

Forty Days of Meditation & Manifestation Process

Every day, you'll meditate for a minimum of 11 minutes. But this is more than just sitting and watching your thoughts. This is about using meditation as an active tool to co-create your life. So once you've got the hang off those 11 minutes of meditation, then you'll begin the manifestation process.

The purpose of asana is to open and free the body for meditation. At least - that's one way to see it. When we practice asana, we're clearing out energetic blockages in our body and allowing for a stronger flow of Prana through our system.

However, many of us never make it to meditation - we get stuck on asana. Meditation is dismissed as too boring, too slow, too difficult, and not rewarding enough. Plus we just don't know what to do or how to do it.

This forty day practice is about blasting through all of those pre-conceptions you may have about meditation and seeing how a daily meditation practice can enhance your life in a practical way.

It's not meant to replace the asana practice you may already be doing, but to enhance your asana practice. You may decide to do your meditation practice as a stand-alone practice - first thing in the morning, last thing at night, or perhaps as a way of breaking up your day, Or you may decide to do it immediately after an asana practice.

The key element - as in all forty day practices - is that you do it *every single day*. (Your asana practice you wish do only do 3 - 5 times a week).

While I usually suggest seven minutes as a bare minimum for getting on mat, for this particular practice I'm going to use 11 minutes as our minimum. Why 11 minutes? It's a Kundalini thing - many Kundalini kriyas are done for a minimum of 11 minutes, and work up to 31 minutes or higher. Plus 11 minutes is just longer than 10 minutes, but still doable.

The practice will be more than just sitting and watching your thoughts though - in the following pages I will outline the anchor practice that you must do each day, plus suggest ways to further develop your practice.

*Enjoy Your Practice,
Kara-Leah*

ps. Don't forget to join the [Forty Days of Yoga Facebook Support Group](#). This is a closed, private group.

Meditation Anchor Practice

This is the bare minimum that you need to do every day - it's simple, but it may not be easy. It's about learning to stay with whatever is arising within your body/mind experience.

Find a comfortable seated position. This is a key element - you need to be comfortable when you sit for meditation.

Make sure that however you sit, you are not hurting your body or putting undue pressure on your knees, ankles or spine. Yes, it's great to sit in full lotus if that works for you. Otherwise, try half lotus, or easy cross-legged, or sitting on a cushion, or a block, or sitting in Virasana (Hero's Pose). You can even sit on a chair if it's necessary.

However you are sitting, the basic elements are the same. Your pelvis is slightly tilted forward allowing the natural curves in the spine to remain - no ramrod straight spines! Your chest is open and sternum lifted, and your shoulder blades drop down your spine, shoulder heads rolling back. The front of your body feels open and you feel supported by the back of your body.

If you're aware of mula bandha and uddiyana bandha, both bandhas are lightly engaged throughout. If you're not yet aware of these bandhas, don't worry about them.

Be aware of grounding down through your sitting bones and extending up to the sky through the crown of your head. These are the two directions in which you're simultaneously moving while in stillness - rooting down into the earth, and expanding up into the sky.

Place your hands in a comfortable mudra either in your lap or on your knees. If you have no idea of any mudras, touch your index finger to your thumb making a circle and allow the other three fingers to extend out straight.

Now you've found your set-up, it's time to begin the meditation.

Set a timer so you don't have to worry about how long it's been.

Bring full awareness to your breath. This is where you're going to be focused for the next 11 minutes. Notice your inhale - what it feels like in your nostrils, where it goes in your lungs, how it feels in your belly. Notice the exhale as it goes through the opposite journey. Notice any tension or restriction in the body as you breathe.

As you inhale, count one. As you exhale, count one. On the next inhale, count two. On the next exhale, count two. Continue to count all the way up to 10 and all the way back down again. Begin again with one.

If you forget the count and find yourself wondering into thought - and you will - simply start the count again. Inhale one, exhale one, inhale two, exhale two.

This is all you need to do - but you need to do it whole-heartedly and with full awareness. You're not just doing this to get it done. You're not counting to get anywhere. There is no-where to get - there is only up to ten, back down again to one, and then back again to ten.

As you count, notice the tendencies of your mind. Notice when you drift off and where your attention goes. Notice the sensations in your body and where your attention is called to. Notice the urges to shift or wriggle or change position.

Notice it all, and challenge yourself to just accept it and stay with the breath and with the count.

This is all.

It's simple - but it's not easy.

This is your Anchor Practice. Every day. 11 minutes. Sit, and count your breath up to ten and back down again while watching your thoughts and constantly coming back to a place of stillness.

