

Sadhana 40 Day Challenge

SADHANA PDF OUTLINE

1

JAPJI MANTRA

(Listen or chant. If you want to chant along - [Download Japji Translations](#) on my website)

2

TUNE IN

Ong Namō Guru Dev Namō (the Adi Mantra)

I bow to the Creative Wisdom, I bow to the Divine Teacher within.
This mantra is used for “tuning in” to the divine flow and self-knowledge within each of us

*Ad Guray Nameh
Jugad Guray Nameh
Sat Guray Nameh
Siri Guru Devay Nameh*

Translation:

I bow to the primal wisdom.
I bow to the wisdom through the ages.
I bow to the true wisdom.
I bow to the great unseen wisdom.

3

SPECIFIC KRIYA (YOGA SET)

WARM UPS

FROG POSE (26x)

Squat down on the toes, knees wide apart. Heels are touching, and raised up off the ground. Place the fingertips on the ground between the knees. The face is forward. Inhale as you raise the hips up, keeping the fingertips on the ground, heels up, knees locked. Exhale down, face forward, knees outside of arms. *Frog Pose works on opening the flow of energy in the second chakra area of the body, the pelvis and sex organs. It builds your sexual potency and balances



*Created By Sydney Liv Sanpreet Strabala -- www.creatingsyd.com

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the sexual energies. This energy is a very vital energy and again the kidneys play an important role in transforming this energy into Ojas, a vital life fluid that sustains our body. Doing Frog Pose can certainly help you to work with themes connected to the second chakra like your self-esteem, sexuality, creativity and fear. It's an exercise that can help you tap back into the flow of life.

EGO ERADICATOR

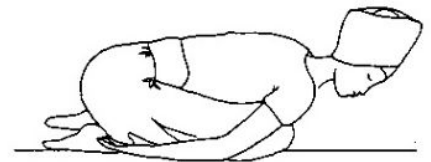
Raise the arms up to a 60 degree angle. Keep the elbows straight and the shoulders down. Apply Neck Lock. Curl the fingertips on to the pads of the palms at the base of the fingers. Thumbs are stretched back, pointing towards each other.

**Ego Eradicator opens the lungs, consolidates the magnetic field, aura and brings the brain hemispheres to a state of alertness. In yogic theory, the thumbs represent the ego. By pointing them up to the heavens, we are making a statement that we are going to go beyond the thoughts of the ego and access our higher selves. I also like to think of the arm position as a way to become a funnel, a way to decide what to bring into my experience.*



KRIYA

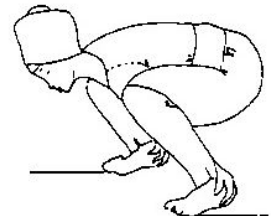
1. Sit in **CHILD POSE** (Baby Pose) Sitting on heels, forehead is on the ground in front of you, arms are behind you resting at your sides. 3 min.



2. **FISH POSE** - From CHILD POSE, lean back until you are lying on your back (but still with your heels underneath your buttocks) and do **BREATH OF FIRE** 3 Minutes.



3. **CHAIR POSE** (Feet flat on ground, bend over forward trying to keep the back parallel to the ground and grasp your feet from the outside, reaching inside between your knees to do so. In this position, stick your tongue way out and do **BREATH OF FIRE** through the mouth. (3 Minutes).



4. For the final five minute relaxation, sit in **EASY POSE MEDITATION** (Sukhasan) with your arms at shoulder height parallel to the ground, palms down, right arm resting on left while you breathe very, very slowly, **SILENTLY**
MENTALLY CHANTING: HAREE, HAREE, HAREE about 84 times on the **INHALATION**, and silently mentally chanting: **HAR, HAR, HAR, . . .** about 84 times on the **EXHALATION**. (About twelve seconds each). "HAREE" calls upon the Creative energy and "HAR" is joining the infinite universe within and without.



5. Deep Relaxation (7 min) Surrender and let the activated and expanded energy integrate and balance.

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SAVASANA

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MEDITATION

SODARSHAN CHAKRA MEDITATION

POSTURE:

Sit in Easy Pose with a straight spine, and a light Neck Lock.

EYE FOCUS:

The eyes are fixed at the tip of the nose. (This meditation is not to be done with the eyes closed.)

BREATH + MANTRA:

a) Block the right nostril with the right thumb. Inhale slowly and deeply through the left nostril. Suspend the breath.

Mentally chant the mantra Wha-Hay Gu-Roo 16 times.

Pull the navel in 1/3 of the way on Wha, 1/3 farther on Hay, and all the way in on Guroo. Repeat this process, mentally chanting the mantra.

b) After the 16 repetitions, unblock the right nostril. Place the right index finger (pinkie finger can also be used) to block off the left nostril, and exhale slowly and deeply through the right nostril.

Continue repeating a) and b).



TIME:

Continue for 11 - 31 minutes. Master practitioners may extend this practice to 62 minutes, then to 2-1/2 hours a day.

TO END:

Inhale, hold the breath 5-10 seconds, then exhale. Stretch the arms up and shake every part of your body for 1 minute, so the energy can spread.

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7 AQUARIAN MANTRAS

1) Morning Call (The Adi Shakti Mantra, Long Ek Ong Kars) - 7 minutes

This mantra initiates the kundalini, initiating the relationship between our soul and the Universal Soul. It opens all the chakras. Be sure to apply Neck Lock to let the Kundalini energy rise.

Ek Ong Kaar, Sat Naam, Siri, Wahe Guru

EK = The oneness that we are ALL a part of!

