LIST OF APPENDICES

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APPENDIX A

CASE HISTORY FORM

Name:-
Age:-
Education: - Occupation:-
Marital status Children
Address
Date of birth
Date of examination
Chief complaints:-

<table>
<thead>
<tr>
<th>Origin</th>
<th>Duration</th>
<th>Progress</th>
</tr>
</thead>
<tbody>
<tr>
<td>Location</td>
<td>Sensation</td>
<td>Aggravated by</td>
</tr>
</tbody>
</table>

Associated complaints:-

<table>
<thead>
<tr>
<th>Origin</th>
<th>Duration</th>
<th>Progress</th>
</tr>
</thead>
<tbody>
<tr>
<td>Location</td>
<td>Sensation</td>
<td>Aggravated by</td>
</tr>
</tbody>
</table>

Past history: - of any major illness

Family history:-about illness of

Mother, Father, Siblings, Children, Maternal history, Paternal history

Personal history:-

Diet
Appetite
Thirst
Perspiration
Urine
Stool
Sleep
Dreams
Food aversion
Food desire
Thermal: - Heat not tolerated
            Cold not tolerated
Skin
Tongue

Systemic examination:-

Cardiovascular system
Respiratory system
Central nervous system
Gastrointestinal system

Vital data:-
Pulse          B.P          Temperature          Respiratory Rate

Mind:-
Life sketch of the person
Details related to mind during infancy, childhood, adolescents, adulthood, and
        geriatric age.
How does the person react to particular stimulus
Emotional aspect.
APPENDIX B

AUDIO TRANSCRIPTION OF THE RECORDED SESSION OF YOGANIDRA

Please get ready for the practice of Yoganidra. We will repeat the mantra Om thrice before the practice of Yoganidra. (Chanting of the mantra Om)

Lie down on your back, on the floor and adopt the pose called savasana.

In this position the body should be straight from head to toe, the legs slightly apart and the arms a little away from the body, with the palms of the hand turned upwards.

(Pause) Adjust your position and clothes until you are completely comfortable.

During Yoganidra there should be no physical movement. (Pause) Close your eyes and keep them closed until you are told to open them. Take a deep breath and as you breathe out, feel the cares and worries of the day flow out of you. (Pause)

In the practice that follows you are going to develop the feeling of relaxation in your body. It is not necessary to make movements or deliberately relax your muscles, simply develop the feeling of relaxation. (pause) It is like the feeling you have just before sleep.

When you are deeply relaxed, you tend to go to deep sleep, but you should try to keep yourself awake, this is very important. Make a resolution to yourself now that “I will remain awake throughout the practice”. (pause)

During Yoganidra, you are functioning on the levels of hearing and awareness, and the only important thing is to follow the voice of the instructor. (Pause) You must not try to intellectualize or analyze the instructions, as this will disturb your mental relaxation. Simply follow the voice with total attention and feeling and if thoughts disturb you from time to time, do not worry and just continue the practice. (Pause) Allow yourself to become calm and steady.

First, try and listen to the sound coming from a distance. (Pause) Do not try to think about them. Just listen to them. (Pause) Just listen. Gradually focus your attention on the sounds coming from this room only... Sounds coming from this room only.

Take a deep breath and as you breathe out, imagine that all your tensions, worries and illnesses of your body are going away.
Become aware that your whole body is relaxed and take a deep breath. As you breathe out, mentally repeat the mantra O-o-o-m-m-m. (Pause). Complete stillness and complete awareness of the whole body…the whole body. (Long pause) Become aware of the fact that you are going to practice Yoganidra. Say mentally “I am aware… I am going to practise Yoganidra”…repeat this to yourself again. (Pause)
The practice of Yoganidra begins now.

