



BY STEFANI WILTON, CREATRIX
OF EMBODIMENT YOGA™



40 days of difficult questions

A Winter Solstice Journey for creating
sacred practice - Face YOUR obstacles and
move beyond them . . .



why difficult questions?



We all have some place that we envision ourselves moving toward, and yet so often, we struggle with bringing our goals to fulfillment. Why is this? This isn't a new human dilemma. And it certainly isn't a problem that is exclusive to your own behavior. ALL of us encounter our own unique hiccups when it comes to enacting real and tangible change in our lives.

This is a journal that is written for YOU to unearth the particular OBSTACLES that are holding you back from the life you envision for yourself. Some of these questions will be hard to answer and may even illicit a strong emotional response. This is a good thing! Use that anger to move yourself forward. There are no wrong emotions or wrong responses to these questions. I assure you that I ask them because, these are the questions that ALL HUMANS, myself included, struggle with and most often AVOID. It is by facing these questions head on, that we can choose to be uncomfortable NOW in order to prevent suffering in the FUTURE. This is not a SELF CARE journal. This is a SELF WORK journal.

If you are tired of spinning out, feeling overwhelmed or frustrated with yourself and the place you are stuck in, If you feel ready to face yourself and move through those things that are not serving you, then I invite you to join me in this 40 day journey. This is a very intentional practice that I created to align with the first 40 days following Winter Solstice, BUT you can begin this practice at anytime that resonates for you. You can also, join with me in chanting the Ganesh Mantra daily as you work through these reflections, or can create your own 'prayer' to focus on as you move through the 40 days.

About Stefani



CREATRIX OF EMBODIMENT YOGA™

I believe in leading from a place of vulnerability, that it is actually those things that we perceive to be weak or unlovable that hold the key to our greatest potential. From experience, I know that we do not accomplish great things on our own. As humans, we are wired to work within a social framework. I created Embodiment Yoga™ out of my own struggles with Trauma and Anxiety. I have held myself under a blanket of depression and have walked through the agony of being disconnected from my body and locked in my breath. I believe that spiritual teachers should be friends, friends who see your pain and hear your story, not because they themselves have reached a state of perfection, but because they deeply understand your pain, because they have walked it themselves. It is from this humble place that I offer my support to you in whatever state you are currently in. May I be a safe place for you to be seen in your messiness. I am honored to listen to your story and I thank you for sharing your path with me.





About Ganesha



THE MASTER OF MOVING BEYOND ONE'S OBSTACLES

Ganesh is the representation of that part of ourselves that is capable of moving beyond our challenges, not by force but by the use of our innate feminine intelligence. When we call upon Ganesh, we call forth this part of ourselves that perceives the ways to move around and through our obstacles with strength and gentleness. Ganesh is the patron saint of business owners, and chanting of the Ganesh Mantra is a strong invitation to let go of those things that did not serve you and make space for something new and beautiful. Ganesh represents immense power, doing the work, digging in and facing yourself AND YET he reminds us to embrace the sweetness of life, to not forget the beauty that surround us.

ganesha mantra

ॐ गं गणपतये नमः
gam gaṇapataye namaḥ

OM GAM GANAPATAYE NAMAHA

OPEN DOORWAYS FOR ME AND REMOVE THE
OBSTACLES IN MY PATH

Listen to the recordings at mandorlayoga.com/mantra

HOW THIS WORKS



Create an intentional space for yourself. Where will you practice your chanting and reflection? What sacred items can you place in your space? Will you practice the Ganesh Mantra or is there a prayer on your heart that you will intentionally focus on?

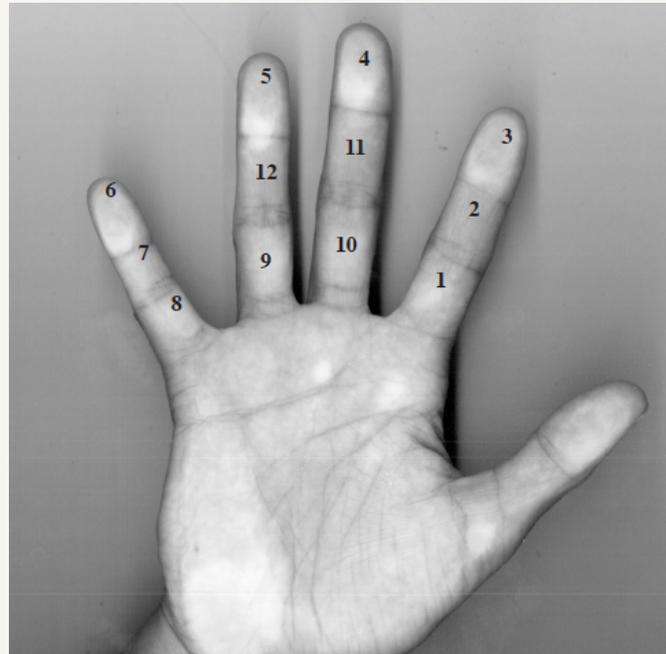
Set aside a time each day where you can complete the chant and reflections in their entirety. As a mother, I am unable to practice my chanting at the same time each day, so I ask my family to support me in making time each day for my practice. Often my daughter will join me.

