40 DAYS OF
YAMAS & NIYAMAS:
A SELF-GUIDED JOURNEY TO TRANSFORMATION

LOTUS YOGA

Welcome to Your Journey!

Why 40 Days?

In many traditions, **40 days is considered a sacred period for transformation and habit formation**. Science backs this up—new neural pathways and behavioral patterns begin to solidify around this timeframe. Whether it's yoga, meditation, or self-reflection, committing to 40 days allows these practices to truly take root in your life.

This workbook is designed to **support and guide you** as you explore the first two limbs of yoga—the **Yamas (ethical restraints)** and **Niyamas (personal observances)**—over the next six-ish weeks. These foundational principles shape how we interact with ourselves, others, and the world, creating a blueprint for conscious living.

How to Use This Workbook

This isn't about perfection—it's about **engagement and reflection**. Each week, you'll focus on two guiding principles, integrating them through:

✨ **Setting Yourself Up for Success** – Tips for creating a routine that supports your commitment.

✨ **A Brief Introduction to the 8 Limbs of Yoga** – Understanding how the Yamas and Niyamas fit into the broader yogic path.

✨ **Weekly Tracker Charts** – Because who doesn't love gold stars?! Use these to celebrate your consistency and progress.

✨ **Daily Journaling Questions** – Simple yet powerful prompts to bring awareness to your thoughts, actions, and habits.

To **deepen your experience**, I highly recommend reading *The Yamas & Niyamas: Exploring Yoga's Ethical Practice* by **Deborah Adele**. It's a wonderful companion to this journey, offering rich insights and personal reflections. You can grab a copy here: 📖 **Purchase the book on Amazon**

Get Ready to Dive In!

Approach this experience with curiosity and compassion. Some days will feel effortless, while others may challenge you—and that's all part of the process. **The goal isn't to "get it right" but to observe, learn, and grow.**

May you begin this journey with an open heart and an open mind. 💛 Brittany

Setting Yourself Up for Success

Committing to 40 days of self-reflection and practice can be a transformative journey—but like any journey, having a plan makes all the difference. Here are some **practical tips** to help you stay engaged, inspired, and consistent:

Create a Sacred Space

Set up a dedicated spot for your practice—whether it's a cozy corner, a yoga mat, or a journal-friendly nook. Keep your **workbook, journal, and any props (like a meditation cushion or candle)** nearby to make it easy to dive in daily.

Schedule Your Practice

Life gets busy, so **commit to a consistent time each day** to engage with the workbook and practices. Whether it's first thing in the morning, during lunch, or before bed, setting a routine helps build momentum.

Start Small & Keep It Manageable

Some days, you'll have more time than others, and that's okay! Even **five minutes of reflection, movement, or meditation** can make a difference. It's about progress, not perfection.

Use the Weekly Tracker

There's something deeply satisfying about checking off progress (and giving yourself gold stars!). Use the **weekly tracker charts** to celebrate your consistency and stay motivated.

Get an Accountability Partner (or Group!)

This journey can be even more powerful when shared. **Invite a friend, partner, or small group** to join you in the program. Check in with each other, share insights, and support one another.

Be Flexible & Kind to Yourself

Some days will feel effortless, while others might feel like a struggle. **Let go of judgment and simply begin again** when needed. This journey isn't about being perfect—it's about showing up for yourself.

Journal with Honesty & Curiosity

Your journal is a **judgment-free zone**—a place to explore your thoughts, emotions, and insights. Let yourself **write freely, without overthinking or self-editing**. The more honest you are, the more you'll learn about yourself.

Stay Connected to the Why

Whenever motivation dips, come back to **why you started**. Maybe it's for personal growth, greater peace, or deeper self-awareness. Keep that intention in mind as you move through the 40 days.

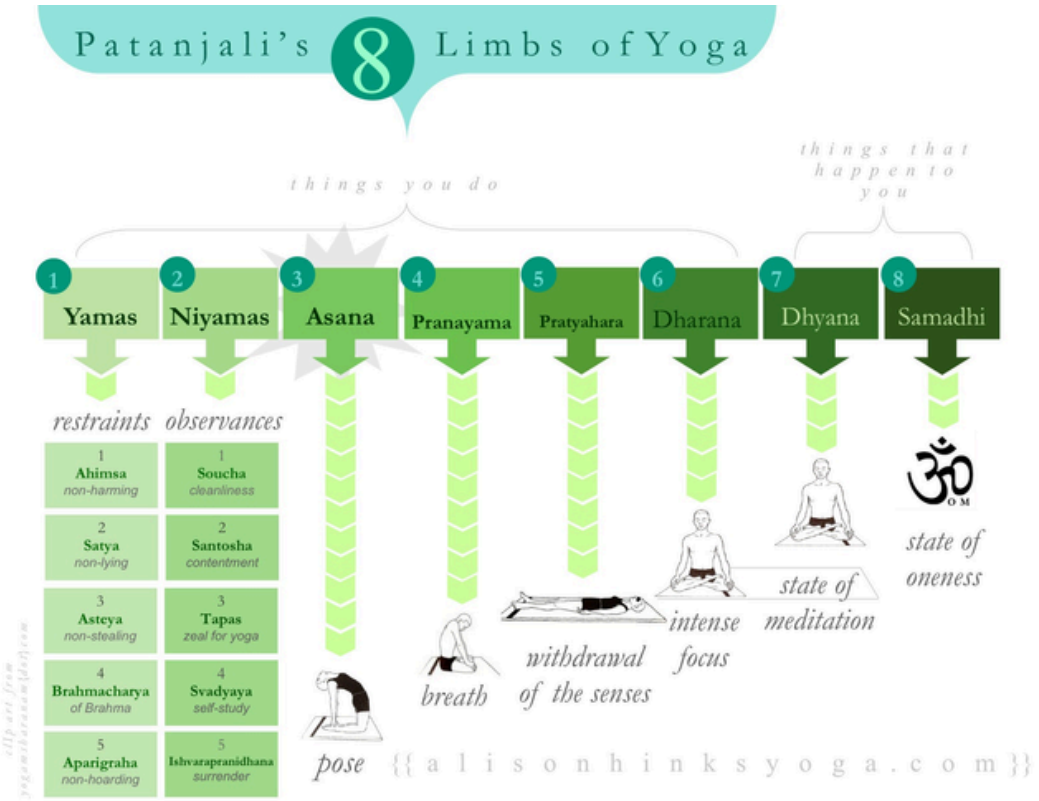
These principles aren't just for your yoga mat—they're meant to be **lived**. Try integrating them into **small, mindful moments** throughout your day:

Celebrate Your Wins!

Every step you take is worth celebrating. Whether it's completing a full week, gaining a new insight, or simply **showing up**—acknowledge your effort.

A Little Bit of Background: The Eight Limbs of Yoga

Practices/guidelines for living a healthy, compassionate, lively, wise and joyful life. In the U.S. it is commonly thought that yoga is an exercise practice that we do on a yoga mat for 60 minutes a few times a week. In reality it is a way of living and being in the world that also includes conscious movement/asana.



Yoga Sutras 2.35-2.44: The Yamas and Niyamas

will be the focus of our journaling for the 40 Days!

They:

- are not pat, simple answers
- are guides to move in the direction of harmony
- require familiarity and daily practice
- focus on our relationship with our self and others
- change our character from the inside out

Week 1: Ahimsa/Non Violence | Satya/Truthfulness

Week 2: Asteya/Non Stealing | Bramahcharya/Non Excess

Week 3: Aparigraha/Non Possessiveness | Saucha/Purity

Week 4: Santosha/Contentment | Tapas/Self Discipline

Week 5: Svadhyaya/Self Study | Ishvara Pranidhana/Surrender

Week 6: Review of All!

