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Deepak chopra sleep meditation mantra

In this guided sleep meditation, Deepak Chopra, M.D., leads us through a calming exercise to ease us into rest, and also to reimagine what our sleep space can be. Take a few moments to remove the barriers to sleep and reclaim the stability of your mind. Through this careful instruction you will be lulled into a restful state and from there you will find comfortable and spacious slumber.Sleeping is essential for our own wellbeing. Unless we can let go of ourselves for at least a few hours every day, our minds become overworked, our bodies tired, and we cannot function properly in the world.In this guided sleep meditation, Deepak Chopra leads us through a calming exercise to ease us into rest. As he explains at the beginning of the video:“The biggest reason for insomnia is actually worrying about insomnia. So anxiety about not going to sleep is the biggest cause of not being able to sleep.Deepak Chopra Meditation for SleepLie in bed either on one side or on your back and try to be as still as possible. And remember one thing: if you’re still in lying in bed, your body gets almost the same rest as it would if it were totally asleep. So have the attitude that even if you can’t sleep you are getting the rest. That attitude will be very helpful because you won’t be worrying about sleep.”Make yourself comfortable before you start listening to this meditation. Through his careful instructions, you will be lulled into a restful state where you will find a comfortable and spacious slumber. Share Pin Tweet Plus Email Last year 48% of Americans were plagued by insomnia, according to the National Sleep Foundation. As anyone who has gone without sleep knows, a lack of rest is an impediment to one’s productivity at work, personal happiness, and overall health. In this sleep meditation, Deepak Chopra, M.D., leads us through a calming exercise to ease us into rest, and also to reimagine what our sleep space can be. Take a few moments to remove the barriers to sleep and reclaim the stability of your mind. Through this careful instruction you will be lulled into a restful state and from there you will find comfortable and spacious slumber. RELATED: A 90-Second Solution to Sleep Better Tonight! By Deepak Chopra Published on November 11, 2014 TAGS: Deepak Chopra, guided meditations, meditation Picture this: You start drifting off as you’re reading a book, unable to keep your eyes open or focus on what you’re reading. Then, as soon as you put the book down, your brain goes into overdrive, bouncing between various to-do list reminders and disruptive thoughts. If this sounds familiar, the good news is that it doesn’t have to be that way. Deepak Chopra, M.D. has some smart tips for quieting our racing minds to help us fall asleep faster. Some of the pieces of advice he shared with CNBC’s “Make It” series include our own Thrive Microsteps, like avoiding late-night tech binges. Others offer surprising insights into how we can fall asleep quickly. Here are three of his best tricks: Try mindful breathing Focusing on your breath is a good place to start when you’re trying to calm yourself down to get to sleep. “In order to fall asleep, mindful breathing can be very helpful; all it means is that, as you’re laying down to go to sleep, you observe the breath,” Chopra told CNBC. To try it yourself, count to four as you breathe in, and then to six as you breathe out. According to Chopra, doing this slows your breathing from an average of 14 breaths per minute to around eight breaths per minute, allowing you to more readily relax. “Mindful breathing immediately restores self-regulation [and] calms the mind,” he added. Use a mantra Chopra also suggested using a mantra to help you fall asleep. Don’t already have one? That’s not a problem. He recommends the “So Hum” mantra, which is derived from Sanskrit, and frequently used in yoga and meditation. All you need to do is say “so” as you inhale, and “hum” as you exhale. “This is the vibration of breath and puts you to sleep very fast,” he explained. Replay the day’s events Since part of the point of these exercises is to help quiet our racing minds, it may seem counterintuitive to replay the events of your day in your head before you go to sleep. But Chopra promises that this can actually be calming. Just close your eyes and relive your day from the time you got up that morning, to the moment you got into bed — almost as if you were watching a movie of your day. “On the screen of your consciousness, you see yourself as if you were on a video screen,” he noted. “Observe the day, without judging it, and then let it go. When you do that, you actually let go of all the stresses that happen during that day and you go to bed with a fresh start for the next day.” Follow