



soul on fire

monica mesa dasi



"The Power is Practice.
Practice is the Path.
The Path is Love."

40 Day Sacred Sadhana

♥ LoveBook ♥



40 Day Sacred Sadhana

Thank you so much for being a part of my Soul on Fire Sacred Sadhana!

I consider it a great honor and joy to have you with me for these next 40 days! As you know, I am very passionate about the power of daily practice. I have personally experienced the healing and transformation in my own life, and I want everyone to have these special tools and practices that can be your refuge no matter what is going on in your life.

You will be a special guest in my home and I will be taking you through my own daily practices together! I have listed a few tips for you to maximize the next 40 days so that when you emerge on August 9, you will feel the deep peace, fulfillment, and joy of living a yoga lifestyle and be inspired to continue your own daily home practice!

1 - Make a commitment to yourself for these next 40 days. Please be on each Zoom session and if you need to miss one, make sure you watch the recording that same day, so you stay in the sadhana space. Make the necessary adjustments to your calendar ahead of time so that you can truly experience the transformation that occurs from a daily practice. This is the #1 tip, so think of these next 40 days as a true gift to yourself, and be ready for the magic to unfold!

2 - Let your friends and loved ones know that you will be embarking on this forty day journey and request their support in honoring the schedule and understanding that this is a priority for you. This is an essential piece and can make a big difference in getting the most out of it! Your loved ones will also benefit a great deal from your energy, high vibe, and new state of equanimity!

3 - Create a special space for you to do your practice. You will need a mat, any props you like to use, a cushion to sit on, tissues nearby for pranayama, a candle, a journal and pen, and this special "Lovebook" we have created for you! Have this space designated and prepared with the setup for your computer/phone before each Zoom session.

4 - Leave all other screen devices aside, and unless you have children or other things that must be attended to, imagine you will be in a yoga studio setting, where all other distractions are set aside so you can truly drop into your sacred self.

5 - Please use the Facebook page as our "meeting space" to share your experience, ASK QUESTIONS, connect with your new satsang "like minded friends on the path", and tune into my special LIVE sessions!

Lastly, give yourself lots of acknowledgement for taking a leap of faith and caring enough about yourself, your causes, and your loved ones to give yourself this gift. I truly believe: "When you love yourself, you love the world!"

I will be holding you all in my heart each day and my prayer is that these 40 days awaken you to the awareness of the love that you are and ignite your Soul on Fire!
Welcome to the path of heart my friends!

With Love,
Monica

Table of Contents

Bodhicitta Prayer	1
Morning Prayers	2
Closing Prayers	3
Hanuman Chalisa	4-8
Buddhist Mantras	9
The 4 Immeasurables	10
Pranayamas	11-16
The Power of Pranam	17
The Power of Namaskar	18
Daily Sadhana Tracker	19-28
The Power of Mantra	29
Meaning of Aum	30
7 Chakras Chart	31
Cultivating the Rasas	32-33
Ayurveda Worksheets	34-39
The Deities of Bhakti Yoga	40
Goddesses Lakshmi, Durga, & Saraswati	41
Hanuman, Ganesha, & Lord Shiva	42
Yoga for Challenging Times	43
The Laws of Attraction & Vibration	44-45
Quotes & Affirmation	46
Monica's Teachers	48
Gratitude	50
Inspirations	51-52

Bodhicitta Prayers

Knowing the heart essence of my being and that of all beings to be primordially awake and manifesting as ceaseless compassion, I commit myself to recognizing innate wisdom for the benefit of all beings.



Recognizing our own suffering, we develop the intention to practice for the purpose of relieving suffering. We extend to those here this intention to practice for their benefit. Extending further to all living beings, animals of the earth, insects, birds, and unseen beings as well as human beings, we generate the motivation to practice in order to relieve suffering for all beings everywhere without one exception.

Morning Prayers

Aarti Altar Blessing

Sri Ram, Jaya Ram, Jaya Jaya, Ramo.

Honoring God (Ram), the God of your understanding, as well as Your own Divine Self.

Mantra to Ganesh

Om Gam Ganapataye Namaha

May all inner and outer obstacles be removed from my path. Invoked at new beginnings for a clear path, to overcome challenges, for health and well being, good relations, good fortune, and abundance.

Guru Invocation

Guru Brahma, Guru Vishnu, Guru Devo Maheshvara

Guru Sakshat Param Brahma

Tasmai Shri Gurave Namaha (last line 3X)

Guru is the Creator; Brahma. Guru is the preserver/sustaining power; Vishnu. Guru is the destroyer; Shiva.

Calling in and all your Gurus, Teachers, Spirit Guides, as well as Your own Divine Self and the qualities of creation, sustaining power, and dissolution.

Gayatri Mantra

Om Bhur Bhuvah Svaha

Tat Savitur Varenyam

Bhargo Devasya Dhee Mahi

Dhiyo Yo Nah Prachodayat

Om, I adore the Divine Self who illuminates all the worlds. I offer my prayers to God who shines like the sun. May it enlighten our body, mind and Spirit.

Twameva Prayer

Twameva Mata Cha Pita Twameva

Twameva Bandhus Cha Sakha Twameva

Twameva Vidya Dravinam Twameva

Twameva Sarvam Mama Deva Deva (last line 3X)

You are my mother and my father, you are my relative and friend, you are my knowledge and my wealth, You are my everything, my All, and you are ME.

Closing Prayers

**Om Asatoma Sadgmaya
Tamasoma Jyotirgamaya
Mrityorma Amritam Gamaya
Om Shanti Shanti Shanti**

Om lead us from untruth to Truth, from darkness, to Light, from death to Immortality.
Om peace, peace, peace.

Om Lokah Samasta Sukhino Bhavantu

May all beings in all the worlds be happy and free. May my thoughts, words, and actions
contribute to the happiness and freedom of all beings.

Om Shanti, Shanti, Shanti

May there be peace, in all levels and planes of existence, may there be peace, and let it
begin with ME.

Om Shri Gurubhyo Namaha

Om, reverence to the auspicious Gurus, Teachers, and Guides, including YOU.

Prayer for Peace/Prayer of St. Francis of Assisi

Lord, make me an instrument of your peace.

Where there is hatred, let me sow love.

Where there is injury, pardon,

Where there is doubt, faith,

Where there is despair, hope,

Where there is darkness, light,

And where there is sadness, joy.

Oh Divine Master, grant that I may not so much seek to be consoled, as to console;

To be understood, as to understand;

For it is in giving that we receive,

It is in pardoning that we are pardoned;

And it is in dying that we are born to eternal life.

Hanuman Chalisa

The Hanuman Chalisa is considered a poem, a prayer, and a promise. Lord Hanuman is known for his devotion to Lord Ram (God) and is considered to be the embodiment of strength, faith, surrender, and devotion.

The 'Hanuman Chalisa' is composed by Saint Goswami Tulsidas, the author of the Tulsi Ramayana. Composed of 40 verses filled with praises for Lord Hanuman, the Hanuman Chalisa is composed in Avadhi. This dialect of Hindi was spoken in Ayodhya, Lord Rama's birthplace.

As the Hanuman Chalisa unfolds verse by verse, Lord Hanuman's many qualities are enumerated. This hymn is sung and recited by devotees who believe that the greatest of Ram Bhaktas, Hanuman, will bless them. It bestows protection from illness, adversaries, and adversities. Lord Hanuman is considered to be the God of Life whose worship increases life force. Increased life force gives us the strength to do anything, removing fear, mistrust, doubt from within us.

It is said that when we listen to, or chant the Hanuman Chalisa, what has been done can be undone, what hasn't been done can be done, and the impossible becomes possible!

Hanuman Chalisa

*Shri Guru Charan Saroj Raj
Nij mane mukure sudhar
Varnao Raghuvar Vimal Jasu
Jo dayaku phal char*

After cleansing the mirror of my mind with the pollen dust of holy Guru's Lotus feet, I Profess the pure, untainted glory of Shri Raghuvar which bestows the four-fold fruits of life.(Dharma, Artha, Kama and Moksha).

*Budhi Hin Tanu Janike
Sumirau Pavan Kumar
Bal budhi Vidya dehu mohe
Harahu Kalesa Vikar*

Fully aware of the deficiency of my intelligence, I concentrate my attention on Pavan Kumar and humbly ask for strength, intelligence and true knowledge to relieve me of all blemishes, causing pain.

*Jai Hanuman gyan gun sagar
Jai Kapis tihun lok ujagar*

Victory to thee, O'Hanuman! Ocean of Wisdom-All hail to you O'Kapisa! (fountain-head of power,wisdom and Shiva-Shakti) You illuminate all the three worlds (Entire cosmos) with your glory.

*Ram doot atulit bal dhama
Anjani-putra Pavan sut nama*

You are the divine messenger of Shri Ram. The repository of immeasurable strength, though known only as Son of Pavan (Wind), born of Anjani.

*Mahavir Vikram Bajrangi
Kumati nivar sumati Ke sangi*

With Limbs as sturdy as Vajra (The mace of God Indra) you are valiant and brave. On you attends good Sense and Wisdom. You dispel the darkness of evil thoughts.

