

BASED ON THE KUNDALINI YOGIC TECHNOLOGY

# DAILY PRACTICE

STEP-BY-STEP GUIDE TO A DAILY SELF-PRACTICE  
TO CULTIVATE: **HAPPINESS, ABUNDANCE AND VITALITY**



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# STARTING A DAILY PRACTICE

Welcome. You found your way here because you are ready to make a powerful shift in your life -a shift from mediocrity to extra-ordinary; are you ready? Our experience of life is merely a reflection of the lens through which we see it. If our current "lens of life" is not allowing us to be the Happy, Healthy and Holy Being that we are meant to be, then it's time to change the lens! How can we change the lens?

In this ebook, you will learn a 30-minute practice that can evoke profound and lasting changes in your life. These exercises have the power to shift your perspective of the world around you in a positive way. This practice is rooted in Kundalini Yoga, an ancient yogic technology used for 1000s of years by the sages and saints. Kundalini Yoga will:

- Activate your life force.
- Calm your mind and make it crystal clear.
- Strengthen your immune system, vital glands, nervous system, and enhance circulation.
- Purify your body.
- Develop your relationship with your mental potential and bring awareness to the impact of your habits.
- Develop your intuition to recognize what is real and essential to you.
- Connect you to your heart intelligence.

Does this sound like something you want to cultivate in your life? If your answer is yes, then the golden key to success is your commitment to practicing these exercises consistently, every day.



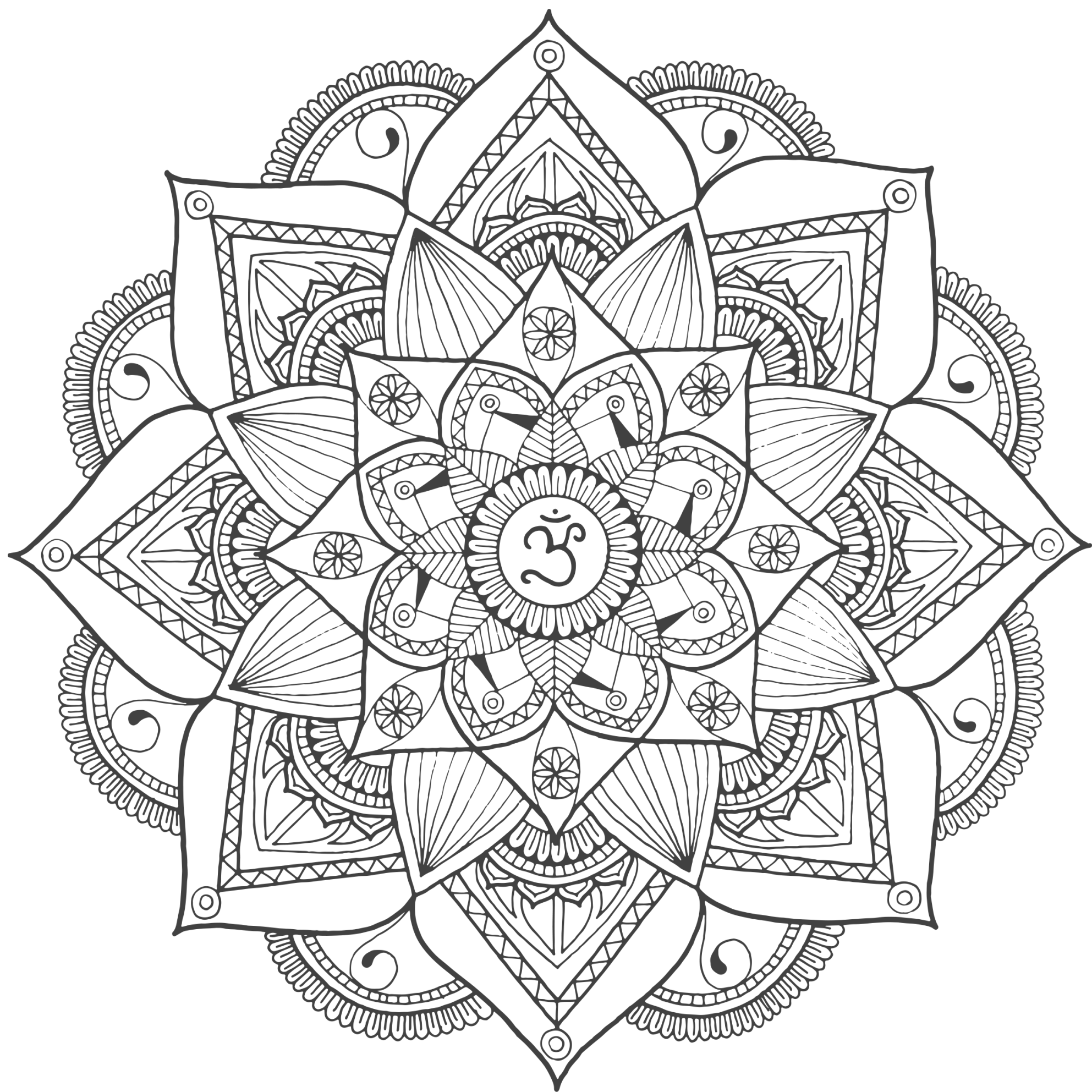
# LET'S BEGIN!

