with your right big toe. And notice your right big toe and the second toe, third toe, fourth toe, pinky toe. And then into your forefoot and the arch of your foot and into your right heel, right ankle, into your right lower leg and your knee. Your right thigh, right hip, and now your entire right leg from the tips of your toes to your right hip.

And then into your left big toe, second toe, third toe, fourth toe, pinky toe. Left forefoot, arch, left heel, ankle, and into the left lower leg and knee. The left thigh, left hip, and the whole of the left leg now from the left toes all the way up to the left hip.

Take a moment and feel both legs at once from the tips of the toes right up through the hip. Feel the space two inches below your navel, your abdomen, ribcage. Notice the breath moving through your abdomen and rib cage.

Your right shoulder and armpit, your right upper arm, right elbow, right forearm, right wrist, palm of the hand, back of the hand, your thumb, your index finger, middle finger, next finger, pinky finger. Feel your right arm now from the tips of your fingers up through to your right shoulder and armpit, feeling the entire arm at once.

Right collarbone, left collarbone, left shoulder and armpit. Left upper arm, left elbow, left forearm, wrist, palm of your hand, back of your hand, left thumb, left index finger, middle finger, next finger, pinky finger. Feeling the entire left arm now from the tips of your fingers to your shoulder.

The notch of your collarbone up into your neck, front of your neck, back of your neck, sides of your neck. Connecting into your head now, back of your head, top of your head, forehead, your right ear, your left ear. Both ears at once now. Right eye, left eye, both eyes at once. The flare of your nose.

Ep #270: Yoga Nidra to Settle an Overworked Brain

Upper lip, lower lip, inside of your mouth, right wall, left wall, the roof of your mouth, the floor of your mouth, your tongue.

Feeling all of your head and face at once. Forehead, ears, eyes, nose, lips, inside of your mouth. The tip of your chin. The middle of your throat. The middle of your breastbone. Your solar plexus. Two inches below your navel. Your legs all the way to the bottom of your feet.

Feel now your breath in your body. The movement of your breath like waves, moving your abdomen and rib cage on the inhale and the exhale. Notice your right hand now, and imagine you can breathe through your right hand. You have nostrils on your right hand. Imagine you can inhale and exhale through your right hand. Your right forearm, elbow, your whole right arm to your shoulder. Imagine you can breathe through your whole right arm and hand.

Your right neck, right face, and head. Breathing through the right side of your body. Ribcage, pelvis, leg, and foot. Breathing through the whole right side of your body.

Now your left hand. Breathing through your left hand, imagining you have nostrils in your left hand. Your left forearm, elbow, upper arm, and shoulder. Breathing through your entire left arm and hand. Left neck, left head, and face. Breathing through your entire left side. Ribcage, left hip, left leg, foot, and toes. Breathing through your entire left side.

Now imagine you can breathe in through your left side, your whole left side. And as you exhale, breathe out through your right, your whole right side. As you finish that exhale, breathe in again through the right side, and breathe out through your left.

Repeat this on your own rhythm two more times. In through the left, out through the right. In through the right, out through the left. When you finish your second repetition, bring your attention to both sides at once, breathing through both sides of your body, inhaling and exhaling.

Ep #270: Yoga Nidra to Settle an Overworked Brain

Now let's move into opposites, heavy and light. Notice where you are feeling heavy in your body. Heaviness. Where you are feeling heavy. And then notice where you are feeling lightness in your body. Where you are feeling light.

Coming back to the feeling of heavy, notice where you are feeling heavy in your body. Heaviness. Notice where you are feeling light in your body. Lightness. Move between these opposites, heavy and light, a few more times.

And now take a moment and feel both heavy and light at once. This is a feeling exercise, sensing into both at once. It's not a thinking exercise. Allow for yourself to sense into both heavy and light at once. And notice what arises when you feel both heavy and light at once. Something new or novel arises. Perhaps a new insight, a new awareness, even a new thought.

And in that new space, bring back your initial deep wish or intention, the sankalpa you started with at the beginning of the practice. The one-sentence statement. And bring that now into this space, saying that statement three times to yourself.

And notice how it's resonating now in your body, connecting with your breath, connecting with your heels, connecting with your shoulders, your head. Noticing the support that is touching you, the air touching your skin. Feeling the inhale and the exhale. Noticing this new state that you are now in.

If this state was a new normal, where might you go from here? How might your next couple of hours be?

You can be here for as long as you would like, and when you're ready, take another five breaths before you transition on with the rest of your day. And if you're ready to move now, take a moment just to feel each of your fingers with your thumb, touching the tips of each finger with your thumb. Perhaps wiggling your toes. Connecting to the sounds that are around you, the

Ep #270: Yoga Nidra to Settle an Overworked Brain

sounds that are inside of you. Welcoming this sensory and sensing self of yours.

Thank you for your practice. These practices, yoga nidras, R&R sleep meditations, body scans, and breath practices are dropped every single week. Thank you for this practice and I will see you again next week. Have a great day.

If this episode has resonated and you're looking to deepen this idea of getting your body back on board, of listening deeply to your symptoms, of listening to the whispers so you don't have to hear the screams, and you're looking for one to one support or professional training, then reach out to us at health@functionalsynergy.com where we can customize your learning path. That's health@functionalsynergy.com. Looking forward to hearing from you.