*Kanchan varan viraj subesa
Kanan Kundal Kunchit Kesa*

Your physique is beautiful golden coloured and your dress is pretty. You wear ear rings and have long curly hair.

*Hath Vajra Aur Dhuvaje Viraje
Kandhe moonj janehu sajai*

You carry in your hand a lightening bolt along with a victory (kesari) flag and wear the sacred thread on your shoulder.

*Sankar suvan kesri Nandan
Tej pratap maha jag vandan*

As a descendant of Lord Sankar, you are a comfort and pride of Shri Kesari. With the lustre of your Vast Sway, you are propitiated all over the universe.

*Vidyavan guni ati chatur
Ram kaj karibe ko aatur*

You are the repository of learning, virtuous and fully accomplished, always keen to carry out the behest's of Shri Ram.

*Prabu charitra sunibe ko rasiya
Ram Lakhan Sita man Basiya*

You are an ardent listener, always so keen to listen to the narration of Shri Ram's Life Stories. Your heart is filled with

40 Day Sacred Sadhana

***Sukshma roop dhari Siyahi dikhava
Vikat roop dhari lanka jarava***

what Shri Ram stood for. You therefore always dwell in the hearts of Shri Ram, Lakshman and Sita.

You appeared before Sita in a Diminutive form and spoke to her in humility. You assumed an awesome form and struck terror by setting Lanka on fire.

***Bhima roop dhari asur sanghare
Ramachandra ke kaj sanvare***

With over-whelming might you destroyed the Asuras (demons) and performed all tasks assigned to you by Shri Ram with great skill.

***Laye Sanjivan Lakhan Jiyaye
Shri Raghuvir Harashi ur laye***

You brought Sanjivan (A herb that revives life) and restored Lakshman back to life, Shri Raghuvir (Shri Ram) cheerfully embraced you with his heart full of joy.

***Raghupati Kinhi bahut badai
Tum mam priye Bharat-hi sam bhai***

Shri Raghupati (Shri Ram) lustily extolled your excellence and said: "You are as dear to me as my own brother Bharat."

***Sahas badan tumharo yash gaave
Us kahi Shripati kanth lagaave***

Thousands of living beings are chanting hymns of your glories; saying thus, Shri Ram warmly hugged him (Shri Hanuman).

***Sankadik Brahmadi Muneesa
Narad Sarad sahit Aheesa***

When prophets like Sanka, even the Sage like Lord Brahma, the great hermit Narad himself, Goddess Saraswati and Ahisha (one of immeasurable dimensions).

***Yam Kuber Digpal Jahan te
Kavi kovid kahi sake kahan te***

Even Yamraj (God of Death) Kuber (God of Wealth) and the Diggals (deputies guarding the four corners of the Universe) have been vying with one another in offering homage to your glories. How then, can a mere poet give adequate expression of your super excellence.

***Tum upkar Sugreevahn keenha
Ram milaye rajpad deenha
Tumharo mantra Vibheeshan mana
Lankeshwar Bhaye Sub jag jana***

You rendered a great service to Sugriv. You united him with Shri Ram and he installed him on the Royal Throne. By heeding your advice, Vibhishan became Lord of Lanka. This is known all over the Universe.

***Yug sahastra jojan par Bhanu
Leelyo tahi madhur phal janu***

On your own you dashed upon the Sun, which is at a fabulous distance of thousands of miles, thinking it to be a sweet luscious fruit.

Prabhu mudrika meli mukh mahee

Carrying the Lord's Signet Ring in your mouth, there is

40 Day Sacred Sadhana

Jaladhi langhi gaye achraj nahee

hardly any wonder that you easily leapt across the ocean.

*Durgaam kaj jagat ke jete
Sugam anugraha tumhre tete*

The burden of all difficult tasks of the world become light with your kind grace.

*Ram dware tum rakhvare,
Hoat na agya binu paisare*

You are the sentry at the door of Shri Ram's Divine Abode. No one can enter it without your permission,

*Sub sukh lahai tumhari sarna
Tum rakshak kahu ko dar na*

All comforts of the world lie at your feet. The devotees enjoy all divine pleasures and feel fearless under your benign Protection.

*Aapan tej samharo aapai
Teenhon lok hank te kanpai*

You alone are befitted to carry your own splendid valour. All the three worlds (entire universe) tremor at your thunderous call.

*Bhoot pisach Nikat nahin aavai
Mahavir jab naam sunavai*

All the ghosts, demons and evil forces keep away, with the sheer mention of your great name, O'Mahaveer!!

*Nase rog harai sab peera
Japat nirantar Hanumant beera*

All diseases, pain and suffering disappear on reciting regularly Shri Hanuman's holy name.

*Sankat se Hanuman chudavai
Man Karam Vachan dyan jo lavai*

Those who remember Shri Hanuman in thought, words and deeds with Sincerity and Faith, are rescued from all crises in life.

*Sub par Ram tapasvee raja
Tin ke kaj sakal Tum saja*

All who hail, worship and have faith in Shri Ram as the Supreme Lord and the king of penance. You make all their difficult tasks very easy.

*Aur manorath jo koi lavai
Sohi amit jeevan phal pavai*

Whosoever comes to you for fulfillment of any desire with faith and sincerity, Will he alone secure the imperishable fruit of human life.

*Charon Yug partap tumhara
Hai persidh jagat ujjyara*

All through the four ages your magnificent glory is acclaimed far and wide. Your fame is Radiantly acclaimed all over the Cosmos.

*Sadhu Sant ke tum Rakhware
Asur nikandan Ram dulhare*

You are Saviour and the guardian angel of Saints and Sages and destroy all Demons. You are the angelic darling of Shri Ram.

*Ashta sidhi nav nidhi ke dhata
Us var deen Janki mata*

You can grant to any one, any yogic power of Eight Siddhis (power to become light and heavy at will) and Nine Nidhis (Riches, comfort, power, prestige, fame, sweet relationship etc.) This boon has been conferred upon you by Mother Janki.

40 Day Sacred Sadhana

***Ram rasayan tumhare pasa
Sada raho Raghupati ke dasa***

You possess the power of devotion to Shri Ram. In all rebirths you will always remain Shri Raghupati's most dedicated disciple.

***Tumhare bhajan Ram ko pavai
Janam janam ke dukh bisravai***

Through hymns sung in devotion to you, one can find Shri Ram and become free from sufferings of several births.

***Anth kaal Raghuvir pur jayee
Jahan janam Hari-Bakht Kahayee***

If at the time of death one enters the Divine Abode of Shri Ram, thereafter in all future births he is born as the Lord's devotee.

***Aur Devta Chit na dharehi
Hanumanth se hi sarve sukh karehi***

One need not entertain any other deity for Propitiation, as devotion of Shri Hanuman alone can give all happiness.

***Sankat kate mite sab peera
Jo sumirai Hanumat Balbeera***

One is freed from all the sufferings and ill fated contingencies of rebirths in the world. One who adores and remembers Shri Hanuman.

***Jai Jai Jai Hanuman Gosahin
Kripa Karahu Gurudev ki nyahin***

Hail, Hail, Hail, Shri Hanuman, Lord of senses. Let your victory over the evil be firm and final. Bless me in the capacity as my supreme guru (teacher).

***Jo sat bar path kare kahi
Chutehi bandhi maha sukh hohi***

One who recites Chalisa one hundred times, becomes free from the bondage of life and death and enjoys the highest bliss at last.

***Jo yah padhe Hanuman Chalisa
Hoye siddhi sakhi Gaureesa***

All those who recite Hanuman Chalisa (The forty Chaupais) regularly are sure to be benedicted. Such is the evidence of no less a witness as Bhagwan Sankar.

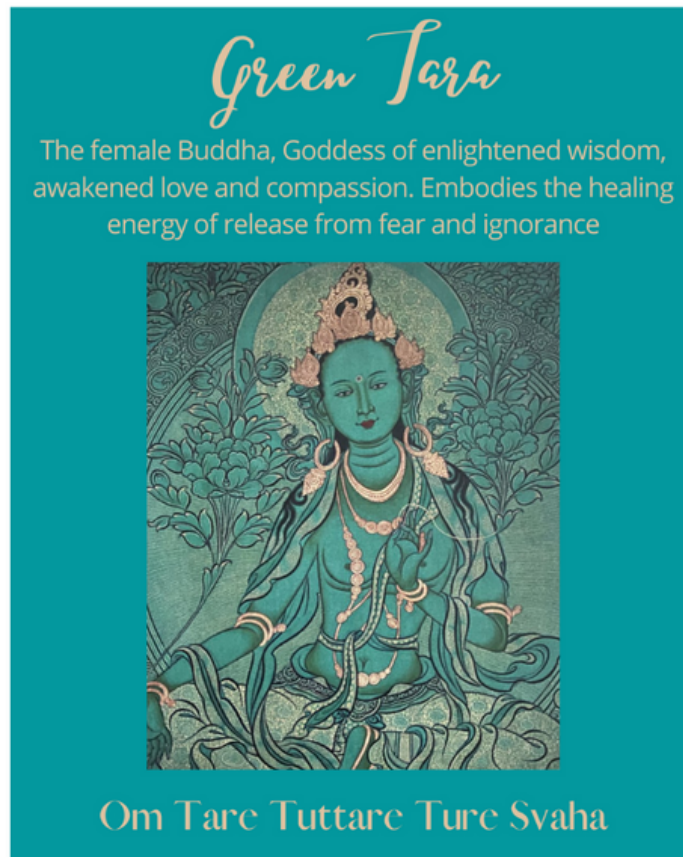
***Tulsidas sada hari chera
Keejai Das Hrdaye mein dera***

Tulsidas as a bonded slave of the Divine Master, stays perpetually at his feet, he prays "Oh Lord! You enshrine within my heart & soul."

