



The Power Of a Daily Practice

You have the power to choose.

Follow your Soul's purpose.

The Benefits Of a Daily Practice

A daily morning practice in Kundalini Yoga is called Sadhana. Sadhana is a Sanskrit word for daily spiritual practice. By having a daily Sadhana practice, we are re-shaping our inner being. We are replacing the old patterns and thoughts with new ones. The new patterns and thoughts then trickle down to our cells. Because each of our cells is made up of tiny atoms, our cells send out vibrations into the universe in the form of energy.

Kundalini Yoga recognizes every soul as perfect, pure and Divine at the start. There is nothing to redeem or purify at the soul-level. The soul is complete and beautiful as it is. But life is based on our habits. Our habits define us to ourselves and other people. By

our habits, we live in peace and happiness. By our habits, we create misery and pain. When we change our habits, everything around us can change. In our daily practice, we work on our signals to the universe by chipping away at our subconscious identity and blocks, moving ourselves towards the higher self and neutrality of the mind.

Remember, a habit is a subconscious chain reaction between the mind, the glandular system, and the nervous system. We develop habits at a very young age. Some of them serve our highest destiny. Some of them do not. By doing a 40- day sadhana (or longer), you can rewire that chain reaction. You can develop new, deeply ingrained habits that serve your highest good.

You don't have to be spiritual or believe in God or higher spirits to practice Sadhana. We all have access to our inner Self in a deeply profound way. Yogi Bhajan gave us a very special technology relating to habits. Every single kriya or meditation in Kundalini Yoga changes us in very specific ways. If you practice a kriya a few times, you receive wonderful benefits. But if you want to change your habits permanently and realize the full effects of the kriya, practice particular kriya or mantra every single day for the same amount of time. Based on the number of days you do this, here is how it will affect your habits:

Habits affected by the number of days you practice

40 Days: Practice every day for 40 days straight. This will break any negative habits that block you from the expansion possible through the kriya or mantra.

90 Days: Practice every day for 90 days straight. This will establish a new habit in your conscious and subconscious minds based on the effect of the kriya or mantra. It will change you in a very deep way.

120 Days: Practice every day for 120 days straight. This will confirm the new habit of consciousness created by the kriya or mantra. The positive benefits of the kriya get integrated permanently into your psyche.

1000 Days: Practice every day for 1000 days straight. This will allow you to master the new habit of consciousness that the kriya or mantra has promised. No matter what the challenge, you can call on this new habit to serve you.

The key is commitment. You are not committing to the practice but yourself.

It's a commitment that comes from a place of Self- Love, knowing we are giving

ourselves a gift. When we are motivated by Love and loving ourselves, our attitude and approach to life change. When we choose to love ourselves and dedicate time to ourselves every single day, we experience long-lasting changes in our psyches, bodies, and minds. As a result, our external reality shifts.

A few of the benefits we enjoy by maintaining a consistent practice and getting into the habit of dedicating time to ourselves each and every day:

- We strengthen our electromagnetic field so we can stay strong, centered, clear and grounded within our energy field and not be so affected by our environment - emotionally, mentally and physically.
- We tap into our personal guidance system and intuition by clearing anything that blocks that channel. The blocks can be conscious but many times they are not. We learn how to become more aware and present to the voice within us while diminishing other voices that are not in alignment with our Truth and Soul's purpose.
- We gain a pure sense of personal power and take the action steps we need to move forward in our lives with courage, knowing we have all that we need to create our dreams and visions. Becoming more connected with our personal power gives us the ability to speak our Truth and live our Truth unapologetically, showing up in the world as a beacon of inspiration for others and ourselves.
- We learn how to open our heart and keep it open in a world that may feel harsh at times.

We are all learning how to feel more and navigate our lives from a heart-centered place rather than fear and old patterns. We are transitioning into a new paradigm where Love leads the way and paves the path for us to walk on with ease and grace.

“Give yourself a chance to have the presence of God work through you...

Let the presence of God, through your life, start to be known and felt.

Give it a chance. God gave you life. Make this life a chance

for the presence of God to be felt through you. ”

–Yogi Bajan