Week One
40 DAYS OF
YAMAS & NIYAMAS
A SELF-GUIDED JOURNEY TO TRANSFORMATION

LOTUS YOGA

Ahimsa: Non-Harm AND Satya: Truthfulness

I am so excited you are starting this journey!

Be ready for SELF-ACCEPTANCE, GIVING UP control so you can heal, beginning ANEW, bringing yourself into your body and breath and BURN OFF the "stuff" and "stress" of life so you can deeply exhale.

Week One: Practice Tracker

Everyday this week the intention is for you to:
-MEDITATE for 5 minutes
-PRACTICE at least 20 minutes of yoga/movement
-JOURNAL every day about what you are experiencing and discovering.

Week 1 VIDEOS: Ahimsa/Non Violence | Satya/Truthfulness

You can absolutely do this!

	☐	☐	☐	☐	☐	☐	☐
	☐	☐	☐	☐	☐	☐	☐
	☐	☐	☐	☐	☐	☐	☐

Week One JOURNALING

Ahimsa: Non-Harming

Nonviolence is refraining from acts of violence, harm and unkindness to others, to the earth, and to oneself.

Practices for nonviolence:

- Create balance in your life
- Face your fears
- Practice courage
- Cultivate kindness and compassion to the world, others, and yourself

“Our capacity to be nonviolent depends on our proactive practice of courage, balance, love of self, and compassion for others.” ~Deborah Adele

Satya- Truthfulness

Truthfulness is refraining from lying with an additional emphasis on being more authentic and more real.

Practices for truthfulness:

- Be real rather than nice
- Tell yourself the truth
- Truth changes – get and stay current with yourself

“As a partner to nonviolence, truthfulness prevents nonviolence from being a wimpy cop-out and nonviolence prevents truthfulness from being a brutal weapon.” ~Deborah Adele

Day 1:

Ahimsa and Courage

“We need to know the difference between the fears that keep us alive and the fears that keep us from living. The first kind of fear is instinctual and built in us for survival. The second kind of fear is fear of the unfamiliar. The unfamiliar can become an abundant place for our exploration once we realize this fear lives only in our imagination. It's only our minds that have created the turmoil in our gut and kept us hostage to the possibility of our own lives.” ~Deborah Adele

Where in your life are you causing harm to yourself by not doing something because you are afraid?

Ahimsa and Balance

“Think about the times you were “short” with others because of too much work to do, or too much caffeine and sugar, or a restless night of sleep. Imbalance in our systems is almost a certainty for violence, as the “dis-ease” we feel within finds its way to expression outwards. Balance creates harmony within us, and harmony within naturally expresses itself in external actions that are harmonious.” ~Deborah Adele

Where in your life do you need to create more balance or make a shift in behavior or substance use so that you can not cause harm to yourself or others in your life?

Day 2:

Ahimsa and Dealing with Powerlessness

“Feeling powerless leads to outward aggression in the form of frustration and anger, or withdrawal inward into depression and victimization. By powerless, I mean those times we feel like we’ve run out of choices. We’ve run out of options and we are feeling totally incompetent to deal with the challenge at hand. Ahimsa, or nonviolence, invites us to question the feeling of powerlessness rather than accept it. We have a choice to take action and we have a choice to change the story we are telling ourselves about our powerlessness. Instead of soaking in the feeling of powerlessness, we can ask, “What do I need to do right now to feel competent to handle this situation?” ~Deborah Adele

Where in your life are you feeling powerless and like you have run out of options? What do you need to do right now to feel competent to handle this situation?

Ahimsa and Self Love

“We would never purchase a can of red paint and expect it to be the color blue when we apply it to our walls. And yet we can be so harsh and demanding with ourselves and then expect to be loving with others. It just doesn’t work that way. The color of the paint inside the can is the color that whatever we paint becomes. If we can’t be safe with ourselves, others can never be safe with us, and the world can never be a safe place to be.”

“Our ability to love and accept all the pieces of ourselves creates ripples, tiny acts of violence, that have huge and lasting impacts on others.” ~Deborah Adele

Where/When in your life do you find yourself saying harmful things to yourself that you would not say to another person that you care deeply about?

Day 3:

Ahimsa and Violence to Others

“If we cannot find love for ourselves, it becomes easy to look outward and begin to focus on others, hiding our own sense of failure and fear under our blazing concern for others. It’s almost as if we are secretly saying, my life is a mess; I’ll feel better if I fix yours. If we are not honest with ourselves, we can even go to bed with a sense of pride in the amazing things we have done for others that day. We may even feel wholly about our arduous feats of self sacrifice. In reality we are hiding our own sense of self failure by telling others how to live their lives. When we are unwilling to look deeply and courageously into our own lives, we can easily violate others in many subtle ways that we may not even be aware of, thinking that we are actually helping them.” ~Deborah Adele

Where and with whom in your life are you trying to “fix” another person or their life?

Ahimsa and Help vs. Support

“I’d like to discern the difference between help and support. For me, help is the connotation that I am more skilled in life‘s decisions and challenges than the other person is. Help is a “one up” on the other person. Whereas support meets the other person on equal playing ground with equal ability and is able to sit with more respect. Nonviolence asks us to trust the other’s ability to find the answers they are seeking.” ~Deborah Adele

Where and with whom in your life could you see the other person as capable so you can support them rather than seeing them as helpless in their situation or life?

Day 4:

Ahimsa and Compassion

“Lucille Clifton once said, “Every pair of eyes facing you has probably experienced something you could not endure.“ Every human being walking this earth has painful stories tucked in the corners of their hearts. If we could remember this truth, perhaps we could see with the eyes of compassion rather than the eyes of our own judgments and preferences.” ~Deborah Adele

Where and with whom in your life are you judging and what could compassion look like in relation to them?

Satya- Truthfulness

Satya- Real Rather than Nice

“Nice is an illusion, a cloak hiding lies. It is an imposed image of what one thinks they should be. It is a packaging of self in a presentable box, imposed by an outer authority.... Real has a boldness to it, an essence, a spontaneity. Real asks us to live from a place where there is nothing to defend and nothing to manage. Real is something we might not always like in another, but we come to know there will be no surprises. Real, though not always pleasant, is trustworthy.” ~Deborah Adele

What is driving you to distort yourself or silence yourself or say yes when you mean no?

Or as Carl Jung would ask us, what is so dangerous in the moment about the truth that you were choosing to lie?

Day 5:

Satya- Self Expression vs. Self-Indulgence

“When we habitually silence and distort ourselves, we begin to lose our lust for life and look towards other things to fulfill us. We forget that we are here on this earth to self-express in a way no one else ever has or ever could…. Our self-expression can find its way out into the world in many forms, but when the process of our self expression is imposed on, for whatever reason, we can easily turn towards self indulgence…. There is a settling for less than we had hoped for, a kind of resolution to things as they are. Often we find ourselves hiding by overeating or overworking, rather than doing what we really want to do.” ~Deborah Adele

Where in your life do you find yourself hiding behind indulgence (over…..eating, drinking, sleeping, working) because you are lying to yourself about what you would rather be doing/saying as an authentic expression of yourself?

