

FUNDAMENTAL PEACE

How yoga and hypnotherapy converge in
conscious rest

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An experiential and scientific class



Why study them together?

02

Both traditions can cultivate deep settling while awareness and choice remain available

YOGA

Body, breath, and personal practice create conditions for inward attention

HYPNOTHERAPY

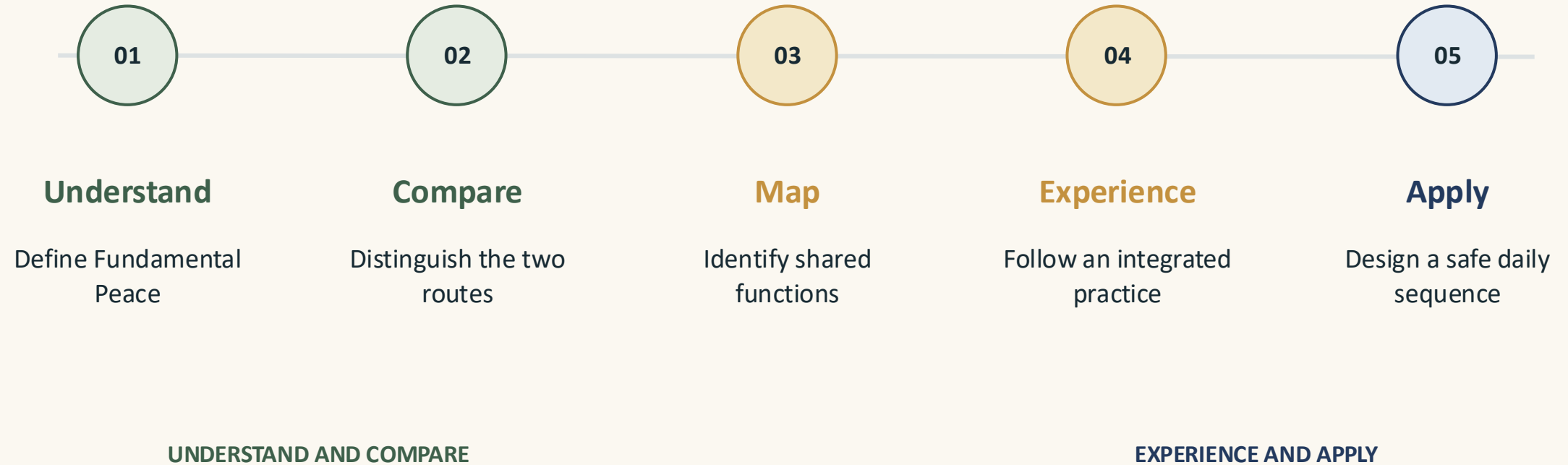
Guided focus, imagery, and suggestion help direct attention and meaning

Studying both helps us see the shared capacities behind different methods

Our learning journey

03

By the end of class, you can explain the two pathways and combine them responsibly