us here and subscribe here for all the latest news on how you can keep thriving. Stay up to date or catch up on all our podcasts with Arianna Huffington here. It’s no surprise that so many people have a hard time falling asleep—and getting quality rest once they do.In today’s hustle-bustle society, many people rush from their beds out into their lives and get back home just in time to crash, before doing it all over again the next day. There aren’t enough hours in the day to accomplish the things we need to get done, let alone getting around to the things we actually enjoy and want to be doing.When we do finally have some time, we relax by watching TV or reading social media and Internet memes on our smartphones. These kinds of activities actually add more stimuli to an already overloaded lifestyle, making it nearly impossible for our racing minds to settle down.To prepare yourself for restful sleep, here are three forms of meditations that can help calm the mind and get you into more of a relaxed state so you can get a good night’s rest.RecapitulationRecapitulation, as taught by Deepak Chopra, is the act of reviewing your day from start to finish each evening just before falling asleep. This guided visualization can help you relax and even develop witnessing awareness—the fifth level of consciousness, known as Cosmic consciousness. It can also help cultivate lucid dreaming.To do this, sit upright in your bed just before turning out the lights. Close your eyes and go back to the moment you woke earlier that morning. Review everything that you experienced from the time you woke up all the way to the present moment. Try to stay in a place of just observing your day rather than judging or evaluating your experiences. The recapitulation process should only take a minute or two. Don’t stop along the way and “hang out” in anything that happened along the way. After doing this, if you need to relax a bit more, you can do some Yoga Nidra, or yogic sleep.Yoga NidraYoga Nidra is a powerful technique where you learn to relax consciously. The word yoga means union and the word nidra means sleep. It’s referred to as the state of dynamic sleep, where one remains aware. In Yoga Nidra, you’re accessing the state between waking and dreaming where your brainwaves enter the alpha brainwave pattern (Yoga Nidra by Swami Satyananda Saraswati) and you experience a deep state of relaxation. Move away from external stimulus and go inward to achieve this deep relaxation. The Yoga Nidra process is one that takes you through a sensory experience of relaxing your entire physical body one area at a time, while bringing awareness to sensation. The duration of Yoga Nidra can range anywhere from 10 minutes up to 90 minutes, depending on the amount of time you have and your preferred level of exploration.Check out this Yoga Nidra script that you can record in your own voice on your smartphone or tablet and play back for yourself as you prepare for rest. This one is about 12 minutes long. If you prefer to use a pre-recorded audio, there is a CD you can purchase called Deep Relaxation - Divine Sleep Yoga Nidra that has a track for insomnia called Put Me to Sleep. There are also numerous free audios you can find online for Yoga Nidra. If you’re still awake after this guided relaxation for the physical body, you can bring in mantra-based sleep meditation.Om Agasthi Shahina (Om Ah-gah ´stee Shah-ee´-nah)This mantra-based sleep meditation can be highly effective for those who have overactive minds and have difficulty falling asleep. Repeat the mantra Om Agasthi Shahina— pronounced Om Ah-gah ´stee Shah-ee´-nah—silently to yourself. There is no need to synchronize the mantra with your breath; just breathe normally. If your mind drifts away to thoughts, bring your attention back to the repetition of the mantra. At some point, you’ll likely doze off into a restful slumber.Sweet dreams! According to Ayurveda, sleep is the nursemaid to humanity. During deep, restful sleep, our body recovers from stress and we wake up feeling refreshed, clear-minded, and energized. Unfortunately, with the turbulence in people’s personal lives and in the world at large, many of us suffer from insomnia and a lack of adequate rest.While sleep medication can provide a temporary altered state that resembles sleep, it doesn’t offer the level of rejuvenation that comes with normal sleep. To restore our innate capacity to sleep soundly, Ayurveda suggests that we focus on creating a lifestyle that includes optimal nutrition, exercise, a regular meditation practice, and a daily routine. Restful sleep is the natural result of making choices that support physical and emotional balance throughout the day.In Ayurvedic terminology, insomnia is an imbalance of the Vata dosha. Vata is the principle of movement and is light, changeable, active, and