Satya- The Need to Belong vs. The Need to Grow

“In the Family Constellation work of Bert Hellinger (therapeutic work dealing with family systems), a unique slant on guilt and innocence is expressed. Hellinger says that as human beings we have both a need to belong to groups and a need to expand and grow. Hellinger says that as long as we stay within the approval of the group, we experience the innocence of belonging. However, when we begin to grow in directions beyond the group, we experience guilt in regards to the group. The truth of our freedom carries the price of guilt…. Truth rarely seems to ask us to make the easier choice.” ~Deborah Adele

Where in your life are you a part of a group that you find your truth conflicting with your need to belong? (Groups we belong to are: our country, our culture, our gender, our class, our age group, our race, our religion, our family of origin, our community, our workplace, etc)

Day 6:

Satya- Do it Right the First Time

“I continuously find myself in trouble because I lie to myself about time. I make promises to myself and others that don’t allow for the reality of interruptions, rest, or play. Then I either have to backtrack on my promises or find myself out of balance keeping up with the too many commitments I have made because of my dishonesty with myself.
I also lie to myself when I set lofty goals that are more wishful thinking than anything the reality of my days can incorporate. And then I have to clean up the mess I made with myself. Not only that, but I have to become, once again, a person who cannot trust herself.
Can you trust yourself? Can you risk telling yourself the truth? Can you keep the promises you make to yourself and to others??” ~Deborah Adele
Where in your life can you be more honest with yourself about what you can actually accomplish?

Satya- Truth is Fluid

“Because of its marriage to non-violence (Ahimsa), Satya (truth) has a fluidity to it…. The compassion of non-violence keeps truthfulness from being a personal weapon. And asked us to think twice before we walk around mowing people down with our truth, and then wonder where everyone went….The fluidity of truth also requires that we clean our lens, and periodically get new glasses with which to observe the world….Carl Jung understood the fluidity of truth when he made the statement that what is true at one time for us, at some point no longer serves us, and eventually becomes a lie.” ~Deborah Adele

Where in your life can you update your beliefs, values and views in order to stay current with yourselves in your surroundings?

Day 7:

Satya- Truth has Weight

“When we run from life, try to manage life, or leave our energies scattered here and there, we feel differently than when our whole self shows up with our thoughts, words, and actions congruent and unified.
When we are centered in the moment, we can fully meet the ordinariness of life as well as the challenges of life. Dishes are met with the same contact as are arguments as are hugs. There’s no need to tame ourselves or hide ourselves....
Meeting the moment full on is like playing contact sport. We aren’t afraid to play the game with everything we have or to get knocked around a little in the process; it’s all part of the fun.” ~Deborah Adele
What are you so afraid of? What might life look like if you were willing to contact truthfulness and every moment?

Satya- The Power of Truth

Mahatma Gandhi said, “I know that embarking on nonviolence I shall be running what might be termed a mad risk. But the victories of truth have never been won without risks.”

How much are you willing to risk for the victories of truth?

Week TWO

40 DAYS OF

YAMAS & NIYAMAS

A SELF-GUIDED JOURNEY TO TRANSFORMATION

LOTUS YOGA

Asteya/Non-Stealing AND Bramahcharya/Non-Excess

How is it already week TWO?!?!?!

This week is all about venturing forward so we can GROW and stay the course even if we want to run fast and far away from discomfort. It is also about finding VITALITY in your practice and life.

Week Two: Practice Tracker

Everyday this week the intention is for you to:
-MEDITATE for 5 minutes
-PRACTICE at least 20 minutes of yoga/movement
-JOURNAL every day about what you are experiencing and discovering.
Week 2 VIDEOS: Asteya/Non Stealing AND Bramahcharya/Non Excess

More so now than ever... it is time to create vitality in your everyday life!

_____	☐	☐	☐	☐	☐	☐	☐
_____	☐	☐	☐	☐	☐	☐	☐
_____	☐	☐	☐	☐	☐	☐	☐

Week TWO Journaling

Asteya: Non-Stealing

Non-Stealing is refraining from taking what isn't yours and refraining from taking more than you need.

Practices for non-stealing:

- Refrain from stealing from the earth
- Refrain from stealing from the future
- Refrain from stealing from others
- Refrain from stealing from yourself
- Practice reciprocity with all things

Become excited about what you do have in:

- material goods
- relationships
- your own unique gifts and talents
- the gift of life itself

Brahmacharya- Non Excess

Non-excessive means refraining from overindulgence with food, sleep, pleasure, and work. It is cultivating a sense of sacredness in all that you do.

Practices for non-excess:

- Learn to tell when the nourishment of enough turns into the dullness of excess
- Separate what the body really needs from the extravagant message the mind is telling you about these needs
- Live your passion
- Honor all things as sacred
- Honor yourself as sacred

Day 8:

Asteya- Stealing from others

“When we compare ourselves to others, we either find ourselves lacking, which makes us feel cheated, or we find ourselves superior, which leaves us feeling arrogant.” ~Deborah Adele

Comparing in this instance could be in the game of “one-upping” or even an effort of relating gone wrong.

The question we can ask ourselves in our encounters with others is, does the other person feel uplifted and lighter because they have been with us or do they feel like something precious was taken from them?”

Where are you stealing in order to feel better about yourself?

Asteya- Stealing from the earth

“We forget that we are spirits having a human experience. We are visitors to The Human Experience; we are visitors in the fullest sense of the word. You wouldn't go to a friend's house for dinner, complain about the food, leave your trash laying around, and walk off with the candlesticks because you wanted them. And yet, this is so often how we treat our world.” ~Deborah Adele

What is a way that we can give something back with each time we take something?

Day 9:

Asteya- Stealing from the future

“We are not only stealing from the earth, we are stealing from the future and from our children and their children in such massive proportions it often feels like we are caught on a speeding train with no brakes and no way to get off. And yet we remain insatiable, a collective giant hole that we can't seem to fill.

I'm reminded of the Native wisdom to make all decisions as if they mattered seven generations into the future.” ~Deborah Adele

What can you be grateful for from your ancestors that is allowing for the future you are currently living?

What shifts can you make that will be in support of future generations rather than stealing from them?

Day 10:

Asteya- Stealing from Ourselves

“In all the ways that we impose an outside image of ourselves onto ourselves, we are stealing from the unfolding of our own uniqueness. All the demands and expectations that we place on ourselves steal from our own enthusiasm. All self-sabotage, lack of belief in ourselves, low self-esteem, judgments, criticisms, and demands for perfection are forms of self-abuse in which we destroy the very essence of our vitality. All the ways we live in the past or the future steal from ourselves....

We wear all we have to do like a badge on our shirt for all to see. In this rush to get to the next thing, we have left no time for ourselves to digest and integrate our lives; this may be our biggest theft of all.” ~Deborah Adele

Where in your life are you stealing from yourself?

Asteya- Shifting our focus

“When we don't know what we want or we don't have the courage to pursue it, everything that everyone else is doing looks tempting to us. We begin to lust after others' accomplishments and others’ possessions. We get sidetracked from our own dreams and our own realness. However, when we are focused on our own dreams, we can move forward with dignity.”

“When we are engaged in the joy and challenge of building ourselves, we automatically serve the world rather than steal from it.” ~Deborah Adele

Where in your life could you shift your focus to the joy and challenge of building yourself?

Day 11:

Asteya- Building our competence

“Our outcomes in life are consistent with our abilities, not necessarily our wishes or goals. Competency/Adikara includes the ability to see what is right before us….A colander is an excellent example of adikara. We may seek something so earnestly and yet, if we are full of holes like the colander. What we want will always elude us. Building adikara is plugging our holes by growing our competency in the area of our desires. Building our competency takes practice and learning.” ~Deborah Adele

Where in your life could you build your competency rather than just wishing for something to happen/change?

Non-Excess- Taming Our Overindulgence

We overdo work, we overdue food, we overdo sleep, we overdo entertainment, we overdo material possessions, and often we overdo spirituality, etc.