When you chant, find a comfortable seat. Soften your breath and soften into your body. Allow the chant to roll out of you like a beautiful song, without effort and from the heart. Allow it to follow the rhythm and cadence of your breath and your heart.

I invite you to chant the mantra 108 times each day over the first 40 days following winter solstice. If you have a mala, you can use the beads to mindfully track each recitation. You can also use your hand to count 12 recitations at a time using the notches on your fingers in a spiral direction. (See image on next page.)

You will need pen, paper, a comfortable seat and a candle with lighter.





the hand counting method -
following a spiral, count the
notches on your fingers

before you begin. . . day 1



What drew you to this practice?
Why are you doing this practice?
Why right now?
What problem are you looking to solve?

Write these answers down on the eve of the Winter Solstice. Reflect on them again at the end of the 40 day commitment.



āvidyā

**DO YOU SEE YOURSELF FOR
THE BEAUTIFUL BEING THAT
YOU ARE?**

DAYS 2, 3 & 4



Relationship with My SELF

How do I conduct my inner dialogue? Am I kind to myself? Do I give myself compassion? What needs to change?

Relationship with OTHERS, Reflected

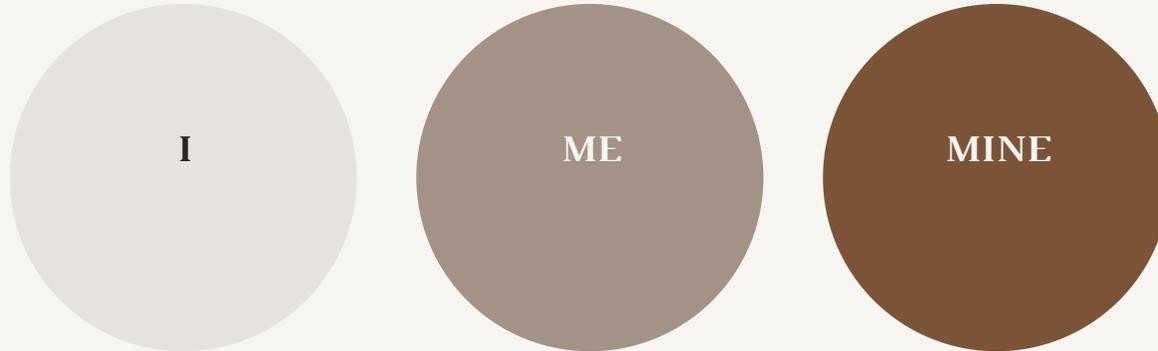
Do you feel seen, heard and understood by the people you are in relationship with? What needs to change?

Relationship with OTHERS, Presence

Do I allow others to see me in my fullness? Do I change who I am for others? What needs to change?



asmitā



DANCING WITH YOUR EGO DAYS 5, 6 & 7

What have I attached myself to as my definition of I? I am . . .

What have I attached myself to as my definition of ME? This is ME.

What have I attached myself to as my definition of MINE? _____ is MINE.

How is this limiting my ability to step into my potential?

What do I need to let go of?

dveṣa



WHAT AM I AVOIDING? DAYS 7, 8 & 9

A large, empty square box with a light gray background, intended for writing or drawing the biggest thing being avoided.

Write down or draw the one biggest thing you are avoiding right now.

A large, empty square box with a light gray background, intended for writing or drawing other things being avoided.

What else are you avoiding?

A large, empty square box with a light gray background, intended for writing or drawing further details about avoidance.

What else?