## STEP 1: COMMITMENT

Get a pen and paper and write:

“I (your name), commit myself to this sacred daily practice for 40 days. I am sincere in this promise. This promise is foremost for myself, to cultivate my discipline, elevate my well being, tap into my potential, and to bring more happiness, abundance and vitality into my life. I am a winner. I can do this, and I will do this. You have my word, universe. You have my word, humanity. You have my word (your name).”

Congratulations, the hardest part is now complete!





## STEP 2: TIMING

This technology operates most effectively when you do the practice at the same time every day, day after day. Consider starting your day 10-45 minutes earlier than you usually do, as mornings are the most effective time of day to do it. Choose a time in the morning that you will begin your practice every day. For best results have a cold shower before (Check out Wim Hof, the "ice man" for some inspiration)!





## STEP 3: SACRED SPACE

For optimal results dedicate a space where you will do this practice every day. A quiet, peaceful area in your home where you will be sure not to be disturbed or not to disturb anyone else. Turn this space into your sacred temple- create an altar with a candle and incense (Palo Santo, Sage or other), crystals, and anything that has a special meaning to you.





## STEP 4: PREPARATION

The day before you begin, make sure you have the following ready:

- Mat to sit on (natural material is best ex: cotton, wool etc.)
- Cushion or chair to sit on
- A set of comfortable clothing (preferably natural materials and light colours)
- A speaker to play music with
- A small glass of drinking water (appx 200ml)

You can read all the books in the world, but nothing will compare to having a direct experience! So, try it out yourself; what do you have to lose? The best moment to start is NOW! You are a Healthy, Happy and Holy being; and it's time you felt like it! The world needs you to show up. It needs you to step into your fullest potential so you can be who you were meant to be in the world!



## STEP 5: THE PRACTICE

The total time for this practice is 30 minutes.

Sit up with a straight spine, either on the floor with your legs crossed or on a chair with your legs uncrossed and feet resting flat on the ground. Close your eyes and take five long deep breaths, in and out through the nose. As you inhale, mentally count to six and as you exhale, mentally count to six. As you take these five deep breaths, visualize that the breath is calming the mind and body. Inhaling, visualize the freshness of the day entering your body, as you exhale visualize letting go of tiredness and anything that doesn't serve you.



## CAT / COW (3 MIN)

*This exercise moves the blood, oxygen and energy throughout the body, preparing us for meditation.*

Come to all fours, “tabletop position”. Inhale, arch back, open the chest and look up (COW POSE). Exhale, round back, chin to chest (CAT POSE). Continue this movement of the spine, from cat to cow, for three minutes. After one minute, begin to move more rapidly. By the end of the three minutes, the movement should be quick, and the breath should be powerful, keeping the link between breath and movement - Inhaling cow and exhaling cat. After three minutes, inhale deeply as you move into COW and hold the breath for 15 seconds. After 15 seconds, slowly exhale as you move into CAT and hold for 15 seconds. Inhale, as you flatten your back and return to a natural breathing rhythm. Come into Childs Pose, sitting back on your heels and resting your forehead on the ground. Close your eyes and take a few moments to experience the sensation you have created within you. After some time, inhale deeply and exhale completely.





# EGO ERADICATOR KRIYA (3 MIN)

*This exercise opens the lungs, consolidates the magnetic field, and brings the brain hemispheres to a state of alertness.*

Raise the arms to a 60-degree angle. Keep the elbows straight and the shoulders down. Curl the fingertips on to the pads of the palms at the base of the fingers. Thumbs are stretched back, pointing towards each other. Eyes are closed. Mentally focus at the space directly above the head. Begin the Breath of Fire (inhale and exhale deeply through the nose rapidly. Your belly should pump with the rhythm of your breath, moving inwards with the exhalation and expanding outwards with the inhalation. This may take time to get right, so begin the breath slowly until it becomes natural to you, then you can start to speed up). To finish: After three minutes, inhale deeply and bring the arms overhead with the thumb-tips touching. Open the fingers, and stretch up. Hold the breath for 15 seconds. Exhale, and relax the arms down. Keep your eyes closed, bring your breath back to a natural rhythm and take a few moments to experience the sensation you have created within you.



# EMOTIONAL BALANCE KRIYA

## (3 MIN)

*This exercise gives indirect control over the mind. After two or three minutes, thoughts will be there, but will not be felt.*

Drink the glass of water that you previously prepared. Come back to a seated position, either in the chair or cross-legged. Straighten your spine and stretch it long. Place the arms across the chest and lock the hands under the armpits with the thumb out and facing up; palms are open and against the body. Raise the shoulders up tight against the earlobes. Close your eyes. Relax your whole body and begin long, deep breathing. The breath will automatically become slow. After three minutes inhale deeply, retain the breath for 15 seconds, then slowly exhale and relax the shoulders down and bring the hands to the knees. Keep your eyes closed and bring the breath back to a natural rhythm, taking some moments to experience the sensation you have created within you.