“We are here in this world, in part, to feel enjoyment and pleasure. If you're in the pleasure and not the addiction, we are practicing Brahmacharya. If we are feeding our mental stories and have moved past bodily comfort, we are in addiction and out of harmony with this guideline. Non excess is not about non enjoyment. It is actually about enjoyment and pleasure in its fullest experience.” ~Deborah Adele

Questions for us are: Are you eating the food, or is it a food eating you? Are you doing the activity, or is the activity doing you? Can you enjoy pleasure without excess?

Day 12:

Non-Excess- Walking with God

“Brahmacharya invites us to live with God, not excess. This guideline invites us into the sanctity of all life by seeing every relationship we have as a relationship with the Divine and by seeing every experience we have as an experience of the Divine.... When we see with the eyes of mystery, we begin to see the sacred in the ordinary and the ordinary in the sacred. Every task becomes an opportunity to wonder and be amazed. Mending the split between what we see as important or not, and who we see as important or not, puts us on the path to cherishing all people and tasks.” ~Deborah Adele

What does the media say is sacred?

What does your community say is sacred?

What does your family say is sacred?

Day 13:

Non-Excess- Just enough

“In yogic thought, there is a moment in time when we reach the perfect limit of what we are engaged in. It is this moment of “just enough” that we need to recognize. Past that point, we begin our descent into excess. This same process is true for any activity that we are engaged in.” ~Deborah Adele

How do you know in your body how much food is enough?

How do you know in your body how much sleep is enough?

How do you know in your body how much tv is enough?

How do you know in your body how much social media/news is enough?

Day 14:

Non-Excess- Why?

“Yogic thought tells us it is because our mind begins to connect certain emotional states with certain foods or activities..... Sometimes the need is to feel sadness. When this feeling comes upon us, the mind may trick us into thinking we need to do something or to eat something.” ~Deborah Adele

Is there a feeling you are habitually trying to dampen when you reach for the extra bite of chocolate, open the social media app, pint of ice cream or glass of wine? (sadness, loneliness, boredom, anger, etc)

Non-Excess- Gratitude

“Seeing with the eyes of holiness shifts how we act as well as see. When gratitude and wonder sit in the heart, there is no need for excess.”

~Deborah Adele

Can you honor all as sacred? In what ways?

Can you honor yourself as sacred?

Week THREE

40 DAYS OF

YAMAS & NIYAMAS

A SELF-GUIDED JOURNEY TO TRANSFORMATION

LOTUS YOGA

Aparigraha/Non Possessiveness AND Saucha/Purity

Week THREE is all about finding BALANCE and ACCEPTING the things that we cannot change.

Each day allows us the possibility to START ANEW and change the way we approach certain situations.

For this week, let's find our focus on dropping what we know to make a place for new energy and insight.

Give up your need to be right and just create space to LET life unfold.

Week Three: Practice Tracker

Every day this week the intention is for you to:
-MEDITATE for 5 minutes
-PRACTICE at least 20 minutes of yoga/movement
-JOURNAL every day about what you are experiencing and discovering.
-BONUS ACTIVITY: the rock exercise will be outlined in your journaling questions.

Week 3 VIDEOS: Aparigraha/Non Possessiveness | Saucha/Purity

Keep up the good work!

_____	☐	☐	☐	☐	☐	☐	☐
_____	☐	☐	☐	☐	☐	☐	☐
_____	☐	☐	☐	☐	☐	☐	☐

Week THREE Journaling

Aparigraha: Non-Possessiveness

Non-possessiveness is refraining from possessing, grasping, or clinging to any person, event, or thing.

Practices for non-possessiveness:

• Let the breath teach you: if you don't fully let go of the exhalation, the full nourishment of the inhalation is not available. Holding on is a toxic action.

• Fully enjoy each thing without needing it to repeat itself.

• Live with curiosity, not expectations

• Let go of control and be willing to be surprised

• Practice generosity and trust "

"Aparigraha invites us to let go and to pack lightly for our journey through life, all the while caring deeply and enjoying fully." "Anything we cling to creates a maintenance problem for us." In what way has your need to possess created a prison for you?

Saucha –Purity

Purity is the active pursuit of letting go.

● It invites us to purify our bodies, our thoughts, and our words

● It invites us to be purely available to each moment as it happens

Practices for purity:

● Lighten your "load" wherever it is.

● Physical weight

● Mental clutter

● Emotional rigidity

● Messy living space

● Allow things to be as they are, not as you wish they were

● Be pure "with" something; don't try to "make" it pure

● Let go of judgments, expectations, opinions, disappointment

● Keep from attempting to change yourself or hide from yourself

● Slow down

● Do one thing at a time

"Whatever form purifying takes, it always begins with an intention to 'lighten' the load we are carrying." Where is the heaviness in your life?

Day 15:

Aparigraha- The Breath is the Teacher

“What if we could trust life like we trust the breath? What if we could take in all the nourishment of the moment and then let it go fully, trusting that more nourishment will come?.... There is nourishment until we get attached to things, often unconsciously, and then disturb ourselves with expectations, opinions, criticisms, disappointments, all because we forget to trust life, exhale, and let go. Like the breath when it is held too long, the things that nourish us can become toxic.” Deborah Adele

Where in your life are you trying to take your “piano” with you into the “dining room for dinner”?

Aparigraha- Hanging in Mid-Air

“Much like the moment when the breath is completely exhaled, the trapeze artist has a moment when they are suspended in mid-air. My understanding is that they have to let go of one bar and wait in mid-air for the next swinging bar to reach them. If they hold on to the current bar, or reach for the next bar, their timing will be off and they will fall. Instead, they must let go fully to be ready for the bar swinging towards them, trusting the timing of the swing and not their own effort to reach.”

Where in your life are you holding on too long or grasping too far forward in an effort to maintain a sense of security?

Day 16:

Aparigraha- Let Go of the Banana

"'Bananas' for us are anything we expect to give us the same fulfillment the second and third time. When we expect our spouse to make us feel good like they did the evening before, or when we expect a dinner out to satisfy us like it did the last time, or when we expect to be appreciated like we were yesterday, indeed anything we want the same 'feel good' results, we are 'holding on to the banana.' Our expectations keep us captive and often disgruntled."

Where in your life are you creating your own prison of captivity by not "letting go of the banana"?

Aparigraha- What we Possess, Possesses Us

"Attachments ruin our day when they aren't fulfilled…..

The word attachment can be traced to a root word that means 'to nail'. Attachments are like nailing ourselves to our need for someone or something to continue to be the same and to always be there for us in the same way. When we nail ourselves to our needs for others, to our feelings, our roles, our agendas, our pleasures, our identities, we become more like rats in a maze than free human beings."

Where/when are you ruining your day/life with attachments to people, situations, things being the same as before?

Bonus Activity:

Make a list of things/people/situations that you are holding onto that are no longer serving you.

(Example: anger and someone, fear about something, frustration at a person/situation.)

Pick one thing from the list and circle it.

This is what the rock you picked will represent.

2- Carry a rock small enough to fit in the palm of your non-dominant hand for the space of 6 hours (including a yoga practice) one day this week. Do not set the rock down for any reason during the space of the 6 hours.

3- At the end of the 6 hours journal:

- What did you notice about carrying the rock?
- When did you notice it the most?
- Was it ever useful?
- In what ways was carrying your rock like carrying the thing you are holding onto?
- Make a list of other “rocks” you are consciously/unconsciously holding onto.
- Bonus points to do the rock carrying exercise with the things you listed.

Day 17:

Aparigraha- Just how Many Bags are you Taking?

“How many suitcases full of expectations, tasks, plans, resentments, and unforgiven moments was I toting around with me every day? Even airlines know to charge a fine when we pack over the limit and yet I wonder how many of us are packing over the limit every morning and wearying ourselves throughout the day with this heavy baggage?

