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Kundalini Yoga Sadhana Guidelines,  
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Focusing on the quintessential practice

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of Kundalini Yoga: Sadhana, it will fulfill the needs of both beginner and experienced students in their aim of achieving their human potential.

## **Sadhana Guidelines for Kundalini Yoga - Gurucharan Singh**

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Sadhana is whatever you do consistently to clear your own consciousness so you can relate to the infinity within you.

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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.

**Sadhana: Daily Spiritual Practice |  
3HO Foundation**

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Create Your Daily Spiritual  
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The cornerstone of morning sadhana is the Adi Shakti Mantra, also called Long Ek Ong Kars or Morning Call. This mantra initiates the kundalini, initiating the relationship between our soul and the Universal Soul. Opens the chakras and energizes your higher awareness. 7 minutes.

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## **Kundalini Yoga Sadhana Guidelines: Create Your Daily ...**

Preparing 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

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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.

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## **Guidelines: Create Your Daily ...**

Dear Marieke and Tim, thank you for creating this possibility to encourage us to practice Kundalini Yoga on a daily basis. I am currently doing the 40 day Sadhana to 'Open the Heart' and wow, I can clearly notice and feel the transformation. A new window has opened. Sat Nam. -- Hanne

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## **Sadhana Page - Kundalini Yoga School**

According to the kundalini yoga sadhana guidelines, the practice must take place in the so-called “ambrosial hours”. This period takes place two and a half hours before the sun rises. As the day starts, you will find yourself confronted with a

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Practice And Edit it  
variety of distractions and things that  
will take your mind's attention.

### **What is Sadhana in Kundalini Yoga?**

Sadhana involves two and a half hours  
of yoga, meditation, and  
chanting starting 3 a.m. for 40 days. One  
early morning last November, my  
doorman, Jose, who usually says it like it

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is, took one look at me and said, “What happened to you? You used to look sexy. Now you look like you never sleep anymore.”

### **What is sadhana? 40 Days of Kundalini Meditation - Yoga ...**

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