***Pavantnai sankat haran,
Mangal murti roop.
Ram Lakhan Sita sahit,
Hrdaye basahu sur bhoop.***

Oh! conqueror of the Wind, Destroyer of all miseries, you are a symbol of Auspiciousness.
Along with Shri Ram, Lakshman and Sita, reside in my heart.
Oh! King of Gods.

Buddhist Mantras



Invoking the female Buddha of compassion and action to relieve physical and emotional suffering, and come swiftly to our aid. She is also the protectress of Mother Nature.

Om Mani Padme Hum

The Jewel is in the Lotus.

As the Dalai Lama said, its meaning is "great and vast" because all the teachings of Buddha are wrapped up in this one phrase.

Om = the vibration or sound of the universe; represents divine energy and generosity and purifies the ego

Ma = represents ethics and purifies jealousy

Ni = represents patience and purifies want or desire

Pad = represents diligence and purifies ignorance and judgment

Me = represents concentration and purifies attachment

Hum = the unity of all; represents wisdom and purifies hatred

The 4 Immeasurables

May all beings have happiness and the causes of happiness.

May all beings be free from suffering and the causes of suffering.

May all beings never be separate from the supreme joy that is beyond sorrow.

May all beings abide in equanimity free from attachment and aversion.

Equanimity is learning to accept both loss and gain, praise and blame, success or failure with detachment, equally, for oneself and for others. Equanimity means to not distinguish between friend, enemy, or stranger, but to regard every sentient being as equal. It is a clear minded tranquil state of mind - not being overpowered by delusions, mental dullness, or agitation.

Pranayama

(prana = energy + ayama = extension)

“Breathing becomes a puja, a sacred ritual prayer, that can bring you awareness and change your life. Your whole life will change when you do this internal puja.”

— Dr. Vasant Lad

Breathing is one of the most important life functions and the way we breathe is the clearest indication of our state of mind and wellbeing. Daily breath awareness and practice will guide us to the proper way to dial into whatever energy level is required for our daily activities. This includes building up energy as well as calming the unpleasant energies of stress, anxiety and fear.

Pranayama is one of the 8 limbs of yoga that deals with using the breath to teach us to manage our prana or life force energy. It is the conscious awareness of breath; the life force that both energizes and relaxes the body.

Before you begin: Pranayama is best performed early in the morning before meditation but can be practiced at any time of the day when you need to call in the specific benefits of these breath techniques. Always practice pranayama on an empty stomach and do not eat or drink during your pranayama practice. It can be helpful to have a timer nearby to time your pranayama if you don't want to count repetitions in your head. Have a tissue handy in case excess mucus is loosened.

Between each pranayama exercise, return to a seated meditation for 1 or 2 minutes to pause and notice the effects on your energetic body and mind. Take a moment to observe how you are feeling. Notice your thoughts and your state of mind. Take note of how you feel physically. Are you warmer or cooler than when you started? More energetic or relaxed? Where do you feel the effects of this practice?

Contraindications: women who are pregnant or on their menses should practice deep rhythmic breathing but avoid these pranayama techniques. It is also recommended you refrain from practicing pranayama while you are experiencing respiratory illness, and wait until your symptoms clear up before you resume your pranayama practice. Other contraindications are listed below each pranayama description.

Bhastrika Pranayama

“Bellows Breath”

Opens and balances anahata and manipura chakras which brings grace, confidence, compassion and unconditional love

Definition and Benefits: The Sanskrit word Bhastrika means “bellows” therefore this pranayama is known as bellows breath. This is a heating breathing practice that cleanses the nasal passages and lungs. Air is moved forcefully in and out of the lungs which expels residual, stagnant air in the lungs (alveoli) and brings fresh new air to the reservoir of air in the lungs. This pranayama increases the inner fire of the abdomen and mind. Dries up excess mucus in the head and body, especially the nasal passages. Increases heat in the body. Clears excess doshas from the head. Increases and stimulates gaseous exchange in the body to flush out toxins. Activates and invigorates the liver, pancreas, spleen and abdominal muscles. Improves digestion and circulation. Decreases body fat. Helps with depression. Does cardio pulmonary flushing, enhancing the vital capacity of the lungs and increasing systemic circulation. Helps to balance the neurochemistry of the body and stimulate the thyroid and thymus glands.

Instructions: This breathing practice sounds like an “asthmatic attack”

1. Sit in a comfortable position so that the spine and torso are aligned
2. Begin to breathe in and out of the nose emphasizing the forceful exhalation
3. Inhale to fill the lungs and open the chest. Forcefully exhale the air out by actively compressing the lungs and pushing the air out through the nose and gently rounding the torso forward to help contract the chest to expel as much air out as possible.

Progression: Two rounds, resting 2 to 3 minutes in between each set. Progress on a weekly basis or as best as you can. 10/10 – 20/20 – 30/30 – 40/40 – 50/50. A total of 100 is enough. **Indications:** Nasal congestion, asthma, poor digestion, poor circulation, depression, weight gain, low lung capacity

Caution & Contraindication: Use caution for the following conditions: detached retina, glaucoma, high or low blood pressure, heart problems (i.e. heart disease), nose bleeds, hernia, ulcers, recent history of epilepsy, recent abdominal surgery. Those suffering from asthma or chronic bronchitis should practice bhastrika only under the guidance of an experienced teacher.

Signs and Symptoms of Improper Bhastrika: Dizziness, headache, upper back tension.

Kapalabhati Pranayama

“Skull Shining Breath”

Balances muladhara and swadhisthana chakras with each stroke

Definition: Kapalabhati is a dynamic and energizing purification breath that is life promoting and helps clear and move out stagnant energy. Kapala means “head”, bhati means “shining”. This pranayama tones the digestive organs, thereby improving agni (digestive fire) and appetite. Keeps the forehead cool. Brings alertness, lightness and consciousness to the body. Removes sensory distractions from the mind. Cleanses the blood. Clears the pranic channels without creating heat. Not incredibly drying and heating (like Bhastrika). Supports immunity (any time the abdomen is engaged, the immune system is supported). Energizes the body and brain. Massages the heart, therefore has a cardiovascular benefit. Is equivalent to running without the impact stress on the joints.

Instructions: You will feel like you are throwing/pushing air out from the belly similar to the action of coughing.

1. Begin from a comfortable seated position to align the spine over the pelvis.
2. During this practice, the focus is on the exhalation; the inhalation happens naturally, without effort.
3. Expel and push the breath out through the nose by forcefully contracting the abdominal muscles in and up – pushing the diaphragm into the lungs to expel the air out.
4. Allow the inhalation to fill the lungs naturally, without effort. The inhalation is spontaneous and involves no effort while the exhalation is strong and active.
5. After your round is complete. Sit comfortably and breathe normally.

Progression: Start with two rounds. Slowly increase 10 repetitions per week. Start at 50/50 and can work up to 500/500. This will take quite a few months to accomplish. Indications: Low immunity, inability to focus, poor digestion, poor circulation, thyroid conditions, cardiovascular conditions which involve high cholesterol, diabetes (helps pancreas release insulin), stimulates the liver and gallbladder.

Caution & Contraindication: Use caution for the following conditions: detached retina, glaucoma, very high or very low blood pressure, heart problems, nose bleeds, hernia, ulcers, recent history of epilepsy, recent abdominal surgery.

Signs and Symptoms of Improper Kapalabhati: Headaches, overactive upward moving circulation (udana vayu), sensations of being overheated.

Anuloma Viloma Pranayama

Forceful Alternate Nostril Breathing

Balances all seven chakras

Definition and Benefits: Anuloma Viloma, or forceful alternate nostril breathing, translates in Sanskrit to: up, down, alternate or reversed. This is a breathing practice that balances and cleanses all 72,000 nadis (energy channels in the body). It is like a pranic bath. Anuloma Viloma reduces depression and eliminates migraines. Clears the sinuses and brings high levels of vitality to visceral organs. Regulates agni (the digestive fire). Decreases cholesterol levels.

Strengthens the immune system. Brings clarity to the mind and induces contentment and serenity.

Instructions: This practice is best done on an empty stomach. Sit in a comfortable position. In this practice, only the right hand is used to alternately close off the nostrils. The breath moves with vigor and strength through each nostril. Exaggerate the inhalation and exhalation.

