



5 KEYS TO SPIRITUAL AWAKENING

CHALLENGE JOURNAL

From lock-down to inner freedom

WELCOME

5 Tips to Get the Most Out of this Challenge

1. Print this guide before the beginning of the 5-Day Challenge so you can take notes as you listen. Use the back of the sheets too.
2. Review the content we send you before the beginning of each day.
3. During the Challenge use the Journal to write down all your interesting ideas and inspirations - that way you will get the most out of it!
4. Please commit to putting aside 30 minutes either in the evening or morning to practise the powerful 5 keys of awakening.
5. Make sure you have a reminder/alarm app and set it for every two hours. You are going to use it from the first day!



WHAT TO EXPECT

DAY 1

You will get clarity on how you're living according to your purpose and learn how to quieten the mind.

DAY 2

Develop plans to energise your body. Learn how to be aware of your body and be kind to it, as the temple of your soul.

DAY 3

Learn to feel stronger in your relationships and give to people without losing your inner power.

DAY 4

Observe your vital force. Develop your willpower so you have the strength to move forward in your spiritual life.

DAY 5

Learn to live in a connected state, so you have a awareness of your highest self in every moment.



PRE-CHALLENGE EXERCISE

Start with an intention for the next 5 days

The material world is created as a result of the state of consciousness.

When you set an intention you are configuring your consciousness to create the world around you. When you write down that which you intend to attract you are calling on the essence of the Universe (you can call it creative force, God or the cosmos, it's the same thing!) So when you set a firm clarity about your intention you give the material world something to start unfolding around. When you make an intention you have to make it clearly in the present moment.

Example:

I am confident and strong. I am financially abundant. My life is filled with love. I am happy, fulfilled and successful. I am grateful I have access to all the tools to deepen my spirituality.

What are your intentions for this challenge?



DAY 1 - AJNA

How much are you living your purpose?

How would you feel if you were living your highest purpose in life? What one small thing could you do today that would make you feel like that?



DAY 2 - MOOLADHARA

Be aware of how you treat your body

Pause and survey your body and its health. What can you do in the next two hours to make it feel even better, to be a powerful temple for your soul?



DAY 3 - SWADISTANA

Slow down and be aware of people around you

Pause and do the swadhishana mudra with the affirmation. How can you be more aware of the needs of people around you, while staying in your centre?



DAY 4 - MANIPURA

Observe your vital force

Make a note of whether or not you are using your vital force to give your highest to life. How strong is your willpower today?



DAY 5 - ANAHATA

Listen to your sacred heart

Pause. Breathe. Be. Connect with your highest self. Ask it to reveal itself during the next two hours.



CONGRATULATIONS!

YOU FINISHED THE 5-DAY CHALLENGE

Liked what you experienced?

Take the next step and join the
Spirituality of Yoga course

<https://druyoga.com/uk/events/spirituality-of-yoga-online-2020>

Yoga is so much more than postures, pranayama and meditation. It was developed as a journey for liberation, to fully explore the greatness of who you are. It's a path to freedom beyond your limitations, aches and pains and self-doubt. It's a way of transformation - so you can become the very best and strongest version of yourself

Find out if this course is for you. **Check the link!**
Or find what is suitable for you in our event page.

<https://druyoga.com/discover/together-at-home#live-lounge>