Fundamental Peace

04

A temporary, trainable state of bounded interior settling

**Less rigid
self-reference**

**Somatic
settledness**



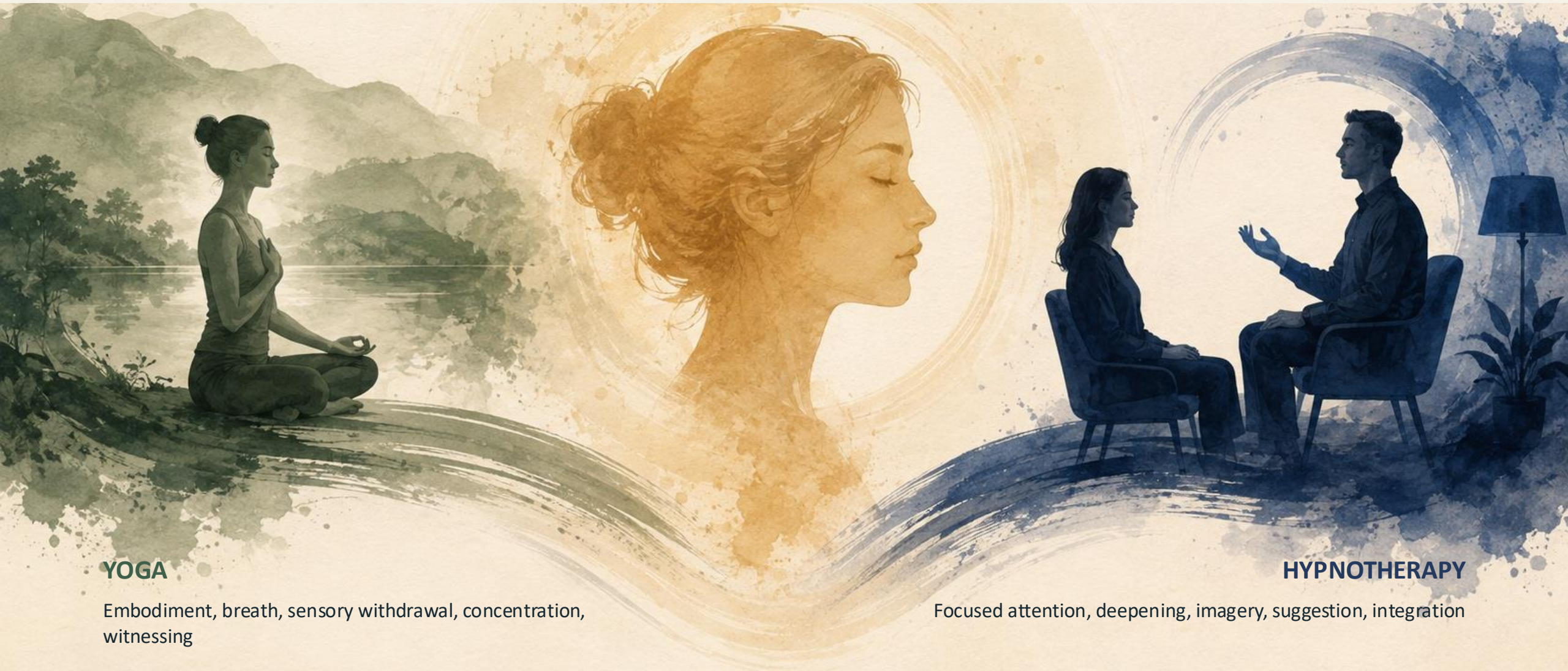
Present awareness

**Agency and
meta-awareness**

The person remains aware, responsive, and able to choose

Two traditions, two doorways

Different histories and methods can cultivate overlapping human capacities



YOGA

Embodiment, breath, sensory withdrawal, concentration, witnessing

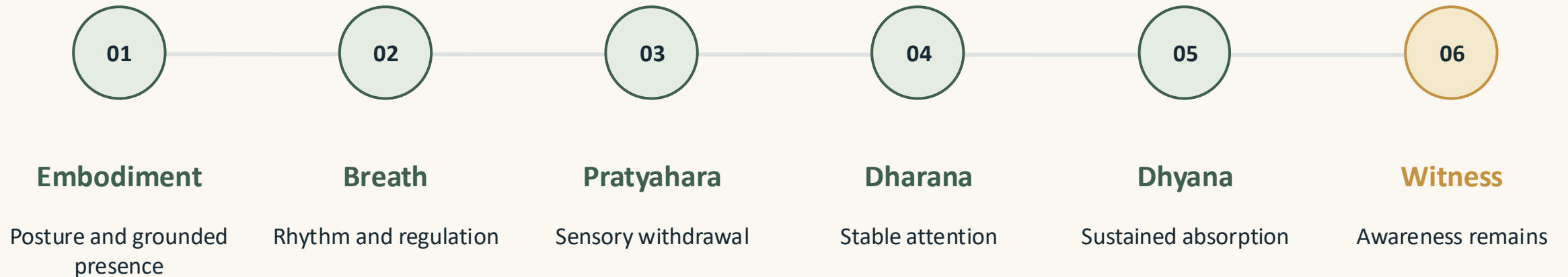
HYPNOTHERAPY

Focused attention, deepening, imagery, suggestion, integration

The yogic pathway

06

Yoga develops inward stability through a progressive training of body and attention

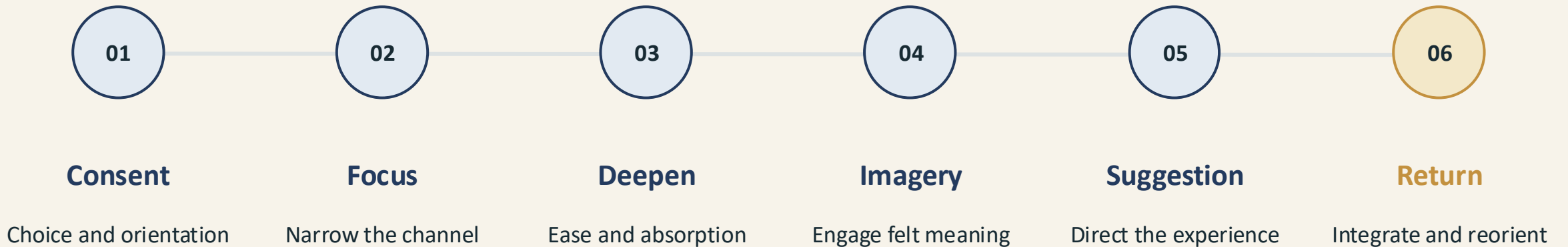


The movement is from gross to subtle while consciousness stays available

The hypnotherapeutic pathway

07

Hypnotherapy uses consent, focused language, and imagery to guide attention and meaning