1. Take the right arm out to side and bend the elbow out to the side so the hands come toward the nose. Keep your elbow lifted to encourage a long tall spine.
2. Place the thumb on the ridge of the right nostril and place ring and pinky finger over the left nostril.
3. Connect to the breath in and out through both nostrils.
4. Begin the first round by closing the right nostril with the thumb and forcefully inhaling through the left nostril. Switch fingers at the top of the breath.
5. Breathe out strongly through the right side. Empty all the breath, then inhale up the right nostril. Switch the fingers at the top of the inhale.
6. Exhale out the left nostril. This is ONE complete round.
7. The pattern is: IN left – OUT right – IN right – OUT left. Only switch on the exhale (at the top of the inhale).

Progression: Begin with 2 cycles of 10. Progress one per week to reach 2 sets of 30 cycles.

Indications: Depression, migraines, blocked sinuses, poor digestion, high cholesterol

Caution & Contraindications: Chest pain, extremely high blood pressure, and recent history of epilepsy.

Signs and Symptoms of Improper Anuloma Viloma: Dizziness or lightheadedness.

Agni Sara

Fire Purification

Activates manipura chakra

Definitions and Benefits: Agni means fire, which is the elemental quality responsible for digestion. Sara means essence. Agni Sara fuels your inner fire, stokes digestion, promotes elimination, clears your mind and activates prana. This breath strengthens the musculature of the pelvic floor and abdominal wall, tones, activates, and cleanses the digestive and eliminative systems. Strengthens the core muscles. Massages the bladder, improves circulation to the organs of the abdomen (including the reproductive organs). Reduces anxiety, energizes the mind and spirit, encourages steadiness and resolve. Reduces depression, activates prana energy and draws it upward.

Instructions: Agni sara is typically practiced while standing. The upper body leans forward and the hands rest atop the knees with the arms straight supporting the body weight and the chin slightly tucked in. On the exhale the top of the spine rounds as the chin draws in, and on the inhale the spine releases to neutral.

1. As you begin to exhale, contract the pelvic floor and the lowest portion of the abdomen (just above the pubic bone). Pull the lower belly in and up, then contract the upper belly. When the whole abdominal wall is strongly contracted and drawn in and up, and the breath completely emptied out, create Uddiyana Bandha by sucking the diaphragm up under the ribs and hold.
2. Holding the exhale, begin pumping the stomach in an internal churning motion. Do this 10 - 15 times and then relax the belly to release the diaphragm.
3. Begin the inhalation, releasing first the upper abdominal wall above the navel center, then the lower belly, and finally the pelvic floor as you finish the inhalation. Without pause, repeat this process as you connect to your next exhale.

Progression: Start with 3 or 5 repetitions and over time build up to 10 to 20 repetitions, or whatever is comfortable for your current level of strength and control. Slowly build up how many times you pump the belly. Only hold the breath to the point where you can calmly inhale. If you gasp for breath, you've held the breath too long.

Indications: Sluggish digestion, constipation, scattered or overactive mind, depression, low energy, poor circulation, anxiety, depression

Caution & Contraindication: Avoid agni sara if you have a hiatal hernia, if you have ulcers, cardiovascular disease, or high blood pressure. This exercise can be irritating to women with IUDs and should be exercised with caution.

Signs & Symptoms of Improper Agni Sara: Practice should leave you feeling peaceful and rejuvenated, not angry, irritated, or spaced out. It is normal to feel heat. It arises from the deepest center of the body and purifies the organs and the subtle energy channels.

Bhramari Pranayama

“Bee’s Breath”

Opens the Bhakti heart and balances vishuddha, manipura and ajna chakras

Definition and Benefits: Bhramari means bee. The “Bee’s Breath” soothes the nerves and calms the mind. During this practice the breath makes a steady, low pitched ‘hmmm’ sound at the back of the throat on the exhale (like the humming of a bee). Helps calm down the mind and allows one to feel centered. Expands state of consciousness. It helps with throat ailments, relieves stress, anger, reduces blood pressure, soothes the nerves and induces good sleep. Can help in the healing of bodily tissues. Stimulates the pineal and pituitary glands.

Instructions: This practice is best done on an empty stomach.

1. Sit in a comfortable position with an erect spine.
2. Close the lips gently while keeping the teeth from touching.
3. Bring the tip of the tongue to the space behind the upper front teeth.
4. Place hands on the face in Sanmukhi Mudra: fingertips along the inner border of eye and the sides of the nose. Close the ears with the. Place the index fingers above each eyebrow.
5. Keep the spine long and take a deep inhalation through both nostrils. Allow the chin to drop toward the heart.
6. Exhale slowly while making a steady, low-pitch “hmmm” sound at the back of the throat (like a humming bee).
7. Continue until set is finished.
8. Then, release the fingers, lift the head, return to normal breathing and observe any changes that have occurred. Let the vibrations fill your entire head and extend to the body, becoming one with the sound.

Progression: Do one set. Begin with 7 repetitions and progress weekly by one to no more than 17 rounds.

Indications: Insomnia, stress, throat ailments, nervousness, anxiety, thyroid conditions, hormonal imbalances, healing after physical injury.

Caution & Contraindication: Not done while lying down, very high or low blood pressure, cardiovascular disorders avoid any breath retentions. Chest pain, extremely high blood pressure, and recent history of epilepsy or ear infection.

Signs and Symptoms of Improper Bhramari: Lightheadedness, dizziness.

The Power of Pranam!

Pranams are a full body prostration that are based in Yoga, Buddhism, and many other spiritual traditions. It is a simple moving prayer that can cultivate a feeling of humility, surrender, gratitude, and an inner courage to rise back up again and again.

As you integrate Pranam Namaskar into your daily life, you will feel it's magic in connecting you to your Spirit, instill reverence for Mother Earth, and transform stress, anxiety, and depression into inner peace, balance, and the will to rise despite any outer life conditions.

In this full body offering, you can rest your heart, merge your body, brain, and Spirit with the earth. Whether your life circumstances bring you to your knees, or are a cause for celebration, this is the place where your prayers are heard and your heart can be healed and empowered!

Practice Tips for Pranams:

Pranams can be a stand alone yoga practice or lead you into more asanas. As you learn more Namaskar sequences, you can always choose to begin with one or more pranams before the rest of your practice.

10 to 20 minutes of pranams can be a complete yoga practice, set to your own music or chanting your own mantras. You don't even need a mat!

Take your time integrating each movement and notice where you may need to make modifications for your upper body, lower back, and knees. Personalize this practice just for you!

Om Pranam Namaha!

The Power of Namaskar!

Namaskar means to bow to the life force. These special sequences have a refined simplicity that awaken the entire body mandala, integrate counter-asanas for balance, and create total mental, physical, emotional, and spiritual integration.

Namaskars are beautiful body prayers where you can synchronize your breath and body movements, get into a rhythmic state, and be in sacred movement meditation.

Namaskars are also a complete practice. Doing at least three rounds for each side is recommended and you can either continue your practice afterwards, add inversions if you like, or simply finish with Savasana.

Namaskars can be practiced anywhere! You can face the sun, the moon, your altar, or any tiny space you can transform with your intention and purpose.

We love to say Namaskars are “devotion in motion”! This connection of breath and movement with your body connected to the earth and sky, has a way of transforming the moment into a sacred ritual for gratitude, surrender and your own personal prayers.

Namaskars can be practiced every day, and you will be able to feel which one is right for you each time you come to your mat. You will be learning many throughout this course, other teachers, and can also make up your own!

Repetition is key so that you can integrate them into your being and experience the transforming power, medicine, and magic of Namaskar!

Many of these Namaskar's were created or inspired by Shiva Rea, myself, and the global Vinyasa Collective. I am grateful to all of my teachers, all movement forms, and especially to Mother India for blessing us with these sacred practices.

40 Day Sacred Sadhana

"The Power of the practice is in doing it every day."

Day 1

Dinacharya:

Pranayama:

Asana:

Meditation:

Day 2

Dinacharya:

Pranayama:

Asana:

Meditation:

Day 3

Dinacharya:

Pranayama:

Asana:

Meditation:

Day 4

Dinacharya:

Pranayama:

Asana:

Meditation:

40 Day Sacred Sadhana

"The Power of the practice is in doing it every day."

