



The power of Kundalini Yoga:
40-DAY SADHANA
40 DÍAS DE SADHANA

40-DAY SADHANA

This is a very transformational practice used in KY to implement any change you want in your habits and commit to prioritizing your wellbeing. It decreases stress levels, boosts your immune system & enhances vitality!

(EN ESPAÑOL)

Esta es una práctica muy transformadora utilizada en KY para implementar cualquier cambio que desees en tus hábitos y comprometerte a priorizar tu bienestar. ¡Disminuye los niveles de estrés, estimula el sistema inmunológico y mejora la vitalidad!



40-DAY SADHANA

In a 40-day Sadhana you do the same sequence of postures and breathing techniques (Kriya) for 40 consecutive days. This allows you to deepen the benefits of the practice, reconnect with yourself and remember the power of daily work and consistency.

(EN ESPAÑOL)

En una Sadhana de 40 días, haces la misma secuencia de posturas y de respiración (Kriya) durante 40 días consecutivos. Esto te permite profundizar en los beneficios de la práctica, reconectar contigo mismo y recordar el poder del trabajo diario y la constancia.



40-DAY SADHANA

This transformational practice is based in the power of habits.

Psychology confirms that 40 days is enough time for our neurons to create new pathways and therefore new behaviors and ways of thinking.

(EN ESPAÑOL)

Esta práctica transformadora se basa en el poder de los hábitos. La psicología confirma que 40 días es tiempo suficiente para que nuestras neuronas creen nuevos caminos y por tanto nuevos comportamientos y formas de pensar.



40-DAY SADHANA

We find references of this practice since ancient times in the turning points of the lives of many of the greatest prophets. It is one of the cornerstone practices of Kundalini Yoga.

(EN ESPAÑOL)

Encontramos referencias de esta práctica desde la antigüedad en los puntos de inflexión de la vida de muchos de los más grandes profetas. Es una de las prácticas fundamentales del Kundalini Yoga.





40 DAYS TO CHANGE

Even if nothing changes, if I change, everything changes.

Honoré de Balzac

One of the most powerful transformation tools we have in Kundalini Yoga is the continuous practice of the same kriya or meditation for forty days in a row, commonly known as a “40day Sadhana”. Generally this practice is associated with the Sadhana that we do first thing in the morning, although it is not mandatory to do it in this way.

When we do the same kriya or meditation for forty days in a row we have the opportunity to deepen our practice and gaining the many benefits associated with the kriya or meditation. Nevertheless, the real essence of this practice is what we learn about commitment in life.

Sadhana is a daily personal practice, something you do every day to maintain your inspiration at the highest levels possible and to keep developing as a human being. It is the practice of connecting with your intention in a directed and conscious way. A good way of establishing the habit of Sadhana is to start with a decision to do it for 40 days.

Commit to doing something for forty days is a demanding challenge, but it can be done! It is important to be clear about the intention of our practice, as this will give us the strength to keep up during the days when our resistances falter. Understanding from the heart the importance of our intention will lead us to find the discipline necessary to complete the “40 days” from a perspective of self-love, instead of from that place of obligation or some other reason imposed upon us externally. If something is initially forced upon us it will always, in the end, lose its force. Looking at each day as a new day and overcoming the challenges as they present themselves with love and perseverance, will give us the strength and the proof we need to get through the challenges of life and create the changes we want. Every day on the road is a sign of our commitment and gives us confidence in ourselves to continue.

A habit is a chain of thought patterns that have been repeated to the point that the actions resulting from those thoughts have become a behavior. According to yogic wisdom, it takes forty days to change a habit.

The commitment of doing forty days of continuous practice can bring us the change of attitude necessary to develop a new habit and to leave behind a destructive one.

Each kriya or meditation in Kundalini yoga is conceived and structured to produce changes in us in very specific ways. Doing a kriya or meditation one or more times gives us great benefits, but to enhance their effects, a continuous practice is the best way to experience it. Practicing a specific kriya every day can affect our habits in the following ways:

- **40 days:** The time required to break negative habits that prevent us from progressing and at the same time create new positive habits.
- **90 days:** Is the time needed to establish the new habit on a conscious and subconscious level.
- **120 days:** Confirms the new habit and the benefits are permanently embedded in our psyche.

Depending on their nature, habits are there forming part of our human nature either to serve us positively in our development or to gradually destroy us. Performing a continuous practice for 40, 90 or 120 days can break this chain of reactions long established in us, and completely develop and integrate new habits that will help us to live maximizing our potential. Diverse spiritual and cultural traditions throughout history have used the principle of “40 days” for purification, applying the accompanying regeneration to different states of the body and mind.

Doing a 40-day Sadhana is a commitment that you make with yourself with the clear intention of wanting to be open to change. It is about cleaning the mind and body of destructive habits, thereby opening ourselves up to change and rebirth and to the wonderful experience of having new “life habits”. You are the one who gives power to the “40 days”. It is a commitment you make to yourself to be true to your purpose. Let your heart show you the way of change and be open to what that energy can bring you. Learn to rely on the tools you have so your strength and your flexibility may be with you and allow you to find the balance to “keep up” and “keep going” in life. A journey done from love and nonviolence will always bring you the learning you desire.

“At the end we are what we do to change who we are”.
Eduardo Galeano.

FORTY DAYS TO LEAVE A TOXIC HABIT

The way in which we take care of our body and nourish our organism is fundamental to purifying mind and body and cleaning out old thought patterns. What we eat determines our essence and the quality of our thoughts leaving imprints in our psyche and affecting the way in which our energy circulates – either in a violent or up and down sort of way, or in a way that is more harmonious in nature. This becomes more evident as we progress in our yogic practice.

So many toxic substances form part of our daily life such as: alcohol, coffee, soft drinks, nicotine, sugar and drugs, and should be classified as definite poisons for us. Their effects on our organism are devastating even though they have become a part of daily life. The good news is that all of these substances are not necessary for life and health, even when you think that you can't live without them.

We need to find the courage to love ourselves just the way we are, unique, sincere and courageous in our vulnerability, and unrepeatable beings of singular beauty. We do need to learn to listen to our internal rhythms and maintain the balance between “doing” and “being”. If we concentrate too much on the “doing”, we will be forced to supplement our energy levels with “quick fixes”, with sugar and caffeinated drinks, that push the body to generate energy stressing vital parts of us in the process. The result is overexertion and causes acidification of the blood making it an ideal breeding ground for virus proliferation and the promotion of bone demineralization.

It's time to be in charge of our health and happiness. The power to do so is in our hands. Take the challenge of leaving behind a toxic habit for “40 days”. It probably is the one you've been promising yourself to leave every New Years Eve. Maybe you are concerned about finding what you “need” every time you go to a new place, or it is the first thing you think about when you get up in the morning. Whatever it is, it's time to leave it behind.

It could be that you want to leave behind a behavior.. You could decide to stop complaining, comparing or judging yourself for “40 days”. The idea is to want to do it above all else, make the decision and lighten your psychological load. If you know where you're going and why, it's always easier to stay strong through the ups and downs along the road to self-discovery.



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