Responsiveness and the ability to stop remain part of the process

The sequence assumes informed consent and practice within appropriate scope

Where the pathways converge

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The methods differ, but the model maps six functions they can cultivate in common



Convergence concerns shared capacities rather than identical techniques

Complementary strengths

Each route brings a different emphasis to the shared learning task

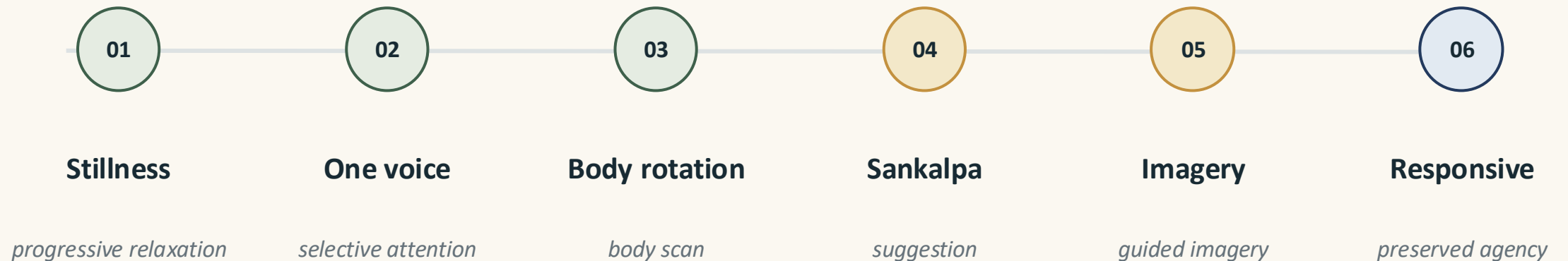
Yoga often foregrounds	Shared capacity	Hypnotherapy often foregrounds
Posture and breath	Settling arousal	Progressive relaxation
Interoception	Turning inward	Focused attention
Sustained practice	Attention stability	Structured deepening
Witnessing	Meta-awareness	Responsive trance
Sankalpa	Purposeful direction	Suggestion
Contemplative context	Integration of meaning	Personalized imagery

These are emphases, not exclusive territories

Yoga Nidra as a bridge practice

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One coherent yogic sequence gathers many functions also used in hypnotic work