Day 5

Dinacharya:

Pranayama:

Asana:

Meditation:

Day 6

Dinacharya:

Pranayama:

Asana:

Meditation:

Day 7

Dinacharya:

Pranayama:

Asana:

Meditation:

Day 8

Dinacharya:

Pranayama:

Asana:

Meditation:

Day 9

Dinacharya:

Pranayama:

Asana:

Meditation:

Day 10

Dinacharya:

Pranayama:

Asana:

Meditation:

Day 11

Dinacharya:

Pranayama:

Asana:

Meditation:

Day 12

Dinacharya:

Pranayama:

Asana:

Meditation:

Day 13

Dinacharya:

Pranayama:

Asana:

Meditation:

Day 14

Dinacharya:

Pranayama:

Asana:

Meditation:

Day 15

Dinacharya:

Pranayama:

Asana:

Meditation:

Day 16

Dinacharya:

Pranayama:

Asana:

Meditation:

Day 17

Dinacharya:

Pranayama:

Asana:

Meditation:

Day 18

Dinacharya:

Pranayama:

Asana:

Meditation:

Day 19

Dinacharya:

Pranayama:

Asana:

Meditation:

Day 20

Dinacharya:

Pranayama:

Asana:

Meditation:

Day 21

Dinacharya:

Pranayama:

Asana:

Meditation:

Day 22

Dinacharya:

Pranayama:

Asana:

Meditation:

Day 23

Dinacharya:

Pranayama:

Asana:

Meditation:

Day 24

Dinacharya:

Pranayama:

Asana:

Meditation:

Day 25

Dinacharya:

Pranayama:

Asana:

Meditation:

Day 26

Dinacharya:

Pranayama:

Asana:

Meditation:

Day 27

Dinacharya:

Pranayama:

Asana:

Meditation:

Day 28

Dinacharya:

Pranayama:

Asana:

Meditation:

Day 29

Dinacharya:

Pranayama:

Asana:

Meditation:

Day 30

Dinacharya:

Pranayama:

Asana:

Meditation:

Day 31

Dinacharya:

Pranayama:

Asana:

Meditation:

Day 32

Dinacharya:

Pranayama:

Asana:

Meditation:

Day 33

Dinacharya:

Pranayama:

Asana:

Meditation:

Day 34

Dinacharya:

Pranayama:

Asana:

Meditation:

Day 35

Dinacharya:

Pranayama:

Asana:

Meditation:

Day 36

Dinacharya:

Pranayama:

Asana:

Meditation:

40 Day Sacred Sadhana

"The Power of the practice is in doing it every day."

Day 37

Dinacharya:

Pranayama:

Asana:

Meditation:

Day 38

Dinacharya:

Pranayama:

Asana:

Meditation:

Day 39

Dinacharya:

Pranayama:

Asana:

Meditation:

Day 40!

Dinacharya:

Pranayama:

Asana:

Meditation:

The Power of Mantra

Mantra, whether chanted out loud, whispered, or silently recited inside, is a powerful meditation tool. It can be used to ground and focus your mind to become more present and centered, as well as calling in the qualities of the sacred sounds and deities for transformation, prayer, and higher consciousness.

The word **mantra** is derived from two Sanskrit words:
Manas means mind.
Tra means transformation.

Mantra literally means “mind transformation,” and was designed to help practitioners access a higher power and the True Nature.

While you are chanting the mantra, your mind has no choice but to take the backseat; thoughts fall away and a mental cheddar quiet, calming the nervous system and redirecting the mind to the sacred.

POWERFUL MANTRAS:

Ram

This simple mantra is associated with my guru, Neem Karoli Baba, and Hanuman. It is considered the name of God, the One Supreme Power, and said to contain this power just by repeating it.

“**Ram Nam**” is chanting the name Ram constantly throughout the day and night and even while you sleep, to invoke your own holy power which is one with the Supreme Power.

Om Namah Shivaya

A beautiful and beloved prayer and mantra that can be chanted or sung. This popular prayer in India directly means “my salutations to Shiva; the auspicious and gracious one”. It is also perceived to mean, “I bow to Shiva” or “adoration to Shiva”. This mantra is thousands of years old and is a very significant mantra in Hinduism. This mantra consists of three parts that each are a prayer: Om, Namaha, Shivaya.

Om Namah Shivaya is also known as the five syllable mantra, as it has five syllables which are preceded by the Om (or Aum). Among other things, these five syllables represent the five elements of earth, water, fire, air and space.

In yoga, this mantra is chanted during meditation in order to help realize the inner Self and possesses the qualities of prayer, divine love, grace, truth, and blissfulness. Traditionally, this mantra is believed to be a powerful healing mantra, beneficial for all physical and mental ailments, and is considered a mantra for transformation.

JAPA MANTRA:

Japa mantra is the practice of repeating the same mantra continuously or with a mala (prayer beads) repeated aloud or internally in order to quiet the mind during meditation. When japa mantra is regularly practiced, it can become ajapa-japa, which means the mantra comes naturally without continuous mental effort and has become a part of us.

Meaning of AUM

BREAK IT DOWN THE AUM SYMBOL

AUM or OM
EITHER WORKS!

PAST, PRESENT, FUTURE

The sound of AUM connects us all.
A: the waking state of the mind
U: the dream state of the mind
M: the deep sleep part of the mind

THE SOUND OF AUM

It's often said to be the sound of the universe. Its universal vibration connects us all.

CONTROL EMOTIONS

Redirect your mind to help manifest positive thinking by chanting AUM.

REDUCE STRESS

Chanting AUM focuses your mind on here and now, bringing you into your breath.

INCREASE ENERGY

Chant AUM for a few minutes to increase energy levels and feel refreshed.








MANIFEST

Use the mantra AUM to manifest positive things in your life.

STRENGTHEN

Research shows chanting AUM, specifically the "a" sound, can strengthen your spinal column.

7 CHAKRAS CHART

7.	SAHASRARA सहस्रार		Crown Chakra	<ul style="list-style-type: none"> • Location: Top of the head • Functions: Knowledge, Fulfilment, Spirituality and Self-Realization • Color: Violet / White
6.	AJNA आज्जा		Third Eye Chakra	<ul style="list-style-type: none"> • Location: Between eyebrows • Functions: Intuition, Visualization, Imagination, Clairvoyance • Color: Indigo
5.	VISHUDDHA वशिद्धा		Throat Chakra	<ul style="list-style-type: none"> • Location: Back of the neck, throat • Functions: Communication, Expression, Honesty, Purification • Color: Light Blue / Turquoise
4.	ANAHATA अनाहत		Heart Chakra	<ul style="list-style-type: none"> • Location: Middle of the chest • Functions: Love, Acceptance, Compassion, Kindness, Peace • Color: Green
3.	MANIPURA मणपूर		Solar Plexus Chakra	<ul style="list-style-type: none"> • Location: Above the navel • Functions: Strength, Ego, Power, Self-Eseem, Digestion • Color: Yellow
2.	SVADHISTHANA स्वाधिष्ठान		Sacral Chakra	<ul style="list-style-type: none"> • Location: Sacrum • Functions: Sensuality, Sexuality, Pleasure, Creativity, Emotions • Color: Orange
1.	MULADHARA मूलाधार		Root Chakra	<ul style="list-style-type: none"> • Location: Perineum • Functions: Survival, Grounding, Stability, Comfort, Safety • Color: Red

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Cultivating the Rasas

Revitalize your creative life force:
Vira, Sringara and Shanti Rasa

Vira Rasa

Activating your solar potency. Vira is the embodied state of inner and outer strength, potency, and courage. Vira Rasa helps us overcome any obstacle, challenge, or regressive habit by encouraging the embodiment of courage, stamina, and steadiness within our daily lives.

Sringara Rasa

The rhythm and way of moving as love. When you're not feeling loving, try moving as love to activate your heart. The cultivation of sensuality can help us feel and generate more loving energy toward ourselves, others, and ultimately the divine. If you are feeling dry, brittle, bitter, or lacking heart energy, learning to cultivate this Rasa in your body and life is the secret! Touch, taste, see, and hear the world and each breath as a form of the beloved.

Shanti Rasa

The embodiment of deep peace. Cultivating Shanti Rasa in movement involves slowing down and allowing your movements to become very simple yet powerful, often moving closer to the earth. Shanti Rasa is all lunar practices that are regenerative and help when you feel depleted, stressed, or ungrounded.

"Move the way love moves."

~Rumi

Stream of consciousness questions to unleash your creativity:

- What passions are inside of you that have not come out, that people do not know about, that you are hiding, that you are keeping separate from who you are?
- How is staying hidden limiting you? What would it be like if you let go of the need to hide? What feels bigger than the part of you that wants to hide? What are you more committed to?
- What is your soul desire? What is holding you back from going for your soul desire? What are your fears and doubts?
- How would you feel if you could be visible, successful AND safe? What could become possible for you?
- How can you more fully access your sexual fire toward your passionate desires and soul purpose?
- What is your next authentic action to do today that moves you in the direction of your goals, intentions and soul purpose?

Take daily action steps, make a plan, schedule it in, and follow through!

Do it in a playful way! Plan in to your schedule self care, celebrating your successes and vacation times!

ELEMENTS of AYURVEDA



AYURVEDA 101

The Three Doshas

Vata, pitta, and kapha—collectively known as the doshas—are one of the most foundational concepts in the tradition of Ayurveda. But what are they, exactly?

Each dosha embodies a particular combination of elements and qualities to create a functional entity—an energetic force of nature. The doshas, or some combination of them, can be identified in various seasons, climates, landscapes, activities, plants, and animals. In the context of our bodies, all three doshas are necessary to facilitate important physiological functions. But if they accumulate beyond healthy limits (those determined by one's constitution), the doshas can also wreak havoc on our health.

DOSHA	VATA	PITTA	KAPHA
Primary Elements	Air + Ether	Fire + Water	Water + Earth
Qualities	Dry Light Cold Rough Subtle Mobile Clear	Hot Sharp Light Liquid Spreading Oily	Heavy Slow Cool Oily Smooth Dense Soft Stable Gross Cloudy (Sticky)

All three doshas are present in everyone, but the ratio between them varies a great deal from one person to the next. Here is an overview of the essential nature of each dosha.