Start with this for the first few days of the Forty Day practice until you don't need to refer to the PDF at all. Then, read through the information on working with Manifestation and introduce that to your practice.

Working with Manifestation

It's too easy to use meditation as a way to escape from our lives - we check out rather than checking in. This manifestation process is about learning to "check in" during our meditation, as we teach ourselves to use our meditation as a way of becoming more aware of what's going on inside.

Here's how to begin the Manifestation Process:

You'll need a journal of some time to record your process in. You might use old-fashioned pen and paper, or you might prefer to use an electronic device. Whatever you're using, bring it into your meditation space so it's close at hand.

After you've set yourself up ready to do your meditation, take a few deep breaths and then call to mind what you would like to manifest.

Sometimes this shows up as some issue that is bugging you. It may be something like:

- ◆ How do I find a job I love?
- ◆ How do I get my teenage daughter to open up to me?
- ◆ How am I going to pay my medical bills next month?

Whatever the problem is, bring it into your mind and visualise the problem if you can.

See it, and feel it in your body.

Notice what it might do to your body - do you feel tension in your shoulders? A sinking feeling in your belly? A tightness in your face?

Take some time to breath into whatever those sensations are until you come back to a relaxed state of being.

Now, take your problem, whatever it is, and state clearly and simple what you perceive the problem to be:

- ◆ I hate my job.
- ◆ My daughter and I are always arguing.
- ◆ I don't have enough money to pay my in-coming medical bills.

Be as specific and precise as possible, and write down the problem as you perceive it. Don't worry about solutions at all. Forget about *solving* this.

Now you're going to take that problem and turn it around. Ask yourself what you do want to create, what you want to manifest.

Sometimes, we can skip straight to this process - we don't have a specific problem we simply know what we want to manifest.

- ◆ I want to love my job.
- ◆ I want to cultivate a great relationship with my daughter.
- ◆ I want to have funds on hand to pay unexpected bills.

Notice the different energy around this reframing of your problems into manifestations.

This is what you *do want* to experience.

When you write down what you *do want* to create, keep the focus on you rather than on trying to control other people's behaviour. Don't write:

- ◆ I want my daughter to listen to me and obey me.

It's better to frame it in a way that's possible:

- ◆ I want to cultivate a great relationship with my daughter.

Once you've written down what you'd like to experience or manifest, bring yourself into the set-up for meditation.

Focus on what you want to create. Visual it in your mind's eye. Feel it in your body. Be in that situation.

As you do this, pay attention to any sensations that arise in your body or thoughts that rise up in your mind. Take a moment to write these sensations down, and then come back to your meditation.

This is important as the sensations that arise in our body when we put ourselves into our desired manifestation often point to fears and limiting beliefs - and these are what we need to clear in order to realise our manifestation.

Once you're crystal clear on your desired manifestation, it's time to completely let it go. Again, it sometimes helps to do a visualisation here - hand your manifestation to your guardian angel, or place it into a rock and throw it into a river, or let it float up out of your hands in the sky.

Use whatever method feels right to you.

Once you've let go of your desired manifestation, say three times;

I trust that all my needs are met by life.

Now do your 11 minutes of meditation (or more if you like). Anytime you find yourself beginning to "think" about your desired manifestation, repeat this mantra and come back to your breath:

I trust that all my needs are met by life.

As you say this, notice if you actually *believe* it. If you don't believe it, say it again, and again, until you can feel your body soften and open and you *do* believe it.

The idea here is to let go of trying to solve your problem or create your manifestation from your conscious mind, and give your unconscious mind space to meet you. Plus you want to create space to 'see' what's holding you back from backing this happen - those fears and limiting beliefs.

During your meditation, every time you find yourself attempting to think of solutions or ways to make things happen, come back to the breath and the count.

However, if you find that an idea or potential solution appears to float up - pause and write it down in your journal. And then come back to your meditation.

Don't get stuck on *thinking* about that potential solution - just write it down so you can come back to stillness and the breath.

When you finish your meditation, pause and ask yourself:

What do I need today?

Allow whatever answer to arise and write it down. Know that this can sometimes be something wacky, and it's not necessarily related to your 'problem' at all.

Today, when I asked what I needed at the end of my meditation, my deeper sense of self responded:

I need to lie on this sheepskin rug and watch the rain fall for ten minutes every hour.

I laughed out loud.

What?! But you know what, I did it, and it's been a fascinating experience.

I set my timer, and at ten minutes before the hour, every hour of my working day (I work from home, for myself, in my bedroom) I've stopped and got down on to my sheepskin rug and lain flat watching the rain fall.