What expectations, tasks, plans, resentments, and unforgiven moments could you take out of your suitcase today to lighten your load?

Aparigraha- But Aren’t we Supposed to Care?

“Non Attachment does not mean that we don’t care or that we somehow shut ourselves off from the pleasures and joy of life and each other. In fact, non attachment frees us up to be immersed in appreciation of life and one another. We are asked to let go of the clinging to the thing, not the enjoyment of the thing itself.”

“A bird cannot hold its perch and fly. Neither can we grasp anything and be free.”

Where can you practice enjoying something/someone to the fullest while also letting go of attachment to an outcome?

Day 18:

Purity- Steps to Take

“To practice the guideline of purity is to engage in cleansing processes, both physical and mental…. Taking steps to purify ourselves will look different for each of us. Cleansing doesn’t have to be earth shattering or weird to begin to work its magic. It might take the form of increased physical exercise, or increased water intake, a day of fasting , or perhaps a day of cleaning out closets. Or speaking nothing of harm or untruth for the entire day.”

Where in your life can you set the intention to lighten the load physically or mentally?

Purity- Practice of Confession and Forgiveness

“I have found that some of the things I carry from my past actions need to be confessed, sometimes to a trusted friend and sometimes to a piece of paper that is then ritually burned…. In any way that we hold on to past wounds, we injure ourselves and keep ourselves from the ability to be pure with what is current in our lives.

Forgiveness of self and others is the most generous gift we can give ourselves.”

-Deborah Adele

What, if you confessed or forgave in your life, would lighten your load, or further purify your energetic space?

Day 19:

Purity- Cleanliness vs. Purification

“I should strive to live in such a way that everything that goes into me and everything that comes out of me is pure….

Cleanliness is a process of scrubbing the outside of us; it changes our outer appearance. Purification works on our insides and changes our very essence. Although cleanliness is important, Saucha calls us to the inward journey of purification, not the external appearance of cleanliness.”

-Deborah Adele

Where could you get present to the purity of the things you are putting into your body and mind?

Purity as Relational

“Saucha has a relational quality that asks us not only to seek purity in ourselves, but to seek purity with each moment by allowing it to be as it is. We are asked to be with life, with others, with things, with the day, with work, with the weather, as they are in the moments, not as we wish they were or think they should be or expect them to be.”

-Deborah Adele

How are you missing the mark on this guideline by attempting to to change, judge, criticize, alter, control, manipulate, pretend, be disappointed, or check out?

Day 20:

Purity- Trying to make something pure

“We are not to bring our idea of purity to the moment; we are simply to be with the moment as it is….when we find ourselves stuck in a traffic jam, disappointed in our meal, tripping over messes in the house, or dealing with a crabby family member, we are invited to simply be with these times in a pure way, not to judge them as impure moments.”

-Deborah Adele

Where do you find yourself on a “high horse” thinking we are bringing something better to the moment, or perhaps thinking that the moment isn’t worth your attention, or maybe even finding yourself feeling that the moment owes you something?

Purity with Ourselves

“Perhaps the most difficult place to practice purity is with ourselves…..Rather than planning ourselves, what if we practice “unplanning” ourselves. Instead of striving to become someone lovable, what if we loved ourselves fiercely as we are?”

-Deborah Adele

The question for today is in the words of Anthony de Mello, “Can you leave yourself alone?”

Day 21:

Purity- Gathering the scattered pieces of ourselves

“We often enter an experience with the clutter of scattered thoughts and leave the experience with even more cluttered thoughts. It is like we are living on the leftovers of where we have been or the preparations of where we are going. Because we have not taken the time to “catch up” with ourselves, we are everywhere but the present moment. We are missing out on the fullness of life lived in the richness of what is immediately before us.”

-Deborah Adele

Where can you practice purity by doing just one thing at a time? While eating, working, being with family/friends, exercising, meditating?

Week FOUR

40 DAYS OF

YAMAS & NIYAMAS

A SELF-GUIDED JOURNEY TO TRANSFORMATION

LOTUS YOGA

Santosha/Contentment AND Tapas/Self Discipline

This week is all about removing all of the things that do not serve us and actually allowing time to restore our bodies and souls.

This is the week you may find your meditation falling a bit to the wayside and stories pop up..."I don't have time for that" or "It's not that important anyways".

Try coming from a place of, "Breakdowns have to happen to allow for breakthroughs". Keep in mind in order to restore you may need to kick yourself into gear...to relax with what is.

Week Four: Practice Tracker

Everyday this week the intention is for you to:
-MEDITATE for 5 minutes
-PRACTICE at least 20 minutes of yoga/movement
-JOURNAL every day about what you are experiencing and discovering.

Week 4 VIDEOS: Santosha/Contentment | Tapas/Self Discipline

When you find yourself slipping, notice, and simply begin again!

	☐	☐	☐	☐	☐	☐	☐
	☐	☐	☐	☐	☐	☐	☐
	☐	☐	☐	☐	☐	☐	☐

Week FOUR Journaling

Santosha- Contentment

Contentment is the active practice of gratitude and appreciation for what is.

Practices for contentment:

- Look “inside” the fence, not over it.
- Avoid seeking what you “like” and avoiding what you “dislike”.
- Discontinue giving others power over your emotional status.
- Develop a still, calm center through meditation.
- Stay in gratitude.

Tapas- Self Discipline

(also “heat”, catharsis, austerities, spiritual effort, change, tolerance, transformation)

Self-discipline is effort towards a future value, in lieu of a momentary pleasure.

Practices for self-discipline:

- Make choices that support the “you” that you want to become
- Forsake momentary pleasures for future rewards.
- Exercise
- Food choices
- Activities
- Spiritual practice
- Choose to build character when times are tough
- Hold on for the blessing

Day 22:

Contentment- being ready

“There is a Chinese proverb which states, “People in the West are always getting ready to live.”….When we are little we can’t wait to get big, when we are big, we can’t wait to get out of the house, then we can’t wait to get through college and get a job, then we can’t wait until our vacations, and finally, we can’t wait until retirement. As the Chinese proverb states, we never really live, we just get ready.”

Where in your life do you find yourself always getting ready? (Ex. work, time of day, experiences, etc.)

Contentment- Pleasure and Avoidance

“When I find myself around something that gives me pleasure it is almost like something in me grips with the desire for that pleasure. The same gripping sensation happens when I think I might miss out on the pleasure…..as if I am trying to protect myself from the unpleasant experience. In truth, the yogis tell us, things are neutral. It is the personal labeling we put on these things that makes them appealing or repulsive to us.”

Like Deborah Adele’s story of hating squash as a child and loving it as an adult. Where in your life can you let something be neutral instead of gripping to loving it or hating it?

Day 23:

Contentment- Let it Rain

“Oscar Wilde once said that there are two kinds of unhappiness in the world. One is not getting what you want; the other is getting what you want.... True freedom and contentment begin to find their way to us when we can see things as they are, neutral, and not spend so much time manipulating things according to our preferences.

When asked the secret to his longevity [116 years old], he replied, “When it rains, I let it.”

-Deborah Adele

Where in your life do you see unhappiness from getting what you want? And where can you “let it rain”?

Contentment- We are responsible for our disturbances

“Carlos Castaneda writes, ‘Our self-importance requires that we spend most of our lives offended by someone.’ Whether we react to this perceived offense with a verbal explosion, silence and withdrawal, confiding in someone else, or saving the offense until six months later when no one else remembers, emotional disturbance is an inappropriate and wasteful use of energy. It is a stance of powerlessness that guarantees contentment will always be out of reach.”