**Resolve:** At this moment you should make your resolve. (Pause) the resolve should be very simple. It should be a short positive statement, in simple language…state it three times with awareness, feeling and emphasis. (Pause) The resolve you make during Yoganidra is bound to come true in your life. (Pause)

**Rotation of Consciousness:** We now begin the rotation of consciousness, rotation of awareness by taking a trip through the different parts of the body. As quickly as possible the awareness will have to go from part to part. Repeat that part of the body in your mind and simply become aware of that part of your body. Keep yourself alert but do not concentrate too intensely. Become aware of the right hand. (Pause)

**Right side:** …Right hand thumb, second finger, third finger, fourth finger, fifth finger, palm of the hand, become aware of the palm, back of the hand, the wrist, the lower arm, the elbow, the upper arm, the shoulder, the armpit, the right waist, the right hip, the right thigh, the kneecap, the calf muscle, the ankle, the heel, the sole of the right foot, the big toe, third toe, fourth toe, fifth toe.

**Left side:** Left hand thumb, second finger, third finger, fourth finger, fifth finger, palm of the hand, become aware of the palm, back of the hand, the wrist, the lower arm, the elbow, the upper arm, the shoulder, the armpit, the left waist, the left hip, the left thigh, the kneecap, the calf muscle, the ankle, the heel, the sole of the left foot, the big toe, second toe, third toe, fourth toe, fifth toe.

**Back:** Now to the back. Become aware of the right shoulderblade, the left shoulderblade..the right buttock, the left buttock, the spine, the whole back together..

**Front:** Now go to the top of the head. The top of the head, the forehead, both sides of the head, the right eyebrow, the left eyebrow, the space between the eyebrows, the right eyelid, the left eyelid, the right eye, the left eye, the right ear, the left ear, the right cheek,
the left cheek, the nose, the tip of the nose, the upper lip, the lower lip, the chin, the
throat, the right part of the chest, the left part of the chest, the navel, the abdomen.

**Major parts:** The whole of the right leg.. the whole of the left leg… both legs together.
(Pause) The whole of the right arm, the whole of the left arm, both arms together, (pause)
the whole of the back, buttocks, spine, and shoulders.. the whole of the front, abdomen,
chest, the whole of the back and front together… the whole of the head.. the whole body
together.. the whole body together.

*Repeat one or two rounds gradually decreasing the speed.*

Please do not steep..total awareness. No sleeping..no movement (pause). The whole body
on the floor, become aware of your body lying on the floor. (Pause) Your body is lying
on the floor, see your body lying perfectly still on the floor, in this room. (Pause)
Visualize this image in your mind. (Long pause).

**Breathing:** Become aware of your breath. (Pause) Feel the flow of your breath in and out
of your lungs. (Pause) Don not try to change the rhythm. The breathing is natural,
automatic… You are not doing it. There is no effort. (Pause) Maintain awareness of your
breath, continue, complete awareness of your breath. (Long pause).

Now concentrate your awareness on the movement of your navel area. .. Concentrate on
your navel movements (pause) Your navel is rising and falling slightly with every breath.
With each and every breath, it expands and contracts.. concentrate on this movement in
synchronization with your breath. (Pause) Go on practicing, but be sure you are aware.
(Long pause). Now start counting your breaths backwards from 27 to 1, like this: 27,
navel rising, 27 navel falling, 26, navel rising, 26 navel falling, 25, navel rising, 25 navel
falling and so on. Say the numbers mentally to yourself as you count your breaths.
(Pause) Be sure that you don’t make a mistake; if you do, you must go back to 27, and
start again. (Long pause). With total awareness that you are counting, go on counting
from 27 to 1. (Long pause). Keep on with the practice .. no mistakes (long pause)

Now stop your counting of the navel breath and shift your attention to the chest (pause)
Your chest is rising and falling slightly with each breath. Become aware of this. (Pause)
Continue concentrating on the movement of the chest and start counting backwards from
27 to 1 in the same way as before. .. 27 chest rising, 27 chest falling.. 26 chest rising, 26
chest falling and so on. Again repeat the words and numbers mentally to yourself as you
count. (Long pause) No mistakes, if you make a mistake, you must go back to start again, to 27. (Long pause) Continue counting 27 to 1, keep on with the practice, counting and awareness and counting. (Long pause).