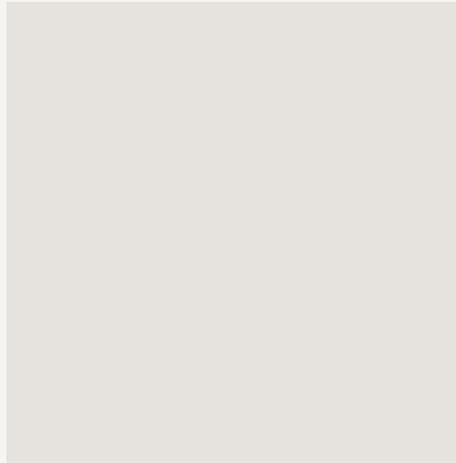
dveṣa



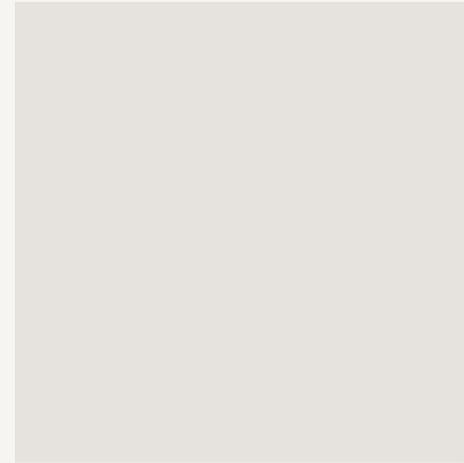
WHY AM I AVOIDING IT?



**If I do this thing that I have
been avoiding, deep down I
believe that what will happen?**



What might actually happen?



And then what would happen?

dveṣa



HOW WOULD IT FEEL IF YOU STOPPED AVOIDING?

A large, solid grey square intended for writing responses to the first question.

If I stopped avoiding this thing, I would feel . . . in my body

A large, solid grey square intended for writing responses to the second question.

If I stopped avoiding this thing, I would feel . . . in my mind/emotions

A large, solid grey square intended for writing responses to the third question.

What support do I need to take the step to stop avoiding? Ask for help? Remove something from my home? Remove myself? List 3 actions you can take.



rāga



WHAT AM I ATTACHED TO? DAYS 10, 11 & 12

I am of the belief that we ALL carry trauma in our bodies and have learned immense skills for helping ourselves cope with the pain that it causes us. Sometimes we may seek out stimuli that allows us to numb the very real discomfort that we are in. AND at times, this numbing is needed. It can be our way, of saying, I can't handle this right now. This is too much.

Other times, we may find ourselves, doing something more out of habit. Just repeating an action on autopilot with out even realizing that we are doing it.

Without judgement, list your autopilot items.

Focus on one each day. Is this item replacing something in your life that you would rather be doing with your time? Is this something that you really want to be doing? Does it at times, serve a purpose for you? If so, how do you know the difference between purposeful action and autopilot? Invite this into your chanting practice. What can you change? What are some small actions that you can take to support yourself in only doing this action when it is helpful?



mindful vs. autopilot

A large, empty rectangular box with a light gray background, intended for listing autopilot items.

List your autopilot items

A large, empty rectangular box with a light gray background, intended for noting mindful times when things are helpful.

Mindful times when these things
are helpful

A large, empty rectangular box with a light gray background, intended for listing things that can be changed.

What I can change



abhiniveśāḥ

What are you afraid of?
Days 13, 14 & 15



IF YOU STEP INTO YOUR POTENTIAL, WHAT ARE YOU AFRAID WILL HAPPEN?



Take some time to list each fear. What are you afraid of losing? What are you afraid would happen? Hold it. Feel into your body and emotions. What is it beneath the fear that you NEED? What would it feel like in your body to give yourself what you need? Spend some time in meditation, visioning yourself nurtured and with that need met. In your chanting practice, let each fear go into the hands of the Universe.

What gives me JOY?

Days 16, 17 & 18

Take some time to reflect on specific moments that have brought you joy. If you have a photo of any of these moments, print it and add it to your sacred space. If you have several, make them into a collage. Reflect on what they have in common. What is the common denominator or thread that connects them? What does this tell you about where you want to go with your life?

What does this tell you about your gifts and passion?