Where in your life are you keeping yourself from contentment by being offended by someone?

Day 24:

Contentment- Gratitude

“It is not easy in this culture to stay content. So how do we get there and how do we stay there?...Gratitude is a tool to keep myself centered in contentment....[and yet] somehow gratitude had slipped out of my heart and into envy....

Practicing gratitude protects us from our own pettiness and smallness and keeps us centered in the joy and abundance of our own life.”

Where are the people and places in your life that you find yourself slipping out of gratitude and into envy?

Contentment- with Discontent

“Discontentment is the illusion that there can be something else in the moment. There isn’t and there can’t be. The moment is complete. That means if I am bored or sad, I will only be discontented if I am not content to be bored and sad....

Being content with our discontentment is itself a gateway to the calm depths within.”

Swami Rama said, “Contentment is falling in love with your life.”

Where do you see that you can be more deliberate in falling in love with your life?

Day 25:

Tapas- Day to Day

Farmers that on purpose burn their fields after the harvest is complete.

“This guideline not only speaks to our personal effort, but also to those cathartic times of almost hopeless desperation when we find ourselves in the pain of unexpected loss or debilitating sickness, or in the throes of a life that seems like it has been turned upside down….And yet it is these times that shape and mold us into someone of depth….It is these darkest times of pain, loss and confusion that weave something profound in us.”

- Deborah Adele

Can you let the heat begin to burn away your judgements, opinions, and expectations?

Tapas- Fierce Grace

“Spiritual teacher Ram Das speaks eloquently to this jewel of Tapas. When he experienced a debilitating stroke, something he never expected to happen to him, he found a new opportunity for himself and for others as he began to wrestle with the possibilities and effects of aging. He chose to speak of his experience as “being stroked” by God, rather than as having had a stroke. And he termed the phrase “fierce grace” to speak of his experience of being burned by the fire of divine love.” ~ Deborah Adele

Can you practice staying “one minute more” in whatever unpleasantness presents itself to you?

Day 26:

Tapas- It's a practice

"Somewhere we forget that we had to learn how to walk.... We forget how many times we fell. We forget that things take practice.... To become something in the future takes effort in the now."

~ Deborah Adele

What are you practicing for?

Tapas- Holding on even in the heat

Bible story of Jacob battling the angel.

"So often we don't even know what has us in its grip; it seems dark and overpowering. In those times when we don't know how to get through the next minute of what seems unknown and overwhelming to us, can we, like Jacob, hold on?.... Can we grow our ability to stay in the fire and let ourselves be burned until we are blessed by the very thing that is causing us the pain and suffering?

Where in your life can you see that you are the bearer of the wound, as well as the blessing?

Day 27:

Tapas- Doesn't leave you where it found you

Story of the couple that ended their relationship and made very different choices.

"The story is about the choices we make, in and out of crisis. If we can choose to strengthen our inner depth rather than medicate and run, we will find ourselves in a land of new possibilities....

The promise of a crisis is that it will pick us up and deposit us on the other side of something." ~Deborah Adele

Can you trust the process of a crisis or do you hide from it?

Tapas- Choices

"Each moment is an opportunity to make a clear choice of right action. Quite often the choices that prepare us for the fire are options that vote against immediate satisfaction and pleasure. When we listen to our inner voice and surrender to staying present to the unknown, the unpleasant, and often to the grief and pain, we are preparing ourselves to benefit from and be blessed by Tapas." ~ Deborah Adele

Where can you prepare yourself daily through your practice, your staying power, and your choices? Can you stay in the burning with integrity?

Day 28:

Tapas- Creating Habits

“Charlene Westerman speaks truthfully to the danger and the possibility of catharsis when she states that during these times we have two choices: to break down or to break open. We can’t prevent these times of catharsis in our lives or know their shape or outcome, but we can prepare ourselves for them through our daily practice, through building our ability to stay in unpleasantness, and through the small, daily choices we make.” -Deborah Adele

“Tapas is the day to day choice to burn non-supportive habits of the body and mind, choosing to forsake momentary pleasures for future rewards.” ~Deborah Adele

This week choose a practice of nourishing eating, or daily meditation, or something else that impacts the quality of your essence.

Can you put yourself in the heat with enthusiasm?

Week FIVE

40 DAYS OF

YAMAS & NIYAMAS

A SELF-GUIDED JOURNEY TO TRANSFORMATION

LOTUS YOGA

Svadhyaya/Self Study AND Ishvara Pranidhana/Surrender

This week is all about finding:

🌞your balance

🌞your feet on the ground

🌞being aware of how you live your best life

🌞what makes you feel like you and brings you the most joy.

Don't Rush the Process!

We cannot skip the work and expect results. Maybe you are seeing small steps and gains in your practice, journaling or even meditation.

Week Five: Practice Tracker

Everyday this week the intention is for you to:

-MEDITATE for 5 minutes

-PRACTICE at least 20 minutes of yoga/movement

-JOURNAL every day about what you are experiencing and discovering.

Week 5 VIDEOS: Svadhyaya/Self Study AND Ishvara Pranidhana/Surrender

Keep up the good work!

_____	☐	☐	☐	☐	☐	☐	☐
_____	☐	☐	☐	☐	☐	☐	☐
_____	☐	☐	☐	☐	☐	☐	☐

Week FIVE Journaling

Svadhyaya -Self-Study

Self-study is the intentional seeking to know who you are.

Practices for self-study:

- Notice your conditioning
- Notice your projections
- “Trace it back”
- Understand the role of the ego
- Develop your “witness”
- Read sacred texts of any tradition

Ishvara Pranidhana -Surrender

Surrender is actively putting ourselves at the feet of something greater than we are.

Practices for surrender:

- Participate in selfless service
- Give up trying to control, manipulate, and fight with life
- Find your faith and trust
- Pay attention to what life is teaching/telling you
- Get in touch with the feeling of expansion
- Be vulnerable, undefended, and available
- Care deeply about something other than yourself

Day 29:

Svadhyaya- God in Drag

“God shouted in delight, “That’s it! I’ll hide inside of each human; they will never find me there!” We suffer, the yogis tell us, because we forget who we are. We think we are the boxes we are wrapped in and forget that we are really the Divine “hiding” inside. Svadhyaya, or self-study, is about knowing our true identity as Divine and understanding the boxes we are wrapped in. We can find clues about our boxes by watching our projections, by the process of tracing our reactions back to a belief, and by courageously looking at life as it is.

This process of knowing ourselves, and the boxes that adorn us, creates a pathway to freedom. The ability to shift our identification from our ego self (our “boxes”), to the witness, and finally to our true identity as Divinity itself, is the joy of this jewel of self-study.”

What are you projecting onto others?

Svadhyaya- The Role of the Ego

“The ego is a function of the mind that organizes itself into “I.” The ego is not a bad thing; without the ego, we wouldn’t exist. The ego takes an event that the senses bring into awareness and makes it personal. For instance, the senses may bring in the information that a dog is barking. The ego makes it personal by saying, “I hear a dog barking.” Then, this message further gets entangled with the value judgment we place on the event. We will have an opinion about the dog barking based on our experience. I might be annoyed at the noise or tremble in fear because of a past experience where I was attacked. Or I might rush to pet the dog, remembering a childhood pet that I adored. We can see from this example how the ego takes ownership of a neutral experience by making it “mine” and then colors it from the box of past experience.

-Deborah Adele

Where in your life do you tend take a neutral experience and make it yours colored by past experiences?

Day 30:

Svadhyaya- Projections

“Do this experiment now: without thinking, quickly write down the first five things that come to your mind that describe the world as you see it.

