

Why daily
spiritual
practice is
important

“Sadhana means daily spiritual practice. It is the foundation of all spiritual endeavor. Sadhana is your personal, individual spiritual effort. It is the main tool you use to work on yourself to achieve the purpose of life. It can be done alone or in a group. Sadhana is whatever you do consistently to clear your own consciousness so you can relate to the infinity within you. Before you face the world each day, do yourself a favor—tune up your nervous system and attune yourself to your highest inner self. To cover all your bases, it will include exercise, meditation, and prayer.

We will need intuition, stamina, both physical and mental, self-awareness, and a new depth of spiritual experience that can hold our identity in the face of global changes, relentless competition, information overload, and ecological and environmental challenges.”

(source: Spirit Voyage)

I agree.

And I recommend you create a program for yourself which can be adapted to your daily needs - which is one of the reasons why I created my E-Book “Develop your spiritual self-care rituals (you can find it on my Resources page: <https://jouleeyah.com/resources/>).

How can you begin with Sadhana right away?

I recommend to begin with the easiest way to exercise, meditate and pray:

- ★ take a 10-30-minute walk
- ★ listen to the sound around you for 3 minutes and notice how you are breathing in and out
- ★ say “I ask my Higher Self, Body Deva and team to help me vibrate and radiate what it is that my soul is intending”.

This doesn't have to be done all at once, of course :-)

And from there you can add elements that require more focus, time and energy - as outlined in my E-Book (if my E-Book resonates with you).

I am not a specialist in the department of exercising, so here is where you can learn to practise Kundalini Yoga (this is not an affiliate link, I just like Snam Kaur):

<https://www.kirtanandkundalini.com/about>

Meditation and prayer is something that you can learn from me - including how to perform a pooja which is a really powerful way to meditate and pray.

Below you can find a Sample Schedule for Morning Sadhana as performed by Kundalini Yogis (source: Spirit Voyage). I think it is really challenging to start with such a schedule. But the reason why I share this schedule any way is because it is a good reference point from which you can create your own Sadhana.

3:00 - 3:15 am: Begin wake-up and preparation for sadhana: Start your day gently, waking up with a few stretches and pranayam in bed. Then bathe, preferably with a cold shower, purifying your body and preparing it for the day ahead. Wear comfortable clothes that were not slept in

and cover your head with any sort of natural cloth scarf or hat. Create a sacred physical space for your daily practice, embellishing it with inspiring images, flowers, crystals, or whatever suits you. Have a shawl or sweater handy and sit on a sheepskin or natural- fiber blanket.

3:45 – 4:00 am: Optional recitation of *Japji Sahib*.

4:00 – 4:20 am: Tune in with the three repetitions of Adi Mantra, *Ong Namo Guru Dev Namo and Aad Gurey Nameh*.

4:05 – 4:45 am: Kundalini Yoga Kriya for 25 – 45 minutes.

4:45 – 5:00 am: 11-minute Deep relaxation.

5:00 – 6:00 am: The Aquarian Sadhana Mantra Meditations for 62 minutes.

6:00 – 6:15 am: Contemplative Moments/Prayer.

6:15 – 6:30 am: Optional *Hukam*, or reading, from the *Siri Guru Granth Sahib* which contains a written form of the Shabd Guru.

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