VATA

Vata is the energy of air and ether, movement and impulse, creativity and connection. This dosha governs breathing, the pulsation of the heart, muscle movement in general, nerve impulses, sensory perception, communication, and our capacity to experience flexibility, joy, and expansive consciousness.

In excess, vata can cause fear, anxiety, physical and emotional constriction, ungroundedness, poor circulation, constipation, dry skin, cracking joints, emaciation, insomnia, twitches, tremors, and other abnormal movements.

PITTA

Pitta is the energy of fire and water, digestion and transformation. This dosha governs appetite, digestion, absorption, assimilation, intelligence, charisma, courage, and ambition.

In excess, pitta can cause anger, jealousy, inflammation, excessive heat, heartburn, loose stools, migraines, rashes, bruising, bleeding disorders, sharp hunger, an overactive metabolism, and difficulty sleeping.

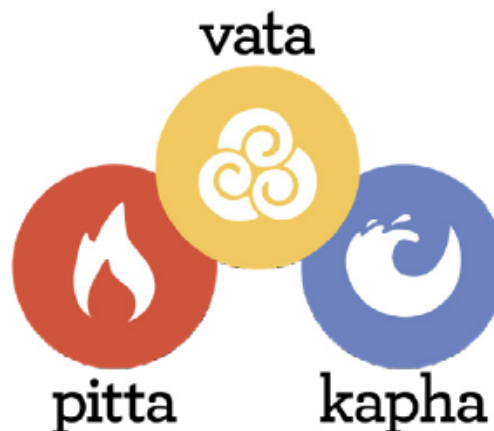
KAPHA

Kapha is the energy of water and earth, structure and cohesiveness, grounding and stability. This dosha governs nourishment, growth, lubrication, regeneration, fluid balance, fat regulation, strength, stamina, memory, and our ability to feel compassion and contentment.

In excess, kapha can cause attachment, greed, resistance to change, lack of motivation, heaviness in the mind and body, excessive sleep, depression, a sluggish metabolism, congestion, water retention, hardening of the arteries, and the formation of masses and tumors.

BEFRIENDING THE DOSHAS IN YOUR LIFE

It is important to remember that we all have innate strengths and gifts, as well as persistent challenge areas. The doshas are a wonderful tool for understanding both, and also for recognizing and correcting any imbalances at work in our systems. Invariably, the doshas shed light on our personal nuances, guide us in improving self-awareness, and can help us to understand how to offer support—precisely where and when it matters most.



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ELEMENTS of AYURVEDA



AYURVEDA 101

Introduction to an Ancient System

Ayurveda literally means “knowledge of life” and its scope is truly no less encompassing. While the tradition is thought to be over five thousand years old, Ayurveda remains as relevant as ever—and it is enlivened every day as individuals around the world engage its timeless wisdom in their day-to-day lives.

EMBRACING THE INDIVIDUAL

Ayurveda is a remarkably individualized system of medicine. The tradition is rooted in the idea that each of us is born with a completely personal blueprint for optimum health. From birth onward, it is this reference point—your constitution—that, in many ways, defines who you are. No two constitutions are exactly alike; therefore, no two human beings can have precisely the same expression of ideal health.

In Ayurveda, everything is medicine and everything is poison; what might be beneficial to you could harm someone else, and vice versa. It all depends on the context of who you are, and what patterns are currently at play in your particular system. Ayurveda is fundamentally opposed to one-size-fits-all remedies. While there are certainly some practices that are considered to be beneficial for most everyone, Ayurveda places the focus firmly on *you*.

DEFINING HEALTH

Ayurveda is an unequivocally holistic tradition that reaches far beyond the realms of physical health, healing, and the prevention of disease. It has a remarkable capacity to help each of us sync up with our truest inner nature, honor and develop our strengths, hone in on our challenge areas, redirect detrimental tendencies, and offer real support wherever it is needed—so that we can better maintain balance in the face of adversity. At its root, Ayurveda is a way of life that can help each of us to claim and celebrate our capacity for a fully embodied sense of *wellness*.

The Sanskrit word for health, *svastha*, describes an authentically harmonious interaction of many parts within the whole—such that the mind, soul, and senses are infused with an abiding sense of Self, wellness, and even bliss. Achieving this quality of life may seem a lofty ambition, especially when human beings throughout the world are riddled with stress, anxiety, and chronic disease. But Ayurveda provides a treasure chest of elegant and insightful tools that can be used to assess the degree of discord (no matter how slight or severe), determine its root, and ultimately, begin reclaiming our health.



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ELEMENTS of AYURVEDA



THE DAILY ROUTINE

In Ayurveda, the importance of a consistent daily routine can't be underestimated. It sets the tone for your entire day, bringing a sense of calm and well-being. It gives the body, mind, and spirit the chance to ground and cleanse, to start afresh.

Sound like something you'd like to do for yourself? Get started today in whatever way you can!

MORNING ROUTINE

Wake Up at the Same Time

Keeping to a scheduled wake up time gets your body and mind set in a rhythm to gracefully begin your daily activities. Scrape the tongue, brush the teeth, swish and gargle with oil, drink warm water, and splash cold water on the eyes and face.

- **Scrape Tongue:** Use a tongue cleaner to remove the bacteria-filled coating on the tongue and to stimulate the digestive system.
- **Brush Teeth:** Traditional Ayurvedic toothpastes are bitter, astringent and/or soothing in nature, like neem and licorice.
- **Drink Warm Water:** Drinking a glass of warm water cleanses and awakens the digestive tract, hydrates the tissues, and encourages a bowel movement.
- **Oil Pull:** Swishing and gargling with warm sesame oil helps strengthen the teeth, gums, jaw, and voice, while improving the sense of taste. Swish it in your mouth for 5 minutes, or for as long as 15 minutes.
- **Rinse Face, Mouth, and Eyes:** A splash of cool water is soothing and rejuvenating to the face, mouth, and eyes. It brings a sense of freshness to the body and mind.

Eliminate

A bowel movement each morning is a sign of a healthy digestive system. If you are not eliminating daily, be sure your diet includes plenty of fluids and fiber. And to support regular bowel movements, try taking triphala at night (see evening routine).

Self-Massage (Abhyanga), Ear Lubrication, and Nasal Lubrication

- **Self-Massage:** This is a profound practice of rejuvenation and loving self-care. Performing a self-massage with warm oil calms the nervous system lubricates and rejuvenates and promotes healthy circulation. Daily Massage Oil is a good choice for abhyanga.
- **Ear Lubrication:** Place a few drops of warm oil in each ear.
- **Nasal Lubrication (Nasya):** Place a few drops of Nasya Oil in the nose.

Bathe

Showering will cleanse the body and bring energy and alertness to the being. If you have done a self-massage, rinsing the skin with warm water will generally suffice to remove excess oil.

Self-Enhancing Practice

Take some time for a self-enhancing practice. This can be meditation, pranayama (breath techniques), yoga, journaling, prayer, or other activities that bring well-being to your spirit and mind. The more you allow for these types of practices, the greater the benefits.

DAY ROUTINE

Eat Regular Meals

- Irregular meals and excessive snacking can weaken the digestive fire.
- Whenever possible, consume your largest meal at noon (lunch time). This is when your digestive fire is at its strongest, and you will be able to derive the most nutrition from your meal.
- Favor warm, cooked meals, in accordance with the doshas you want to balance and the season.
- Focus on eating without any distractions.

EVENING ROUTINE

Take Triphala (2 Tablets) with Warm Water, 1 Hour Before Sleep

Triphala is a traditional Ayurvedic formula and is revered for its unique ability to gently cleanse and detoxify the digestive tract while replenishing, nourishing, and rejuvenating the tissues. It supports healthy elimination upon waking in the morning.

Keep a Regular Bedtime

Having a scheduled bedtime trains the body to know that it is time to wind-down and recuperate.

Promoting Healthy Sleep

If you want to support healthy deep sleep, consider a warm bath, a warm glass of milk with nutmeg and cardamom, or herbal support such as I Sleep Soundly.



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ELEMENTS of AYURVEDA



AYURVEDIC SELF-MASSAGE

Massage Yourself with Nourishment and Love!

Massage has been used for centuries in a variety of traditional cultures to strengthen well-being and vitality. *Abhyanga*, the term used to describe an Ayurvedic oil massage, is recommended for almost everybody of any age, from a newborn child to an elderly person. In Sanskrit, the word "sneha" can be translated as both "oil" and "love." Both oil and love provide a sense of nurturing, grounding, and nourishment. Try doing this simple routine in the morning for a strong start to your day or before bed for a more restful sleep.

BENEFITS OF AYURVEDIC SELF-MASSAGE

- Imparts softness, strength, and color to the body
- Decreases the effects of aging
- Nourishes the body
- Benefits sleep patterns
- Benefits skin
- Imparts tone and vigor to the dhatus (tissues) of the body
- Stimulates the internal organs of the body, increasing circulation
- Pacifies vata and pitta. Using rough strokes and doing a dry massage with minimal oil or with chickpea flour is pacifying for kapha.