Now look at what you have written. Every comment that you have used to describe the world will tell you more about yourself than about the world. You have just written clues into how you structure your beliefs, yourself, and your life. Every comment you make about the world, about another person, about an event, about life, is a projection of yourself and a clue to your interior landscape. The world is your autobiography.” -Deborah Adele
Anais Nin, “We don’t see things as they are, we see things as we are.”

How/where are you actually seeing things as you are rather than as they are?

Svadhyaya- Perspective

“Let’s return to the old Kung Fu reruns. When Caine, fondly called Grasshopper by his master, is a small boy in the monastery, his master finds him watching fish in a small pond. The master asks Grasshopper, “How many fish are there?” Grasshopper replies, “Twelve, Master.” “Good,” replies the master, “and how many ponds are there?” Somewhat confused by such a seemingly obvious question, Grasshopper responds, “One, Master.” “No,” replies Master, “there are twelve ponds; twelve fish, twelve ponds.” In the previous exercise, we could have asked a room full of five hundred people to do the experiment and all the answers describing the world would be different because each person would have described pieces of their unique self. Five hundred people, five hundred worlds.”

“The world gives you what you see. You can experiment with this truth by changing your story about what you see. You will notice, the world changes to fit the story you are telling.”

-Deborah Adele

What is it that you are seeing in the world...different from what is there?

Day 31:

Svadhyaya- Models of Reality

“We learn early to accept our family’s way of doing things and to pattern ourselves after cultural norms. These early conditionings continue to form and move deep inside us creating pieces of our identity. Add to that our reactions to our own life experiences and we become neatly wrapped in layers of packaging.

When faced with any disharmony, our tendency is to blame what is outside of us and then justify what we are thinking or feeling. If we are courageous enough to trace the disharmony back to ourselves, we can begin to unpack our boxes and open up vast amounts of freedom that brings us closer to our true essence. “Tracing it back” begins to unpack belief systems of “shoulds,” “musts,” and “wrong and right.”....

“People and events don’t disappoint us, our models of reality do. It is my model of reality that determines my happiness or disappointments.”

What models of your reality are disappointing you today?

Svadhyaya- The wolf and the Lamb

“There is a Cherokee story in which the grandfather is explaining to his grandson that two animals live inside his heart, a wolf and a lamb. When the grandson asks what he is to do, the grandfather replies, “Feed the lamb.” This story beautifully illustrates the reality of what sits inside us. We need to respect the wolf in us; if we don’t, we may become self-righteous and vulnerable to being eaten by the wolf. Whatever we pretend isn’t there will unconsciously use us. But we can choose to feed the lamb and grow ourselves into someone more compassionate and kind to both ourselves and to others. We must be willing to look at the selfishness and greed and anger that lies in us, but feed the greatness.”

Where in your life could you feed your greatness more?

Day 32:

Ishvara Pranidhana - In the Flow

“We have had tastes of this jewel of surrender; we know it as being “in the flow” or “in the zone.” In the movie Bagger Vance, it is portrayed as your “one perfect swing.” Perhaps you were watching a sunset, hiking in the mountains, holding a baby, or caught up in something you love to do when suddenly time disappeared and you disappeared with it. Your actions, your thoughts, and the activity you were engaged in, lined up and became one entity of harmony and perfection. This is the rhythm of surrender. The yogis tell us that we can live this way all the time, unless we are getting in our own way.” ~Deborah Adele

This week watch your attitude and responses to the moment. Are you fearful, trusting, fighting, judging, or annoyed? Is there a pattern to your attitude?

Ishvara Pranidhana - Stop Fighting

“As we learn to stop fighting life, we can begin to act skillfully. Control makes us rigid and tight and narrows our perspective. Getting rid of our armor opens a world of possibility and makes us lighter and more comfortable for the journey.” ~Deborah Adele

“Doug Keller uses the imagery of ice chunks to help us grasp this concept of expansion and release. He likens life to a flowing stream and we are ice chunks in that stream. We are the same quality as the stream; however, we are frozen in our tensions and fears. Our practice is to melt ourselves into the flow of the stream, becoming one with the flow of life. As we relax and release our rigid thoughts and muscles, we can begin to flow with life.”

~Deborah Adele

Where does tension arise in your body when you need the moment to be “your way”? What happens when you consciously choose to relax your body and shift your attitude to curiosity?

Day 33:

Ishvara Pranidhana - Engaging

“Those of you who do white water rafting know the power of the rapids. To fight them is to lose. Instead, you must use the rapids to your advantage to navigate through them safely. Learning to surrender is as skillful as being able to maneuver a raft through white water rapids, knowing that the power is in the current and the rocks and your own skill to keep from capsizing or crashing. Like white water rafting, surrender is learning to skillfully ride with what the moment gives us, all the while enjoying the process, whether we glide through safely or tip over and get wet.

And yet, we can easily find ourselves waging war on the moment by demanding that it give us what we want, served just the way we like it. It would be like trying to make the current do what we want it to. That attitude is disastrous on a raft, and it is disastrous in life. When we need life to be a certain way, we get restricted and tight, rather than open to the current of life. But each time we ride the rapids, we become a more skillful paddler.” ~Deborah Adele

Where in your life can you practice welcoming each moment and growing yourself into the opportunity of what is being offered and asked of you?

Ishvara Pranidhana - Surrender to Something Bigger

“History is full of great people who surrendered to the hardships and challenges of their time and engaged those hardships with creativity and skill. These inspirational people understood that surrender meant giving themselves to a higher purpose because that was what life asked of them. These people did not start out “great.” Like you and I, they were ordinary people. But with each challenge life presented them, rather than shrink away, they grew themselves up to meet the moment skillfully.” ~Deborah Adele

When in life do you find yourself shrinking away where you could trust that life is giving you a chance to step into a fuller, more skillful you?

Day 34:

Ishvara Pranidhana - Dance with Life

“It is as if we are partnered to life in a dance step. We do not lead, nor do we limply drag along like dead weight. As a dance partner to life, we are asked to be vulnerable and undefended, and yet so present we can follow the next move, wherever the leading step takes us, adding our own style as we go.” ~Deborah Adele

Where in your life can you be a better dance partner without trying to take the lead or lag behind?

Ishvara Pranidhana - Let Go of Control

“Swami Rama used to say, “Do what is yours to do; don’t do what is not yours to do.” How simple these words may sound to our ears, and yet they are profound to our understanding of surrender. As we are able to let go of what we can’t change, we are able to grow more and more into our unique gift and contribution to life itself. There is something that is ours to do, and whether it is large or small, it is our contribution to the whole of humanity.” ~Deborah Adele

Where in your life can you stop doing what is not yours to do?

Where in your life can you start doing what is yours to do?

Day 35:

Ishvara Pranidhana - Become Part of the Greatness

“As the ego surrenders, the heart expands. As the ego stops working so hard to get its own way, life begins to take on an ease and rhythm. As the ego stops fighting to be number one, life begins to nourish and feed us in amazing ways.....

We find in the process that we do not lose ourselves, but instead become part of the greatness itself.” ~Deborah Adele

Where can you check in with your ego and stop working so hard so that your true self can shine through?

Swami Chetanananda wrote:

Ultimately there is nothing I can tell you
about surrender except
Having nothing and wanting nothing;
Not keeping score,
Not trying to be richer,
Not being afraid of losing;
Not being particularly interested
in our own personalities;
Choosing to be happy,
no matter what happens to us.
These are some of the clues.
The rest we learn with practice and grace.