Cease your counting of the chest breaths and move your awareness to the throat. (Pause) Become aware of your breath moving in and out of your throat. ..become aware of this (pause) Concentrate on the movement of the breath and start counting backwards from 27 to 1 in the same way as before.. complete awareness of the counting and the breath. (Long pause). No sleeping please, just total awareness that you are counting. (Long pause) Keep on with the practice, continue counting your breaths in the throat. (Long pause)

**Awareness of sensation:** Awaken the feeling of heaviness in your body, awaken the feeling of heaviness (pause) become aware of heaviness in every single part of your body. (Pause) You are feeling heavy, you can not move any part of your body, not even the fingers or the toes. (Pause) Awareness of heaviness, awareness of heaviness

Awaken the feeling of lightness in your body, awaken the feeling of lightness (pause) there is a sensation of lightness and weightlessness in every part of your body. (Pause)

Your body is becoming so light that it seems to be floating away from the floor. (Pause)

Awareness of lightness. (Long pause)

The experience of pain, concentrate and try to remember the experience of pain. (Pause)

Any pain that you have been through before, mental or physical, recollect the feeling of pain (long pause)

Now, recollect the feeling of pleasure, any kind of pleasure, physical or mental (pause) recollect the feeling and relive it, make it vivid.. awaken the feeling of pleasure (long pause).
Image visualization:

**Inner space:** Become aware of chidakasha, the inner space you see in front of your closed eyes. (Pause) Develop your awareness of this space .. an infinite space that extends as far as you can see.. as low or as high, and as wide as you can see. (pause) Become aware of this space. (Long pause). Be totally aware but not involved.. observe it as if you are watching a movie..whatever you see is a manifesting state of your mind.. (pause) If you see patterns or colours, this is simply the way your mind is manifesting. Maintain your awareness. Continue. (Long pause)

**Eyebrow centre/ Om visualization:** Bring your attention on the eyebrow centre, focus your attention on the eyebrow centre. (Pause) Imagine that you are sitting in a meditative pose, chanting the mantra Om, in synchronization with your breath.. you are sitting in a comfortable position chanting the mantra Om.(long pause) Visualize circles of Om, growing from the eyebrow centre only..cease visualizing yourself practicing meditation.. prepare to return to chidakasha. (Pause)

**Inner space:** Return your awareness to chidakasha.. Return again to that inner space.. the space you see behind the forehead.. (Pause) watch this space carefully for any colours or patterns that may emerge.. there should be no effort.. just awareness of watching (long pause). Total awareness of watching.. with no involvement. (Long pause) Continue watching this space and become aware of any images, any spontaneous thoughts that may emerge..try to become aware of these. (Long pause)

**Resolve:** Become aware of your resolve, remember the resolve you made at the beginning of the practice; this is the time to repeat your resolve. (Pause) State your resolve three times, in the same words and with the same attitude, with feeling and emphasis. (Pause)

**Finish:** Become aware of the breathing, become aware of the natural breath through the nostrils. (Pause) Develop total awareness of the breath through the nostrils and continue practicing this. (pause) Mental awareness of alternate nostril breathing…practise this for a short time. (Long pause). Extend the awareness from the breath to every part of your body.. as you inhale feel the life-giving force permeate your whole body (long pause). Take a long, slow, deep breath and become aware of your relaxed body, become aware of your physical existence. (Pause) Develop awareness of your surroundings.. the floor you
are lying on, the room you are in. externalize your attention. (Long pause) Start making small movements in preparation for sitting up, take your time, there is no hurry. (Pause) Sit up slowly and open your eyes. The practice of Yoganidra is now complete.

Hari Om Tat Sat.