

An Invitation

40-DAY PRACTICE

A 40-day personal practice, or Sadhana, is when an individual selects a meditation to do for 40 **consecutive** days. If you miss a day, you return to Day 1 and begin again to work toward 40-days. It can be done at any time of day, but people often find that they start to prefer to practice the same time each day.

While positive psychology research shows it takes 21-days to form a habit, there is a specific shift that happens after doing something for 40-days, 90-days, and 120-days consecutively. For our purposes, we're inviting you to participate in a 40-day practice of the **Kirtan Kriya Meditation** during this six-week course (*see the description and access the course recording on the following page*).

This meditation has been intentionally chosen for women seeking to conceive due to its powerful influence to improve circulation and promote hormonal balance. You will see from the description that there is an 11-minute or 31-minute version. Decide where you want to start. You're more than welcome to extend the times from 11-minutes to 31-minutes if you feel called half-way through but once you start practicing for 31-minutes it's recommended that you don't reduce it.

If the thought of a 40-day practice feels intimidating, just try it and approach it with curiosity one day at a time. Much in the same way a book club turns a solo activity into a shared experience, this collective commitment acts like an energetic container connecting you with the other mamas-to-be who are participating in this experience.

KIRTAN KRIYA

meditation practice

Posture: Sit with a tall, comfortable spine. The backs of the hands rest at the tops of knees with little to no bend in the elbow, feeling into the triangle of the body with the crown of the head reaching towards the sky.

Mantra: This meditation calls for the repetition of four specific primal sounds that reference the cycle of creation.

SA - Infinity, Cosmos, Beginnings

TA - Life, Existence

NA - Death, Change, Transformation

MA - Rebirth

Mudra: Each repetition of the entire mantra takes 3 to 4 seconds. With each sound, the thumb travels to and puts a little micro-pressure on a different finger.

SA - the index finger touch the thumb

TA - the middle finger and the thumb

NA - the ring finger and the thumb

MA - the pinkie finger and the thumb

Eye Focus: Closed. Meditate at the third eye

Voice:

Chant aloud for **5 minutes**

Then whisper for **5 minutes**

Then mentally vibrate the sounds for **10 minutes**

Then whisper for **5 minutes**

Then chant aloud for **5 minutes**

Alternatively, chant each portion for **2-minutes exactly*

To End: Inhale and suspend the breath for as long as possible. Hold your body like a prayer and meditate in stillness for **1 minute**. Then, inhale and stretch the arms up.

The Aquarian Teacher KRI Manual p. 99

Many of the meditation and movement practices that we share within this program have been taken from the Khalsa Way Prenatal Yoga practice which has roots in Kundalini Yoga and Meditation. This type of meditation plays the body like an instrument with specific sounds, postures, and visualizations that strengthen the immune system and calm the nervous system. Read more about what makes this type of meditation special in starting on **page 79**.

Whether you're new to this meditation or know it well, you'll start to develop a different relationship with it by the end of this course. Due to the nature of this particular meditation, you may notice that different sections will be challenging and other sections will become your favorite.

We recommend journaling after this meditation. Head to **page 129** for journaling ideas. It is interesting to jot down thoughts, patterns, and reflections. Notice what you notice. For example, Elizabeth always seems to be more aware of the weather after this meditation.

There are several mini-check-in point within this workbook to support your reflection

Check out both the 11-min and 31-min versions of [Nirinjan Kaur's recordings](#) via Spotify or practice along with our recording.

BENEFITS

- Regulates your menstrual cycle and balances hormones
- Improves cerebral blood flow (helps you think), to the posterior cingulate gyrus (improve memory retrieval), and increases activity in the frontal lobe (sharpen attention, concentration, and focus)
- Increases energy levels, improves sleep quality, reduces stress (lower cortisol levels), and elevates mood

GUIDED INSTRUCTIONS (AUDIO & VIDEO)

<https://becomingmother.teachable.com/courses/conscious-conception/lectures/29958257>