

# The Divine Portal

## 40 Day Meditation Request

Name: \_\_\_\_\_

Birth Date: \_\_\_\_\_

Address: \_\_\_\_\_

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Phone #: \_\_\_\_\_

Email: \_\_\_\_\_

Reason for meditation:

Why Now? \_\_\_\_\_

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Send to [L@thedivineportal.com](mailto:L@thedivineportal.com)  
[www.thedivineportal.com](http://www.thedivineportal.com)

## Your 40 Day Meditation

Greetings, Dear One:

You have now been blessed with your own 40 Day Personalized Sadhana, a spiritual practice all your own! This next 40 days will begin a very special time in your own personal growth. 40 Days has historically been known as a very sacred time period. It is a length of time often referred to in the Bible and other ancient scriptures for enacting change. Doing something for 40 days can make or break a habit in a person. If you are consistent in your personal practice, it can clear old subconscious patterns, set up new positive patterns, and change your life forever.

The key is to be consistent. You must do the sadhana you have been given consistently for 40 days in a row. If you miss even one day, you must start over again at day one and continue to 40. Sometimes a personal sadhana, which means daily personal spiritual practice, can stir up a lot of feelings and emotions from the past. You may find forgotten memories surfacing and sometimes they may be painful. Relax and know this is part of the cleansing process. Just remember to breathe, smile and allow yourself to go through it. It will soon pass and be gone and you will be on to clearer days.

The teachings of Kundalini Yoga are so powerful; they can cleanse, soothe and purify the irritated parts of our mind, body and soul. However, we must first allow ourselves to experience our sadhana by doing it, consistently and persistently every day. If you find you need someone to talk to, please contact me via e-mail or telephone. Know you are not alone in this. All enlightened masters that have ever walked earth are there to help you through it, and once you are finished we are all here to rejoice with you. I am here to serve you in your journey of self discovery as you unfold and open to your higher self. God Bless you and remember to "KEEP UP"!

Immersed in all Divinity as One,

"L"

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908.578.1969

Ong Namō Guru Dev Namō

"I bow to that divine teacher that is within my self"

It is important to chant this 3x before you begin your practice each day as it calls upon your own divine, inherent wisdom to guide through the process.