Yoga Nidra combines inward attention, guided language, intention, and witnessing

Four dimensions of convergence

01 Neural coordination

Self-reference quiets while attention remains organized

02 Brain rhythms

Alpha and theta patterns can accompany restful alertness

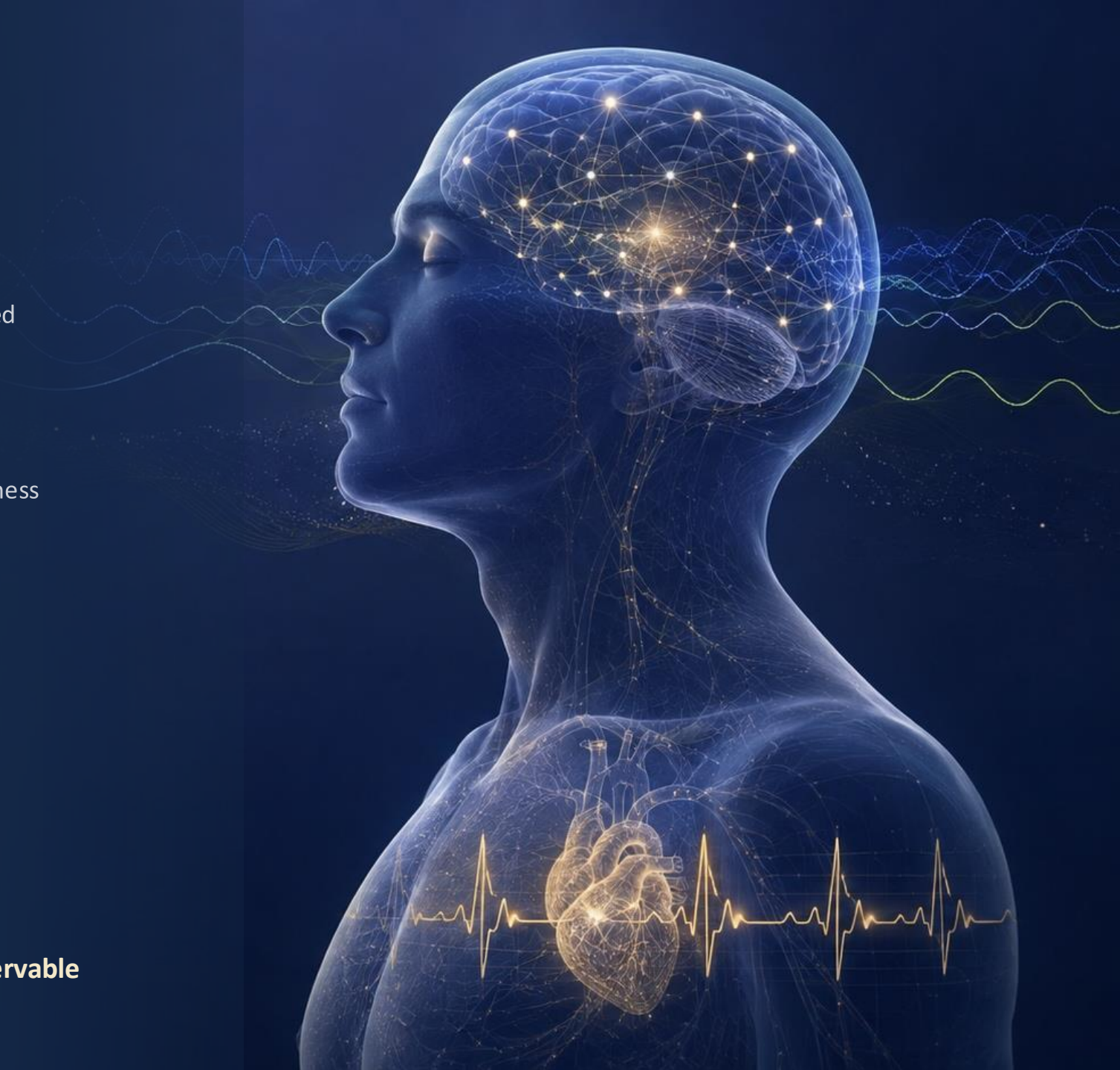
03 Autonomic regulation

Breath and cardiovascular patterns reflect settling

04 Lived experience

Rest, clarity, agency, and witnessing are reported

Together, the four lenses connect experience with observable change



From technique to daily life

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Practice creates conditions for a state that can inform how we meet the next moment



Repeated access may help carry regulation into everyday action

Experience the convergence

06:00

0:00	Orient and choose	Keep your eyes open or simply observe
0:45	Settle posture and breath	Let the exhale lengthen gently
1:30	Rotate attention through the body	Notice without trying to fix
2:30	Follow one image or phrase	Allow attention to deepen
3:30	State your own kind intention	Then rest as witness
5:15	Return gradually	Feel the room and open the gaze

Participation is optional. This is an educational practice, not therapy.

Choice and responsiveness remain available throughout.

What did you notice?

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Reflect through four lenses without ranking the experience

BODY

What settled, shifted, or remained activated?

ATTENTION

Did focus narrow, widen, or move?

EXPERIENCE

What happened to self-talk and emotion?

AGENCY

Could you choose, respond, and stop?

Pair exchange: describe what you observed and which part of the sequence supported it

Responsible integration

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Complementary practice works only when agency, culture, and scope remain visible

- | | | |
|----|--------------------------------|--|
| 01 | Agency and consent | Participation remains voluntary and stopping is always available |
| 02 | Invitational language | Offer options and choices rather than commands |
| 03 | Cultural respect | Name lineages and avoid collapsing the traditions |
| 04 | Titration and grounding | Adapt the pace and support orientation with eyes open |
| 05 | Scope and care | Avoid cure claims and refer clinical needs appropriately |

Preserved agency is part of Fundamental Peace



Two paths toward Fundamental Peace

Yoga contributes embodied regulation and witnessing.

Hypnotherapy contributes guided focus, imagery, and suggestion.

PRACTICE CYCLE

**Settle. Focus. Intend.
Witness. Choose.**

EXIT TICKET

Combine one yogic element with one hypnotherapeutic element. Explain what each contributes.

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