

## About Your Personalized 40 Day Meditation

Meditation is one of the oldest sciences, and at the same time it is beyond time and space. Through meditation you can heal and transform yourself to heights that you have never imagined!

You have requested your own 40 Day Personalized Sadhana, which will begin a very special time in your own personal growth. I would like you to understand what is involved before you accept the Sadhana.

40 Days has historically been known as a very sacred time period. It is a length of time often referred to in many ancient scriptures for enacting change. Doing something for 40 days can make or break a habit in a person. If you are consistent in your personal practice, it can clear old subconscious patterns, set up new positive patterns, and change your life for the better. The key word is 'consistent.' You must do the Sadhana you have been given consistently for 40 days in a row. If you miss even one day, you must start over again at day one and continue to day 40.

The most powerful time to meditate is between the hours of 3:00 am and 6:00 am, known in many traditions as the "Amrit Vela" – the time of nectar. It is the time just before the sun rises, before most of the population rises, when everything is quiet, still and divine. If you can do your sadhana at this time of the day, the effects will be even more powerful.

Sometimes a personal Sadhana, which means daily personal spiritual practice, can stir up a lot of feelings and emotions from the past. You may find forgotten memories surfacing and sometimes they may be painful. Relax and know this is part of the cleansing process. Just remember to breathe, smile and allow yourself to go through it. It will soon pass and be gone and you will be on to clearer days.

The teachings of Kundalini Yoga and Meditation are powerful; they can cleanse, sooth, and purify the irritated parts of our mind, body and soul. However, we must first allow ourselves to experience our sadhana by doing it, consistently, and persistently, every day.

As you travel your path, do not feel alone. We are all together in spirit, and in spirit we rejoice together on the journey towards self discovery. It is a great adventure as you watch yourself unfold and open to your Higher Self. God bless you and remember: "KEEP UP."

**Blessings, Karuna**

### Before You Start Your Meditation Each Day

**Tune In:** To practice Kundalini Yoga we first connect our energy to that flow of consciousness which is called the "Golden Chain" by reciting the Adi Mantra: Ong Namoh, Guroo Dev Namoh. "I bow to the Creator of the Universe, the totality of all things that exist. I bow to the Divine Wisdom within my own consciousness."

Kundalini Yoga is not only a flow of energy within our bodies, it is a flow of the energy of consciousness of all the masters of Kundalini Yoga from ancient times up to the present day.

**Recite the Adi Mantra:** Sit in Easy Pose with your hands pressed together at the center of your chest in Prayer Mudra. Press the joints of the thumbs into the sternum. Close your eyes and focus at your third eye point. Inhale deeply and chant the mantra all in one breath. (If your breath is not capable of this, then take a small sip of air after "Ong Namoh" and then chant the rest of the mantra, extending the sound as long as possible. The sound "Dev" is chanted a minor third higher than the other sounds of the mantra. Chant this mantra at least three times before beginning your Kundalini Yoga practice.