THE TECHNIQUE

Choose an oil that is appropriate for your doshic type.

1. Put about 1/4-1/2 cup of oil in an 8 oz. squeeze bottle.
2. Warm the oil by placing the bottle in a mug of hot water.
3. Massage the oil into your entire body, beginning at your extremities and working toward the middle of your body. Use long strokes on the limbs and circular strokes on the joints.
4. Massage the abdomen and chest in broad, circular motions. On the abdomen, follow the path of the large intestine, massaging clockwise, moving up on the right side of the abdomen, then across, then down on the left side.
5. Put a couple drops of warm oil on the tip of your little finger or on a cotton ball and apply to the opening of the ear canal.
6. If you are able, take your time with this process. Spend up to 20 minutes massaging the muscles and working the oil deep into the skin.
7. Enjoy a warm bath or shower. Minimize the use of soap, and use only where needed.
8. *Avoid doing Ayurvedic self-massage during menstruation or while ill.*

To learn more about the benefits of Ayurvedic self-massage and view how-to videos of these techniques visit:

www.banyanbotanicals.com/self-oil-massage

Enjoy these additional practices alone or add them to your Ayurvedic self-massage practice!

OIL MASSAGE OF THE HEAD

This practice supports your hair's natural thickness, color, and luster while also calming and rejuvenating the mind and the nervous system.

1. Make sure that the oil applied to the head is warm, but not hot.
2. Apply a small amount of oil to the crown of the head and using your fingers massage slowly in circular motions.

OIL APPLICATION TO THE EARS

Oil applied to the ears benefits ear difficulties due to increased vata and calms the nervous system.

1. Tilt the head to the side and pour a small amount of warm oil into the ear.
2. Grasp the ear with the fingers and massage gently.
3. Tilt the head to the opposite side to drain excess oil.

OIL MASSAGE OF THE FEET

A foot massage alleviates stiffness, roughness, and fatigue and numbness of the feet and stimulates the many energetic points on the feet connected to the rest of the body.

1. Pour a small amount of oil into the hands.
2. Apply oil to the entire foot, massaging top, bottom, and toes.



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ELEMENTS of AYURVEDA



UJJAYI PRANAYAMA

“Breath of Victory”

Ujjayi (Breath of Victory) pranayama is a very versatile pranayama. You can incorporate it separately into your pranayama practice, while you are doing yoga, as a pause in your day to center yourself, or refresh your mind and senses. *Ujjayi* comes from the Sanskrit prefix of *ud* (meaning “bondage,” as well as “upward” or “expanding”) combined with the root, *ji* (meaning “to conquer”). Thus this pranayama is spiritually about gaining freedom from bondage and acquiring an expansive state.

BENEFITS

- Slows the pace of the breath
- Promotes mental clarity and focus
- Supports the thymus, thyroid, parathyroid, and pineal glands
- Supports memory
- Infuses the mind-body with fresh *prana* (vital life force)
- Cleanses and refreshes the channels of the body
- Gives strength yet calmness and softness to the organs and the body as a whole
- Soothes and rejuvenates the nervous system
- Promotes sound sleep
- Improves skin color and complexion
- Releases deep-seated emotions

THE TECHNIQUE

1. *Ujjayi* pranayama can be practiced at any time of day, and as with most pranayamas, a focused practice is best done on an empty stomach. Choose a comfortable sitting or supine position (lying on the back).
2. Begin with a few deep, cleansing breaths. Bring awareness to the breath entering and exiting the nostrils.
3. Gently constrict the throat muscles slightly so that air can still flow through the throat while you take a deep inhalation through the nostrils and into the belly with the mouth closed. Your breath should sound similar to a deep “Darth Vader” type of breath.*
4. Maintain the slight constriction as you slowly exhale.
5. Continue to breathe in and out evenly for as little as twelve breaths, up to ten to twenty minutes. Maintain a slow, gentle, fluid, and relaxed breath throughout the practice.
6. At the completion of the practice, release the constriction and take a few rounds of deep, cleansing breaths. **Note:** You should not feel any tension or strain in the throat or neck muscles.

*MORE ON THE BREATH

If you haven’t practiced this technique before, this will give you a better sense of how to position your throat.

- Inhale fully.
- At the top of the inhale part your lips slightly and exhale through the mouth, making a quiet, whispered “Ahhhhhh” sound, noticing the position of your throat. Note that the “Ahhhhhh” sound requires a partial closure at the back of the throat, narrowing the breath’s passageway.
- Maintain this gentle constriction as you complete your exhale.
- Close your mouth and begin to inhale through the nostrils, allowing the faint whisper of sound to continue as the breath moves through the narrowed space at the back of the throat.
- Maintain the soft constriction in the throat as you exhale, breathing through the nostrils only.



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ELEMENTS of AYURVEDA



NADI SHODHANA PRANAYAMA

Cleanse Your Channels

This breathing exercise is like pushing a reset button in your brain, leaving you feeling centered and refreshed. Nadi is a Sanskrit word meaning 'channel' or 'flow' and shodhana means 'purification'. Therefore, nadi shodhana is primarily aimed at clearing and purifying the subtle channels of the mind-body, while balancing the right and left sides of the brain. This practice is beneficial for just about anyone.

BENEFITS

- Infuses the body with oxygen
- Clears and releases toxins from bodily channels
- Reduces stress and anxiety
- Calms and rejuvenates the nervous system
- Helps to maintain balance of hormones
- Supports clear and balanced respiratory channels
- Balances the left and right side of the brain and channels of the body, and brings balance to the masculine and feminine energies
- Fosters mental clarity and an alert mind
- Supports the ability to concentrate

THE TECHNIQUE

1. As with most breathing exercises, nadi shodhana is best practiced on an empty stomach (ideally first thing in the morning).
2. Sitting in a comfortable position with a straight spine, gently close your eyes.
3. Begin with a few deep breaths.

4. Bring your right hand into vishnu mudra by folding the tips of the index and middle fingers inward to your palm. You will alternately use the right thumb to close the right nostril and the right ring and pinky fingers (together) to close the left nostril.
5. With your elbow elevated so that your arm is at a right angle with the body, close your right nostril with your thumb and inhale through the left nostril, bringing the breath down the spine and deep into your belly and pelvis.
6. Use the ring and pinky fingers of the right hand to gently close the left nostril and release the right nostril.
7. Exhale through the right nostril, releasing the breath from the belly, up the spine, and through the nostril. Pause gently at the bottom of the exhalation.
8. Keeping the left nostril closed, inhale once again through the right nostril, drawing the breath down the spine and deep into the pelvis.
9. Release the left nostril and block the right nostril with your right thumb. Release the breath out through the left nostril.
10. This completes one round of nadi shodhana. The same pattern continues for each additional round. It is important that the breath remains slow, gentle, fluid, and relaxed throughout the practice.
11. You will feel immense benefits with as little as five minutes of practice, but practicing daily for up to twenty minutes offers even deeper benefits.
12. Close the practice with a few deep breaths and quiet observation of the breath and mind.



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The Deities of Bhakti Yoga

In Bhakti Yoga there are a variety of names used for different aspects of God. The correct perception of this is ONE God worshiped in many different forms. In an important sacred text it is said, “Truth is One, people call it by various names.”

The different gods and goddesses can be considered divine archetypes or symbols that represent different qualities and virtues of the Divine that we seek to wake up inside of ourselves.

The ultimate reality is ONE. The omnipresent God is like a tree that has infinite branches. The different names are like the different branches of that same tree. Similarly God is One, there can be different names, forms, or physical appearances, but the ultimate reality is ONE. This way of perceiving the gods and goddesses helps us to cultivate a personal relationship with the Divine by invoking the qualities and mantras of the deities that we want to integrate and embody.

Triple Shakti

Durga, Goddess of fierce love, strength and protection
Lakshmi, Goddess of wealth, beauty and abundance
Saraswati, Goddess of knowledge, creativity and yoga



Om Shakti Om

Lakshmi

Goddess of love, prosperity, beauty,
abundance, generosity, and purity



Om Shreem Maha Lakshmiyei Swaha

Durga

Goddess of fierce love, strength and
protection



Om Dum Durgayei Namaha

Saraswati

Goddess of yoga, flow, music, art, learning,
wisdom, and creativity



Om Aim Saraswatiye Namaha

Hanuman

Considered to be an avatar (incarnation) of Lord Shiva. Sri Hanuman, the divine monkey, the most beloved devotee of Sri Rama - is the symbol of devotion, dedication, and service. Lord Hanuman is the provider of courage, strength, and faith.



Ganesha

Invoked for auspicious new beginnings, knowledge, wisdom, wealth, and the remover of obstacles.



Om Gam Ganapataye Namaha

Lord Shiva

Considered the destroyer of the world of duality, and symbolizes the dissolution of limited beliefs systems that no longer serve us.



Yoga for Challenging Times

"When the going gets tough, take refuge in your practice."

~mmd

1- The Basics:

Get enough sleep - at least seven hours!

2- Food:

Eat plenty of live foods; fruits, vegetables, grains, super foods and Ayurvedic seasonal food choices.