There were lots of thoughts that came up during this experience - about 'wasting time', and 'doing nothing', and 'this is bloody silly'. But on another level, I absolutely loved it... what a delight to watch the rain fall! plus, by session #3, something started to shift in my body, which was totally unexpected.

After all, I wasn't doing yoga or even meditating, I was just lying around... but shift it did.

And that's when I realised that trusting life is about realising that sometimes the weirdest things are what we need to do.

That getting out of our heads and tuning into what we need on a daily level is what life is all about.

Sometimes, what we need is to lounge around on a sheepskin rug and watch the rain.

Once you've asked what it is you need, and listened for a response, write down what that response is and make a commitment to follow through.

There's no point in working with a manifestation process if you don't follow it through - no matter how silly the answer might be.

If no response arises for *What do I need to do today*, just let it go.

Now, you may have noticed that your desired manifestation and what you need, aren't necessarily related at all - although they might be.

On one hand, you're getting clear about what you want to manifest in your life, and you're letting go of the need to make that happen.

On the other hand, you're asking what it is you need to do today.

The first step is about surrender, stepping into grace, and trusting life.

The second is about taking action - while still trusting life.

You need to do both. It won't work if you do only one. You can't just let go and expect things to work themselves out - although they might.

The work continues past the meditation mat though.

Every time during your day when you find your mind coming back to your desired manifestation and chewing on it, worrying about it, trying to figure it out, or freaking out about how you're going to make it happen...

Notice.

Come back to your breath.

And calmly say;

I trust that all my needs are met by life.

During the day, stay attuned to your experience and notice if any ideas or insights arise about your desired manifestation.

Take note of these ideas or insights - no matter how weird they might be - and put them into action. Remember, this is not your thinking mind at work, these insights come from a deeper part of you.

How do you know the difference between your Mind and the deeper part of you? That takes discernment, and patience, and is what this process is all about.

Meditation helps us to connect with that deeper part, and in time, you'll get a sense of where your ideas and thoughts are coming from.

That's why meditation is such an important part of this process - without meditation, we can get hooked on manifestation that seeks to distract or satiate the ego, rather than manifestation in a way that allows us to fully express ourselves.

When those insights arise from the deeper part of you, they will often challenge you but it's so crucial that you listen and respond to them.

You have to take action - especially if it challenges you! In fact, it's guaranteed that you *will* be challenged because you're breaking new ground here. That's just what happens!

In order to create new circumstances in our lives, we have to grow and change and become new people. This is difficult work.

However, you've taken the time to be certain about what it is that you want, and you've asked for clarity about what you need to do.

This is what we're cultivating with our Meditation & Manifestation Process - certainty and clarity.

We're cultivating the certainty that this is what we want to create in our lives.

We're cultivating clarity by asking post-meditation what do I need to do today, and then *doing* it.

Every time we listen to our deeper Self and take action according to it's knowing, we strength our sense of clarity and connection.

We learn to listen to the deeper sense of self and become familiar with our fears and our limiting beliefs, and then we can work to let them go, once and for all.

This is the twin process of meditation and manifestation.

- ◆ You get clear on you want to create
- ◆ You listen to what's needed
- ◆ You act on what's needed
- ◆ You notice what fears and limiting beliefs are holding you back
- ◆ You do the work on releasing those fears and limiting beliefs
- ◆ You take action to create your desired manifestation, according to the insights that arise.

In the end, whether or not your desired manifestation comes to fruition is irrelevant.

What matters is whether or not you connected to yourself, and do the hard work required.

I know - this sounds like a lot of work!

But remember, it unfolds slowly over forty days. Which is why I suggest working with one desired manifestation throughout the forty days.

Unless of course, that manifestation comes to fruition on Day Ten! Then you might want to start a new one.

I also highly recommend you join the [Forty Days of Yoga Facebook Support Group](#) so you can share your experience and ask questions as we go through the process.

This group is private - only people who've bought *Forty Days of Yoga*, or are YLB Insiders are able to join the group. It's a great way to feel connected to other people going through the same experience as you.

Plus I do my best to answer most questions on the page, so it's like having one-on-one coaching from me.