ONG = The creator, the vibration that creates duality and everything

KAR = Becoming "Form" or the creation that we are

SAT = Truth

NAM = Your unique vibrational identity

SIRI = How sweet, great!

WAHE = Beyond description, "Wow!" I am in awe!

GURU = Light that cuts through darkness, A teacher

The Creator and the Creation are One.

This is our True Identity.

The ecstasy of the experience of this wisdom is beyond all words and brings indescribable bliss.

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2) Waah Yantee, Kar Yantee - 7 minutes

With this mantra, we strengthen the connection with the infinite self, the part of us beyond the physical world, beyond creation.

Waah Yantee - Great Macroself

Kar Yantee - Creative Self

Jag Dut Patee - All that is creative through time

Aadak It Waahaa- All that is the Great One

Brahmaadeh Tresha Guru - Three aspects of God: Brahma, Vishnu, Mahesh

It Wahe Guru - That is Wahe Guru

3) Mul Mantra - 7 minutes

This mantra gives an experience of the depth and consciousness of your soul. It eradicates deep, longstanding pain and sorrow. It expands creativity and projects us into action in line with our destiny.

EK ONG KAR:

From the Ek (absolute oneness/Spirit), the ONG (vibrational Naad), created KAR (all Forms).

SAT NAAM:

The Ek (Spirit) is our original authentic Identity. Truth is our unique vibrational identity

KARTA PURAKH:

The Ek (Spirit Self) does everything and causes everything to be done.

NIRBHO:

IT (The Spirit Self) experiences No FEAR.

NIRVAIR:

IT is without blame, judgement, revenge or bias.

AKAAL MOORAT:

IT is Eternal, always in a Continuum (is never Born nor Dies) Beyond physical life and death

AJOONEE:

IT Has no Form (Gives rise to forms but itself has no form) We are infinite!

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SAIBHUNG:

IT is Self-Sustaining, whole and complete within Itself. SOVEREIGN.

GUR PRASAD:

The awareness of "IT" is a precious gift from the Divine Guide within me.

JAP:

O my mind, Chant this truth repeatedly.

AAD SUCH:

"IT" is the Primal, simple, 1st Truth.

JUGAAD SUCH:

"IT" continues to remain True through all the Ages.

HAI BHEE SUCH:

"IT" is the Truth Right Now.

NANAK HOSEE BHEE SUCH:

O Nanak! This is the unchanging, Eternal Truth. ALWAYS

4) Sat Siri, Siri Akal (Mantra for the Aquarian Age) - 7 minutes

With this mantra we declare that we are timeless, deathless beings and promotes victory in all aspects of our life. We are beyond this physical life and death! We are infinite!

Sat Siri, Siri Akaal

Great Truth, Great Undying

Siri Akaal, Mahaa Akaal

Great Undying, Great Deathless

Mahaa Akaal, Sat Naam

Great Deathless, Truth is God's Name

Akaal Moorat, Wahe Guru

Deathless Image of God

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5) Rakhe Rakhan Har - 7 minutes

This is a mantra of protection against all negative forces, inner and outer, which are blocking us from moving on our true path. It cuts like a sword through every opposing vibration, thought, word, and action.

Rakhay rakhanahaar aap ubaaria-an

Gur kee pairee paa-i kaaj savaari-an

Hoaa aap da-iaal manaho na visaari-an

Saadh janaa kai sang bhavajal taari-an

Saakat nindak dusht khin maa-eh bidaari-an

Tis saahib kee tayk Naanak manai maa-eh

Jis simrat sukh ho-i sagalay dookh jaa-eh

Translation:

You who is my keeper and sustainer, Uplifting and elevating my situation.

When I surrender myself at your feet (lotus feet of the Guru,) everything begins to resolve and solve itself!

You have become merciful, kind, and compassionate; and I don't need to figure anything out with my limited mind.

Working through other beings, people in my life, you take us from misfortune - find a way to get me to the shore.

Godless, slanderous enemies—you finish them in timelessness. Listening to your guidance I am unaffected by any animosity or manipulation.

That great Lord is my anchor. By taking refuge in your vast infinity, my mind can surrender to your Will.

Nanak, keep firm in your mind, by meditating and repeating His Name

Whoever becomes aware of this unlimited ocean of peace, all their pain and suffering goes away!

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6) Wahe Guru Wahe Jio - 22 minutes

This is a mantra of ecstasy with which we establish ourselves for victory and the right to excel. Chant sitting in Vir Asan (warrior pose), sitting on the left heel, with the right knee up, right foot flat on the ground, with hands in Prayer Pose. Eyes are focused at the tip of the nose.

Wahe Guru Wahe Guru Wahe Guru Wahe Jio

Translation: "Wow, God, the Universe is great!" or "indescribably great is His Infinite, Ultimate Wisdom."

7) Guru Ram Das Chant - 5 minutes

This mantra is one of humility. It opens the Heart Center (4th chakra) so that we can feel and effortlessly radiate universal love. We call on Guru Ram Das in praise of his spiritual guiding light and protective grace.

Guru Guru Wahe Guru, Guru Ram Das Guru

The first part (*Guru Guru Wahe Guru*) projects the mind to the source of knowledge and ecstasy. The second part (*Guru Ram Das Guru*) means "the wisdom that comes as a servant of the Infinite."

7

CLOSING

Sing Long Time Sun Blessing:

***May the long-time sun shine upon you
All love surround you, And the pure light within you
Guide your way on, Guide your way on, Guide your way on.***

Chant "SAT NAM" Together

You can either go back to bed for a post sadhana nap "lol"
or stay up to journal, make art, play an instrument, walk outside in nature, begin your day or continue in your deep meditative state in any way you want!