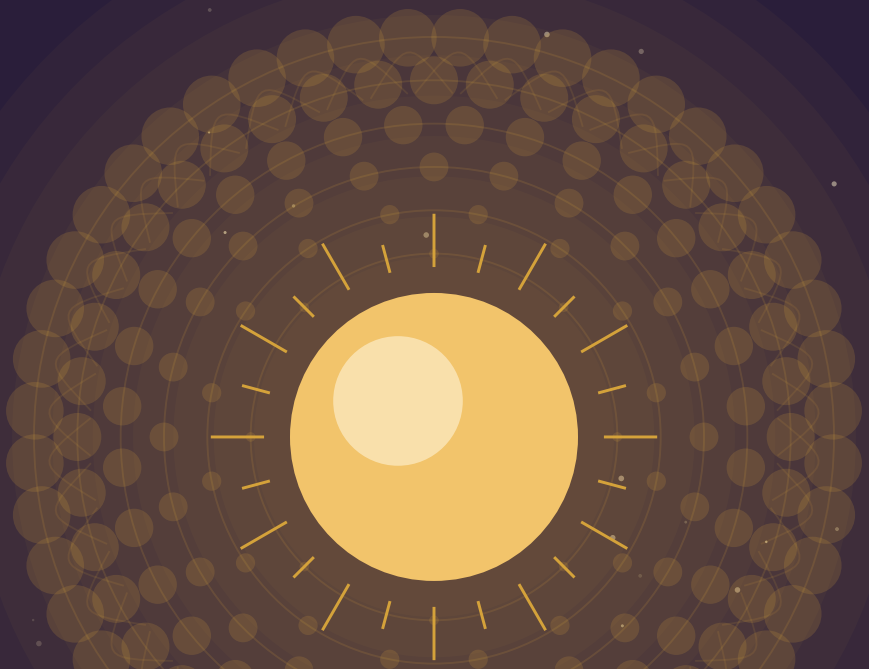
THE HIMALAYAN MONK



Surya Siddhi Manifestation

The Himalayan Sun Technique · 30-Day Workbook

Baba's ancient technique to draw on the cosmic energy of the Sun and materialize your goals: one Golden Sun meditation, one clear Sankalpa and one real step every day

30-DAY FILLABLE WORKBOOK · ANCIENT WISDOM + MODERN PSYCHOLOGY

A LETTER FROM BABA

Before the sun rises

My dear soul,

Every morning in the Himalayas, long before the first light, the old ones would sit facing east and wait for the sun. They did not ask it for anything at first. They simply greeted it, offered it a little water, and thanked it for returning. Then, in that golden silence, they placed their heart's resolve, their *sankalpa*, before the light.

This workbook brings that morning ritual to you, wherever you live. At its heart is the **Surya Siddhi Manifestation Method**: a visualization in which you send a golden light from your mind to the Sun, receive it back a thousand times brighter, and pour it onto the life you wish to create.

Here is the secret the old ones knew: when you see your desire clearly in the golden light, feel it with your whole heart as if it is already yours, and then live each day as the person who already has it, life begins to arrange itself around your resolve. Belief becomes feeling. Feeling becomes action. Action becomes your reality. That is why every day in this book has three parts: the light, the belief and one real step.

The ancient texts say: as your desire is, so is your will; as your will is, so is your deed; as your deed is, so is your destiny. In thirty days, we will move through all four.

Fill in these pages slowly. Be honest. Be kind to yourself on the days you forget. And come back, the way the sun comes back, every morning.

With love, from the mountains,

Baba

The Himalayan Monk

SECTION 2

The Surya Siddhi Manifestation Method

This is the heart of the program. Learn these fourteen steps by heart, and practise them every morning.

Sit comfortably with your spine upright, or lie down if you prefer. Close your eyes. Take three slow, comfortable breaths. Breathing should always be natural and easy; never hold your breath or strain. Then follow the steps in exactly this order:

1. Visualize a small golden light forming at the centre of your mind.
2. Breathe in gently.
3. As you breathe out, consciously send this golden light from your mind toward the Sun.
4. Watch it travel from your mind, beyond the Earth, across space, until it reaches the Sun.
5. See the Sun receive your light.
6. Imagine the Sun amplifying it: ten times brighter, one hundred times brighter, one thousand times brighter.
7. See the Sun return this thousandfold golden light back to you.
8. Receive the magnificent golden light. Feel it fill you.
9. Bring your personal goal, your Sankalpa, clearly into your imagination.
10. Breathe in.
11. As you breathe out, project the amplified golden light from your mind directly onto your goal.
12. See golden rays falling upon your desired reality.
13. Watch the goal become brighter, more vivid and more detailed.
14. See your desired reality take shape and become a living experience in your imagination.

THE SEQUENCE AT A GLANCE

THE FLOW OF THE LIGHT

YOUR MIND
↓
GOLDEN LIGHT
↓
THE SUN
↓
AMPLIFIED 1,000 TIMES
↓
THE LIGHT RETURNS TO YOU
↓
YOU RECEIVE IT
↓
YOU PROJECT IT ONTO YOUR GOAL
↓
YOUR GOAL BECOMES VIVID AND ALIVE

REMEMBER THE ORDER

The Sun never shines directly onto your goal. Your light goes from your mind to the Sun; the Sun amplifies it and returns it to **you**; and then **you** project it onto your goal. You are the one who directs the light. This is what makes the practice an act of your own will and intention.