quick.When you have excess Vata, your mind will be overactive and filled with the racing, anxious thoughts that keep you up at night. There are many different approaches that can help calm an aggravated Vata.1.) MeditateOne of the most powerful techniques for quieting the mind is meditation, which allows you to go beyond the mind’s noisy internal dialog into a space of silence and stillness. After your meditation session, you carry this sense of greater calm with you into the day, allowing you to stay more centered and peaceful even in the face of life’s inevitable stresses. Ideally, meditate first thing in the morning, and then again in the early afternoon or evening. You can learn Primordial Sound Meditation from a certified instructor in your area. Find a meditation instructor here.2.) Use Calming Oils and HerbsThe essential oils from certain herbs and flowers have been traditionally used in Ayurveda to calm an overactive system. Fragrances that are warm, sweet, and heavy are most useful. Sandalwood, patchouli, and vanilla can be calming and are best diffused in your room as you are preparing for sleep or added to a warm bath.Herbs that tend to be calming include chamomile and valerian. A cup of either of these teas a couple of times per day can be soothing and help slow you down.The Ayurvedic herb known as winter cherry or ashwagandha is one of the most potent tonics in both ayurvedic and Tibetan medicine. The usual dose is 300 to 400 milligrams twice daily. If you can locate them, the Ayurvedic herbs jatamamsi (nardostachys jatamamsi) and shankhapushpi (canscora decussata) have calming and quieting effects on the mind and body.A daily self-massage with a Vata-pacifying oil is a calming intervention. Use a couple tablespoons of oil after your bath or shower and allow it to soak into your skin. Snacking on roasted sesame seeds mixed with pump golden raisins in another Vata-pacifying approach.3.) Create a Soothing Evening RoutineAt the Chopra Center we find that if people can commit to a consistent sleep ritual, they can usually retrain their mind to experience healthy sleep patterns.From the Ayurvedic perspective, the ideal bedtime is 10 p.m. Begin preparing for sleep shortly after dinnertime by taking a light walk and minimizing intense mental activity in the evening. Eat your larger meal in the middle of the day and try eating lightly in the evening, so that you’re not trying to fall asleep on a full stomach. Try not to work on your taxes, balance your checkbook, or watch a violent thriller on television right before bedtime – all of these activities can over stimulate the Vata dosha and make it hard to fall asleep.Begin getting ready about an hour before sleep by running a hot bath and performing a slow, oil massage on your body with Vata or Pitta massage oil. Put a few drops of lavender oil in the bath water and play some soothing music. Have the intention to allow the stress of the day to leave your body.Once you’ve completed your bath, try drinking a warm herbal tea or heated milk with a pinch of nutmeg. Alternatively,jatamansi, an ayurvedic herb related to valerian can help quiet the mind. Once in bed, avoid watching television or reading mentally stimulating material. Reading spiritual or inspirational literature before bed can help shift your awareness away from the usual demands of your life to a more expanded perspective.Turn off the lights, close your eyes and just lie comfortably on your back observing your breath. Allow your attention to float through your body. If you notice areas of tension, consciously release the pressure.4.) Use a Sleeping MantraIf after following the calming evening routine you are still having trouble falling asleep, the sleeping mantra Om Agasthi Shahina (Om Ah-gah ´stee Shah-ee´-nah) can sometimes be helpful.Simply repeat the mantra silently to yourself. If your mind gets pulled away to thoughts or distractions, gently return your attention to the repetition of the mantra.5.) Let Go of TryingInsomnia is a common problem, and many people try to force themselves to sleep at one time or another. Sleep is a natural process, and “trying” will have no positive effect. In fact, it will probably aggravate the insomnia because the harder you try and less successful you are, the more frustrated you’ll feel. Trying is not the way in which nature functions.The Law of Least Effort (from The Seven Spiritual Laws of Success) offers some useful guidance on how to let go:“Today I will practice acceptance. I will know that this moment is as it should be, because the whole universe is as it should be. I will not struggle against the whole universe by struggling against this moment. My acceptance is total and complete. I accept things as they are this moment, not as I wish they were.”

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