Week SIX

40 DAYS OF

YAMAS & NIYAMAS

A SELF-GUIDED JOURNEY TO TRANSFORMATION

LOTUS YOGA

Review of All 10 Yamas & Niyamas

🏆 WE ARE IN THE FINAL STRETCH 🏆

- Remember your triumph in the small changes you have seen...whether it be in your meditation, your yoga, or your journaling.
- Small changes always lead to great changes through overcoming one obstacle at a time.

The practices of:

Non-violence guides us from harming ourselves and others to kindness and compassion for self and others.

Truthfulness guides us from lies and half-truths to expressing our uniqueness and authenticity.

Non-stealing guides us from theft to cultivating new skills and abilities.

Non-excess guides us from greed to appreciation and pleasure without excess.

Non-possessiveness guides us from attachment to intimacy without possession.

Purity invites us to cleanse our bodies, our speech, our thoughts

Contentment invites us to fall in love with our own life

Self-Discipline invites us to consciously choose discipline and growth

Self-Study invites us to know the self

Surrender invites us to pay attention to what life is asking of us

Week Six: Practice Tracker

_____	☐	☐	☐	☐	☐	☐	☐
_____	☐	☐	☐	☐	☐	☐	☐
_____	☐	☐	☐	☐	☐	☐	☐

Week SIX Journaling

Day 36:

Ahimsa: Non-Harm or Non-Violence

Nonviolence is refraining from acts of violence, harm and unkindness to others, to the earth, and to oneself.

Practices for nonviolence:

• Create balance in your life

• Face your fears

• Practice courage

• Cultivate kindness and compassion to the world, others, and yourself

“Our capacity to be nonviolent depends on our proactive practice of courage, balance, love of self, and compassion for others.” ~Deborah Adele

Where can you bring more ahimsa into your day-to-day?

Satya- Truthfulness

Truthfulness is refraining from lying with an additional emphasis on being more authentic and more real.

Practices for truthfulness:

• Be real rather than nice

• Tell yourself the truth

• Truth changes – get and stay current with yourself

“As a partner to nonviolence, truthfulness prevents nonviolence from being a wimpy cop-out and nonviolence prevents truthfulness from being a brutal weapon.” ~Deborah Adele

Where can you be more truthful with yourself in your day to day?

Day 37

Asteya- Non Stealing

Non-Stealing is refraining from taking what isn't yours and refraining from taking more than you need.

Practices for non-stealing:

• Refrain from stealing from the earth

• Refrain from stealing from the future

• Refrain from stealing from others

• Refrain from stealing from yourself

• Practice reciprocity with all things

Become excited about what you do have in:

• material goods

• relationships

• your own unique gifts and talents

• the gift of life itself

"When we are engaged in the joy and challenge of creating ourselves, we automatically serve the world rather than steal from it." -Deborah Adele

Where are you stealing in order to feel better about yourself?

Brahmacharya- Non Excess

Non-excessive means refraining from overindulgence with food, sleep, pleasure, and work. It is cultivating a sense of sacredness in all that you do.

Practices for non-excess:

• Learn to tell when the nourishment of enough turns into the dullness of excess

• Separate what the body really needs from the extravagant message the mind is telling you about these needs

• Live your passion

• Honor all things as sacred

• Honor yourself as sacred

"When gratitude and wonder sit in the heart, there is no need for excess." ~Deborah Adele

Where in your day-to-day can you bring more gratitude and wonder into your heart?

Day 38:

Aparigraha: Non-Possessiveness

Non-possessiveness is refraining from possessing, grasping, or clinging to any person, event, or thing.

Practices for non-possessiveness:

- Let the breath teach you: if you don't fully let go of the exhalation, the full nourishment of the inhalation is not available. Holding on is a toxic action.
- Fully enjoy each thing without needing it to repeat itself.
- Live with curiosity, not expectations
- Let go of control and be willing to be surprised
- Practice generosity and trust."
  "Aparigraha invites us to let go and to pack lightly for our journey through life, all the while caring deeply and enjoying fully." "Anything we cling to creates a maintenance problem for us."
  In what way has your need to possess created a prison for you?

Saucha: Purity

Purity is the active pursuit of letting go.

It invites us to purify our bodies, our thoughts, and our words

It invites us to be purely available to each moment as it happens

Practices for purity:

Lighten your "load" wherever it is.

Physical weight

Mental clutter

Emotional rigidity

Messy living space

Allow things to be as they are, not as you wish they were

Be pure "with" something; don't try to "make" it pure

Let go of judgments, expectations, opinions, disappointment

Keep from attempting to change yourself or hide from yourself

Slow down

Do one thing at a time

"Whatever form purifying takes, it always begins with an intention to 'lighten' the load we are carrying."
Where is the heaviness in your life?

Day 39

Santosha- Contentment

Contentment is the active practice of gratitude and appreciation for what is.

Practices for contentment:

- Look “inside” the fence, not over it.
- Avoid seeking what you “like” and avoiding what you “dislike”.
- Discontinue giving others power over your emotional status.
- Develop a still, calm center through meditation.
- Stay in gratitude.

“Choose to stay established in contentment rather than tossed on the waves of the ups and downs of life.”

What pulls you out of contentment? What could you do to choose contentment instead?

Tapas: Self-Discipline

(also “heat,” catharsis, austerities, spiritual effort, change, tolerance, transformation)

Self-discipline is effort towards a future value, in lieu of a momentary pleasure.

Practices for self-discipline:

- Make choices that support the “you” that you want to become
- Forsake momentary pleasures for future rewards.
- Exercise
- Food choices
- Activities
- Spiritual practice
- Choose to build character when times are tough
- Hold on for the blessing

“Tapas is the willingness to be both burned and blessed.”
Moment by moment, who are you choosing to become?

Day 40

Svadhyaya -Self-Study

Self-study is the intentional seeking to know who you are.

Practices for self-study:

- Notice your conditioning
- Notice your projections
- “Trace it back”
- Understand the role of the ego
- Develop your “witness”
- Read sacred texts of any tradition

“We suffer, the yogis tell us, because we forget who we are.” Name some of your beliefs, roles, characteristics, likes and dislikes.

When all of these are taken away, who are you?

Ishvara Pranidhana -Surrender

Surrender is actively putting ourselves at the feet of something greater than we are.

Practices for surrender:

- Participate in selfless service
- Give up trying to control, manipulate, and fight with life
- Find your faith and trust
- Pay attention to what life is teaching/telling you
- Get in touch with the feeling of expansion
- Be vulnerable, undefended, and available
- Care deeply about something other than yourself

“Surrender is ultimately a stance of devotion that takes place in the heart and permeates all of our attitudes and actions.”

What does your heart care about? Does this line up with your thoughts and actions?

Is this end?

Or simply a continuation of the bigger, brighter you?

I'm so grateful that you joined me for this journey. It is an honor to share my love of the practices of yoga on and off the mat with others.

The practices of:

Nonviolence guides us from harming ourselves and others to kindness and compassion for self and others.

Truthfulness guides us from lies and half-truths to expressing our uniqueness and authenticity.

Non-Stealing guides us from theft to cultivating new skills and abilities.

Non-Excess guides us from greed to appreciation and pleasure without excess.

Non-Possessiveness guides us from attachment to intimacy without possession.

Purity invites us to cleanse our bodies, our speech, our thoughts

Contentment invites us to fall in love with our own life

Self-Discipline invites us to consciously choose discipline and growth

Self-Study invites us to know the self

Surrender invites us to pay attention to what life is asking of us

Before the 40 Days, my experience with yoga asana/meditation/inquiry was...

During the program I ...

The 40 Days has impacted my life in these ways:

Now that the 40 Days is finished I am open to the possibility of ...

If you are open to sharing any part of these final answers with me I would love to know what has worked for you. In love and gratitude, Brittany