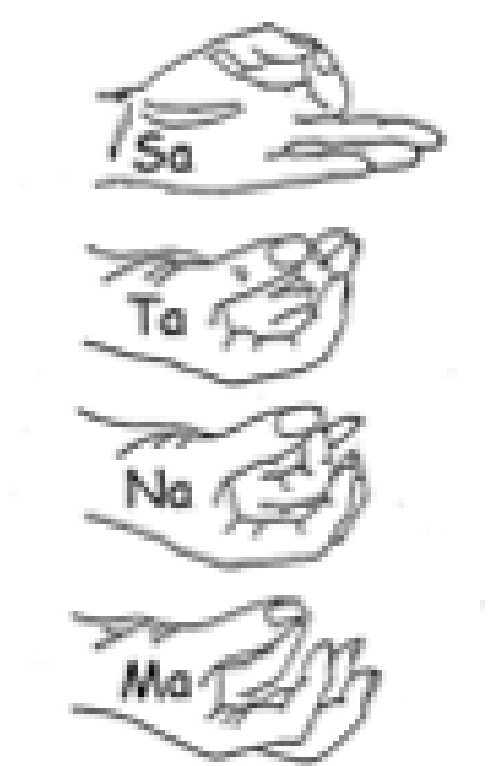


# KIRTAN KRIYA (11 MIN)

*This meditation brings a total mental balance to the individual psyche. Through constant practice of this meditation, the mind awakens to the infinite capacity of the soul for sacrifice, service, and creation. This meditation is a powerful science that has proven to produce significant results in improving brain function.*

In your seated position, rest your wrists on the knees, arms and elbows are straight and begin with the hands in “Gyan Mudra” (thumb and index finger touching). Close the eyes and mentally focus at the brow point. Chant the sounds Saa, Taa, Naa, Maa. With each sound, alternate through four different mudras (hand positions):

- On Saa, touch the first finger (pointer finger) to the thumb.
- On Taa, touch the second finger (middle finger) to the thumb.
- On Naa, touch the third finger (ring finger) to the thumb.
- On Maa, touch the fourth finger (pinky finger) to the thumb.



Each repetition of the mantra takes 3 to 4 seconds (there is a specific audio to accompany this meditation- “Kirtan Kriya”. This is the cycle of Creation. From the Infinite (Saa) comes life and individual existence (Taa). From life comes death or change (Naa). From death comes the rebirth of consciousness to the joy of the Infinite (Maa) through which compassion leads back to life. In Kirtan Kriya you first chant out loud, then chant with a strong whisper, then mentally vibrate the mantra. To complete Kirtan Kriya you reverse the sequence, continuing silent chanting, then whispering, then chanting out loud. After the 11 minutes, raise your arms over your head, spreading the fingers wide, and shake them out. Stretch up, circulate the energy, inhaling and exhaling several times while shaking the arms and hands vigorously.

## GONG (11 MIN)

Lie down comfortably. Make sure you are warm and your body is straight. Close your eyes and relax your body deeply. This is the most important part of the practice. It is the time for the body, mind and self sensory system to move into a state of deep healing and integration. The sound of the gong will remove unneeded thought forms from the subconscious mind and will reset everything.

## TO FINISH

Sit up tall and take five long deep breaths while acknowledging the time you took out of your day to find this special stillness. Take a moment to feel gratitude for whatever you'd like to share thanks for.



# SAT NAM

Blessings on your journey. May this be a seed of transformation planted into your heart. Commit to a minimum of 40 days and observe how your life changes before your eyes. It has changed my life, and I want to share this technology with you, so you too can experience the evolution of your consciousness.

Bringing these integrative practices to peoples' lives has been a deep passion of mine. You can experience more deeply the essence of what has been shared here at one of the transformational retreats we offer: [www.samadhijourneys.com](http://www.samadhijourneys.com)

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special thank you to Sabrina for her art work:

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About the author, Bianca Kempe:

Bianca is a yoga teacher and retreat facilitator from Vancouver. She has been on the road for the last seven years, studying from great spiritual teachers from around the world and sharing her discoveries with others through workshops and retreats. "Life is an 18-inch journey, from the head to the heart. I believe the heart is the seat of the soul and that the soul is our connection to God. I believe we can learn the language of the heart so we can communicate with the God within." There are ways to cultivate an awareness and a relationship with our heart wisdom. This is my passion, this is my life work, my study and my sharing." -Bianca Kempe



She has been on the pursuit of exploring different ways to connect to heart intelligence and of cultivating tools to better learn this language. Together with her partner, Jose Reynoso, she hosts transformational retreats that bring together various paths of awakening. The retreats bring together the power of healing plant-based foods, hatha yoga, kundalini yoga, breath-work & cold water therapy (as taught by Wim Hof the iceman), movement, sound healing, inner dance, karma yoga, immersion in nature, meditation, sacred plant medicines and integration exercises. Additionally, she hosts Women's Retreats, bringing women together in sacred ceremony to unveil the majesty and power of the Goddess within.



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