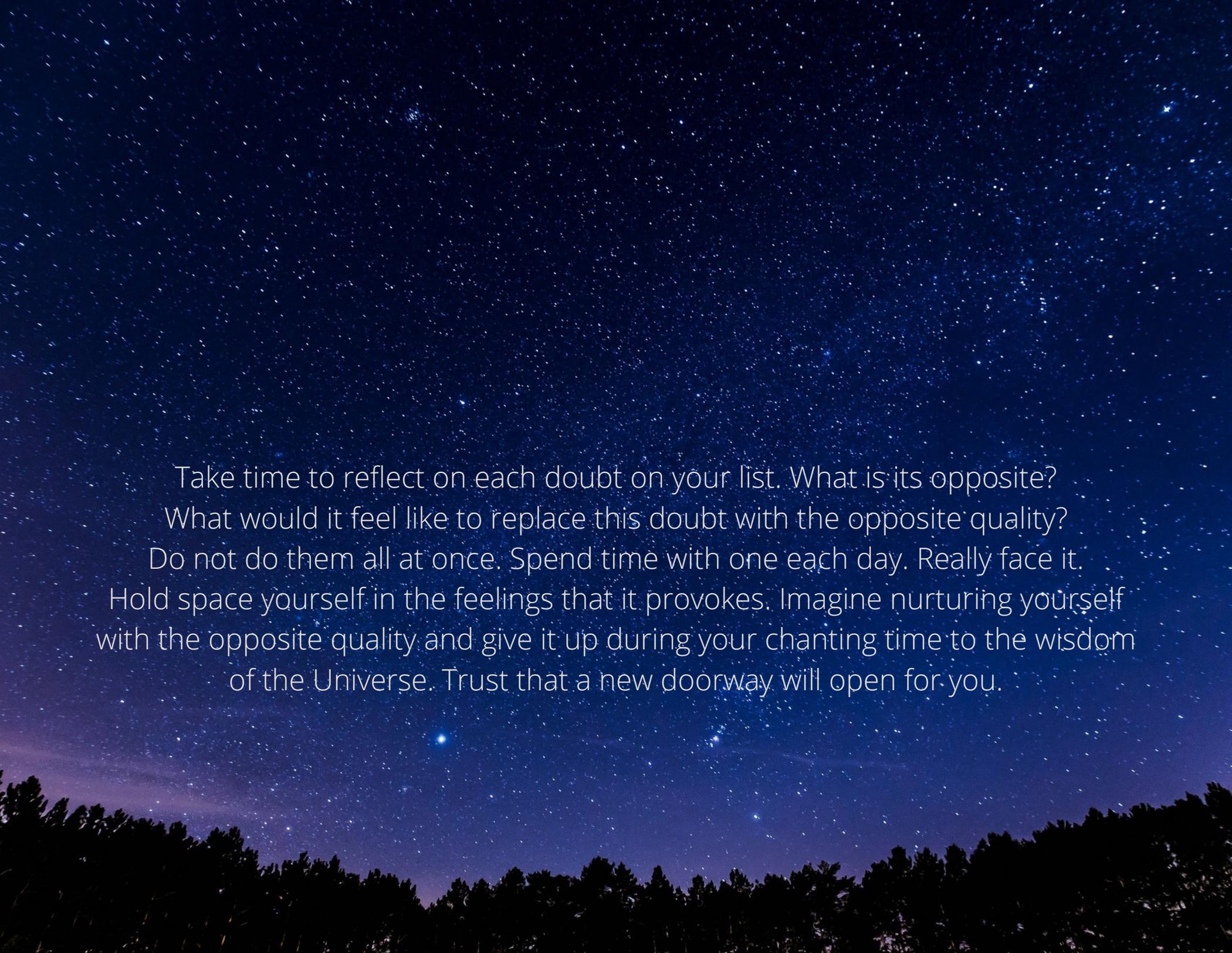


Where do you want to go? →

SANKALPA VIKALPA DAYS 19 - 40

Think of your vision of where you would like to be one year from today. What would be your dream come true? Write it out without hesitation, correction or judgement.

When you did the reflection, what struggles surfaced for you? What insecurities, doubts or negative beliefs? Write these down on a separate sheet of paper. Hold the paper of your negative list and give space for how these doubts feel in your body. Where do you feel them? What do they feel like?

A deep blue night sky filled with numerous stars of varying brightness. The stars are scattered across the frame, with some appearing as distinct points of light and others as faint trails. At the bottom of the image, a dark, silhouetted line of trees or a forest edge is visible against the starry background.

Take time to reflect on each doubt on your list. What is its opposite?
What would it feel like to replace this doubt with the opposite quality?
Do not do them all at once. Spend time with one each day. Really face it.
Hold space yourself in the feelings that it provokes. Imagine nurturing yourself
with the opposite quality and give it up during your chanting time to the wisdom
of the Universe. Trust that a new doorway will open for you.



COMPLETING YOUR 40 DAY RITUAL

ENDING YOUR REFLECTIONS WELL

On the last day of your chanting journey, take some extra time to reflect on those things that do not serve you, that you would like to release and let go. Write them down on one piece of paper and have on hand a metal bowl and lighter. When you complete your chanting practice on this day. Burn and release those things completely. Watch the flames until they complete. When it is finished, chant OM SHANTI SHANTI SHANTI to close your chanting practice. It is finished.



OM SHANTI SHANTI SHANTI



Join me on the
Embodiment Yoga™
Journey . . .

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