3- Upon Awakening:

Put your hands on your heart and say "I deeply and profoundly love and respect myself" 3 times; whisper any other prayers or affirmations to yourself; and love and appreciate your partner.

4- Getting UP:

Sit up in bed and repeat your favorite mantra. Option to have your prayer beads nearby so you can do this 108 times.

5- Dinacharya: (Daily Morning Ritual)

Keep it simple: Wash face, scrape tongue, and do a simple oil massage while saying out loud, "I am grateful for..."

6- Breath:

Pick ONE Pranayama breath technique to do for at least 2 minutes.

7- Yoga:

For your yoga practice, pick ONE Namaskar from the previous weeks, or simply do Pranams for at least 5 minutes. Pick any inversion or put your legs up the wall and end in Savasana. Use Music that calms and inspires you!

MOST IMPORTANTLY:

Reach out for support! You are not alone and it is essential to get support when you need it.



May you have peace, love, and ease of heart with whatever comes to you in life, and may you find refuge in your practice to get through challenging times with grace.

The Law of Attraction

The law of attraction is the most powerful law in the universe. Just like gravity, it is always in effect, always in motion. As long as you are walking on the planet, it is working in your life constantly. You are always in a state of creation, and you are always creating your reality every moment of your day, and even while you sleep. Every single thought is creating your future, either consciously or subconsciously. To truly manifest/womanifest your desires means you have to think and feel as if something has already happened before it has actually appeared. We are called to think greater than our environment, and believe in the unseen reality. Have faith! If you can live as if that reality you are wanting is happening now, believing in a future that you can't see or experience with your senses, and utilize your thoughts to affect your emotions, your brain will act as if it's already happened, and your ability to attract your desires becomes magnified. This is backed up by neuroscience!

Access Consciousness

Simple Techniques that create greater awareness and possibilities for change in all areas of life

All of life comes to me with ease, joy, and glory.

What more is possible?

How can it get even better than this?

Your Thoughts & Emotions are the Key

Thoughts produce an electric charge in the quantum field. How you think and feel broadcasts an electromagnetic signature that creates your personal reality. In order to create a new personal reality, that means you have to change the thoughts that you're thinking, your behaviors and habits, and the emotions you've memorized that have become part of your identity. The secret is to stay in the vibration of the good that you desire, (whether your personal reality reflects this or not) in order to keep you in the frequency that attracts your desires. This requires a deep understanding of these laws and constant attention to your thoughts. Every time you have a thought you make a chemical. A happy, joyful, expansive thought creates a chemical to help you continue to feel that way. A negative, unhappy, limiting thought causes other chemicals to be released that make you continue to feel that way also. 95% of who you are by the time you are 35 is a set of memorized behaviors, emotional reactions, beliefs, and attitudes that run you like a computer program. We have to utilize the 5% of our conscious mind to re-condition the body and the brain to a new mind, and this is where Yoga comes in.

Yoga and Your Brain

When you practice yoga, mantra, meditation, and pranayama, you are re-wiring and refocusing your brain and increasing the vibration and frequency of your body, mind, and spirit. As you move through your yoga practice, repeat sacred sounds when negative thoughts appear, and deepen the capacity of your prana/life force/breath, you are creating a whole new vehicle of consciousness. A conduit between heaven and earth, you are capable of actualizing your potential and being a beneficial presence on the planet.

Gratitude

One of the best ways to shift your vibration is to practice gratitude every day. The first thing in the morning, when your mind wanders throughout the day, and before you go to bed at night, take a moment to say, "I am grateful for..." and don't forget to include those things which have not appeared in your life yet!

The Secret to Success

The challenge is to MAKE TIME for these practices on a daily basis, so that your brain, body, and heart become entrained, the old patterns and past fall away, and new thoughts, emotions, and actions become the new YOU.

If your life could change in magnificent ways, would you make the time for your practice? You can harness the power of your thoughts and emotions with the help of the practices you have learned in this course. You now have many tools to begin to recreate your life using your own body, breath, and mind!

Integrating the Law of Attraction & Vibration is the magical combination!

Make the time for your sacred self and watch your world transform!

~ Monica's Quotes ~

"Love yourself and you love the world!"

"Heal yourself and you heal the world!"

"Power is Practice. Practice is the Path. The Path is Love!"

"Yoga is about loving yourself, praying with your body, and living a life of service and devotion."

~ Chaneling Cheyne ~

"Love yourself as much as you love God."

"I am infinite awareness and you are infinite awareness.

I am not my body.

Nor are you.

You are infinite awareness.

All with everything.

ONE."

"It's ok.

Just like you can mix awareness and space.

You can mix grief and happiness."

"The greatest weapon on earth is the human soul on fire."

~ I found this anonymous quote on his page that became my new mission statement and name of my business.

~ Your Quotes ~

Please heartstream your personal manifesto, favorite quotes you live by, and inspirational messages that have come to you in any form:

~ Your Affirmation Upon Awakening ~

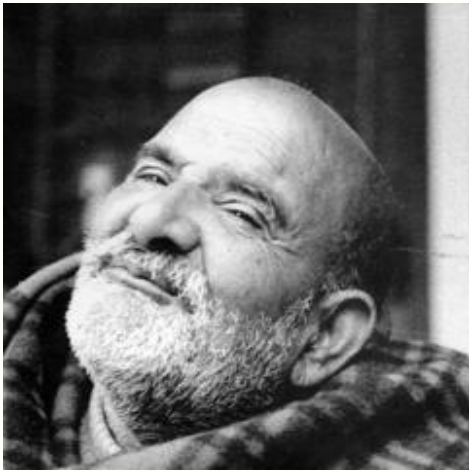
"I deeply and profoundly accept, respect, and love myself." 3 X or in the mirror!



*“I deeply and
profoundly accept,
respect, and love
myself.”*

~MMD

My Teachers



Neem Karoli Baba



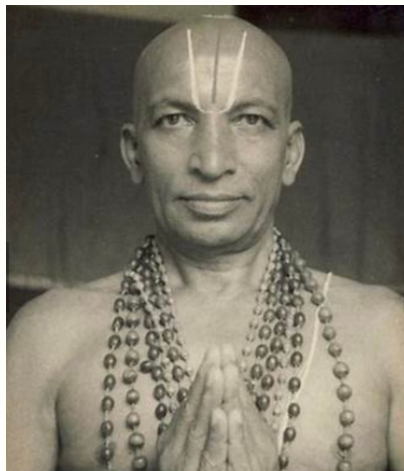
Cheyne



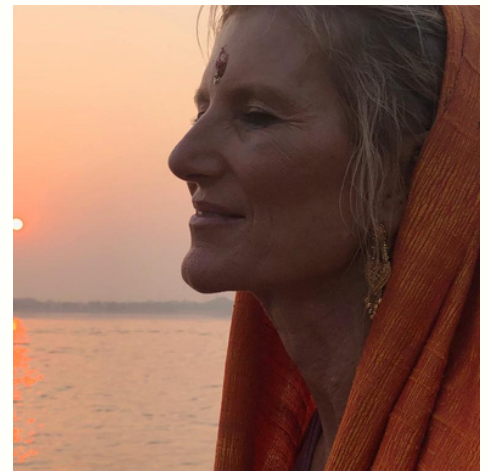
Amma



Lama Tsultrim Allione



Krishnamacharya



Shiva Rea

“You are loved just for being who you are, just for existing. You don’t have to do anything to earn it. Your shortcomings, your lack of self-esteem, physical perfection, or social and economic success - none of that matters. No one can take this love away from you, and it will always be here. Imagine that being in this love is like relaxing endlessly into a warm bath that surrounds and supports your every movement, so that every thought and feeling is permeated by it. You feel as though you are dissolving into love. This love is actually part of you; it is always flowing through you! “

~Baba Ram Dass, who led me to my
Guru, Neem Karoli Baba

Gratitude

Infinite Thanks to:

God, the Supreme Being, the Universal Spirit, the One who breathes us all.

Mother India, for whom a proceeds of his course will benefit, for all the wisdom teachings, mahatmas and gurus that have blessed my life.

My parents, who gave me a life and have supported my mystic path.

My son Cheyne, who now lives in the formless reality, but who has never stopped loving me, whispering in my ears, and guiding my way on.

My sons Skye and Ronin, for whom I have gathered my strength to continue living, loving, serving, and transforming their ancestral lineage to a new legacy of love and a healthy family system.

The influential teachers of my yoga path: BKS Iyengar, Brenda Flemming, Shiva Rea, Rod Stryker, Govind Das, and my beloved gurus, Amma and Neem Karoli Baba.

My Lama, Tsultrim Allione, who has taken me under her wing and in her heart, patiently guiding me on my Vajrayana Buddhist path.

Special thanks to my Soul on Fire team, they are the wind beneath my wings and without them none of this would be possible.

All of my student friends, family, colleagues, healers, teachers, coaches, friends, fellow brothers and sisters, all the children of the earth, and Pachamama and all her creatures and life forms.

YOU, for believing in me, and the power of LOVE in action, which begins in the power of practice of loving YOURSELF!

LOVE YOURSELF & YOU LOVE THE WORLD!

I love YOU!

Inspirations

Inspirations