A Brief Summary of the Meditation & Manifestation Process

1. Keep a journalling tool handy
2. Set-up for meditation, including props you require
3. Get clear on your desired manifestation
4. Write it down
5. Visualise it in detail, noting any sensations that arise in the body
6. Notice if you can identify any fears or limiting beliefs around this manifestation.
7. Once you've got clear on your desired manifestation, let it go
8. State clearly; *I trust that all my needs are met by life*
9. Meditate. Count the breath, up to ten, down to one. Again
10. Every time you start to think of desired manifestation, solving it or worrying about it, or trying to create it... let it go and come back to breath & meditation.
11. Write down any insights that might arise from the deeper part of you.
12. After you finish your meditation, ask yourself, *What do I need to do today?*
13. Write down what you need to do today
14. Do what you need to do today
15. Pay attention throughout your day for any other insights that might arise
16. Write those down
17. Act on them, noting any resistance that might arise, which usually points to fears and limiting beliefs.
18. Repeat the next day.

Finally, once you've mastered the Meditation and Manifestation Process, you may also want to add Alternate Nostril Breathing (Nadi Shodhan) to your practice.

This pranayama is excellent for grounding and clarity, and it the perfect accompaniment to your daily meditation.

You may wish to do five or nine rounds of Nadi Shodhan to start your meditation, or to end it.

Alternate Nostril Breathing

This is an excellent pranayama technique for daily practice. The Sanskrit name for this technique is Nadi Shodhan Pranayama - translated it means nadi = subtle energy channel, shodhan = cleaning, purification; pranayama = breathing technique.

As with any pranayama technique, it's important to never strain or make conscious effort. Keep the breath smooth and at ease. Choose a count that feels natural and easy for you too - you should never feel like you're gasping for breath, or running out of air.

Initially, start with just five rounds. Once you feel comfortable with the technique, increase to nine rounds. This is sufficient to feel full benefits of the pranayama. Over time, you may wish to do longer, increasing by multiple of nines.

Alternate Nostril Breathing: The Benefits

These are the commonly described benefits of Alternate Nostril Breathing . It's also how I feel after practicing on a regular basis!

Calms and centres the mind, helping to keep you in the present.

Releases stress and tension in the mind and body.

Harmonises the right and left sides of the body and brain, making one feel more centred, because you're making sure that you're breathing evenly through both nostrils.

Helps regulate the warming/cooling systems in the body.

Alternate Nostril Breathing: The Practice

Start with five rounds, and increase to nine rounds as you feel more comfortable with the practice.

Take a comfortable seated position, such as kneeling on your heels or sitting in easy cross-legged. If you need a block or cushion underneath you to lift up your pelvis and allow it to tilt forward slightly, make sure you sit on one. If you're cross-legged, your knees should be the same height or lower than your hips. If they're not, a block or cushion is key.

Release your sitting bones to the earth and lengthen your tailbone toward the wall behind you. Feel yourself connect to the earth beneath you.

Extend the crown of the head towards to the sky, and gently bring your chin in slightly - this aligns the spine with the back of the neck.

Rest your hands in a comfortable position and close your eyes.

Allow your belly to relax.

Using your right hand, bring it up toward your face and rest your index and long finger on your forehead lightly. There shouldn't be much pressure on the forehead, this is just to give the hand something to rest against while you're using it to close first one and then the other nostril.

The ring finger will close the left nostril, and the thumb the right nostril. Again, you don't need much pressure to close the nostril, just enough so you naturally breath through the other nostril. In time, just a slight pressure on the nostril will be enough to switch the breathing to the other nostril.

Exhale all of the air out of your lungs and gently close the right nostril with the thumb. Inhale for a count of three through the left nostril.

Open the right nostril and gently close the left nostril with the ring finger. Exhale for a count of three through the right nostril.

Inhale back through the right nostril for a count of three.

Switch fingers again and exhale through the left nostril for a count of three.

This is one round - think of it as climbing up the mountain (inhaling through the left) down the mountain (exhaling through the right), and then coming back home again (inhaling through the right and exhaling through the left).

Use the other hand to keep count - have it face down on your knee and press one finger at a time into the knee until you've done five rounds.

After you've finished, keep your eyes closed and both hands on the knees and just observe the effects of the pranayama. Take at least 2 minutes in meditation - longer if you can.

I usually start my Meditation and Manifestation process with nine rounds of Nadi Shodhan. It helps to centre and clear my mind before I focus on what I want to manifest.

Sometimes though, I do it afterward instead, as a way of really going deeper, post-meditation.

And that is it - a short, simple yet intensely powerful Meditation and Manifestation Process designed to teach you how to use meditation as a way to connect to yourself and your life, rather than using meditation as a way to 'check out' of life.

*Start your forty days simple -
just do the 11 minutes anchor meditation*

Once that becomes steady within you, add the manifestation process and consider lengthening your meditation to 20 minutes on the days when you have time.

Finally, add Nadi Shodhan into your practice and see how that helps to clear and still the mind.

Enjoy your Practice!

Many Blessings, Kara-Leah