THE LIGHT OF THE SUN

For thousands of years, the sages of India have greeted the rising Sun as the source of light, life and awakening, in the Gayatri mantra of the Rig Veda and in the Aditya Hridayam, the hymn to the Sun given to Lord Rama before his greatest battle. When you send your light to the Sun and receive it back a thousandfold, you join this ancient line of seekers who drew strength from the Sun before every great undertaking.

Rig Veda 3.62.10 (Gayatri mantra); Ramayana, Yuddha Kanda (Aditya Hridayam)

AFTER THE VISUALIZATION, EVERY DAY

1. Open your eyes slowly and take one comfortable breath.
2. Silently complete the sentence three times: "I am so happy and grateful that..."
3. Ask: "What is one meaningful action I can take today that brings me closer to this vision?"
4. Write your three lines in today's page: your goal as already true, how you feel now that it is yours, and the action you are taking today.

YOUR DAILY JOURNAL

Baba's three lines

Every morning, right after your Golden Sun meditation, you write three lines. This is where the vision becomes yours.

1. **My goal, as if it is already true.** Write it in the present tense, as a fact of your life today: "I am...", "I have...", "I live...". Never "I will" or "I want"; those keep it in the future.
2. **How I feel now that it is mine.** Name the feelings in your body and heart as you live it: relief, pride, peace, joy, freedom. Feeling is what tells the mind this is real.
3. **The action I am taking today.** One concrete step toward it, written in the present tense too: "Today I am...". Small is perfect. Real is what matters.

	Example: wealth	Example: love	Example: career
1. My goal, already true	I am so happy and grateful now that I earn $8,000 a month doing work I love.	I am so happy and grateful now that I share my life with a kind, loving partner.	I am so happy and grateful now that I lead a team at a company I believe in.
2. How I feel	Free, proud and at peace. I breathe easily when I open my bank app.	Safe, warm and cherished. I smile when I hear the door open in the evening.	Confident, respected and energized. Mondays feel exciting.
3. My action today	Today I am sending my portfolio to three new clients.	Today I am saying yes to the dinner invitation and arriving open.	Today I am asking my manager what it takes to lead the next project.

WHY EVERY MORNING: BUILDING THE PATHWAY

Neuroscientists say: neurons that fire together, wire together. Each time you write your goal as already true, feel it in your body, and take a step toward it, you travel the same path in your mind, and that path grows stronger and easier to travel. Thirty mornings in a row turns a hope into a well-worn road your mind walks on its own.

Hebb D.O., The Organization of Behavior, 1949; Lally P. et al., 2010

BABA'S TIP

Use the same goal every day, written fresh each morning. As the days pass, let line 2 grow richer and let line 3 grow a little bolder. By Day 30 you will see thirty steps you have already taken.

SECTION 5

Day 0: your starting point

Fill this in before Day 1. You will look back at it on Day 30.

TODAY'S DATE

WHERE MY LIFE IS RIGHT NOW, IN THE AREA OF MY DESIRE (HONESTLY)

WHAT I HAVE ALREADY TRIED

WHAT USUALLY STOPS ME

WHAT I PROMISE MYSELF FOR THESE 30 DAYS

MY STARTING SCORES (0 TO 10)

Clarity about what I want	Belief it is possible	Daily action toward it	Calm about it

DAY 1 OF 30 · CLARITY

The Seed of Sankalpa

Sankalpa, the heartfelt resolve

The Brihadaranyaka Upanishad says: you are what your deep, driving desire is. As your desire is, so is your will. As your will is, so is your deed. As your deed is, so is your destiny. Everything begins with one clear seed. Today we plant yours. Not ten wishes, my child. One heartfelt desire that would truly change your life.

Brihadaranyaka Upanishad 4.4.5

TODAY'S GOLDEN SUN FOCUS

Let your golden light carry a simple picture of your one desire. It does not need detail yet; only feeling.

TODAY'S AFFIRMATION

My desire is planted, and it is already growing.

MY THREE LINES

1. MY GOAL, AS IF IT IS ALREADY TRUE ("I AM... I HAVE...")

2. HOW I FEEL NOW THAT IT IS MINE

3. THE ACTION I AM TAKING TODAY TO BRING IT CLOSER

TODAY'S REFLECTION: IF NOTHING COULD FAIL, WHAT IS THE ONE THING I WOULD MOST WANT IN MY LIFE ONE YEAR FROM TODAY?

☐ I did the Golden Sun visualization this morning

DAY 1 · ACTION AND EVENING

Make it real

TODAY'S STEP

Write your desire on a small card and keep it where you will see it every morning.

WHEN AND WHERE I WILL TAKE TODAY'S ACTION

MY IF-THEN PLAN: IF _ _ _ HAPPENS, THEN I WILL _ _ _

THIS EVENING

THREE THINGS I AM GRATEFUL FOR TODAY

EVIDENCE: WHAT MOVED CLOSER TODAY, HOWEVER SMALL?

ALIGNMENT TODAY: HOW TRUE TO MY SANKALPA WERE MY ACTIONS? (0 TO 10)

"A *tree is only a seed that did not give up.*"

BABA