

Invitation to join a **40 (+) Day Weight-Lifting Challenge** between May 7 – Aug. 7

... to honour Guru's upcoming 40th Weightlifting Anniversary – and to inspire more disciples to stay fit by some extra weight-training!

(DEUTSCHE VERSION hier → [als PDF!](#))

On June 26, 1985 Guru officially started his amazing weightlifting journey by lifting a 40 lbs dumbbell from the ground overhead at Aspiration-Ground. More on: www.srichinmoy-reflections.com/weightlifting-anniversary.

But Guru still kept exercising his whole body:

"I take exercise for each part of the body: arms, legs, back and whatever muscles are required to keep the body fit. I do at least 20 different exercises daily for my upper and lower body..."

"Dear ones, you do not have to be the champion supreme. Only keep your body fit. Physical fitness, again and again I am saying, is of paramount importance." (www.srichinmoylibrary.com/tms-7)

„Until we breathe our last, let us aspire, and let us inspire others."

„No matter how old you are, if you want to make progress in your spiritual life, if you want to make progress in your vital, mind, heart and soul, then physical fitness is absolutely necessary... I am not physically perfect; I get so much pain in my back and my knee. But still I take exercise every day." www.srichinmoylibrary.com/lpj-11



The CHALLENGE: to "lift" for 40 (or more) consecutive days between **May 7th - Aug. 7th** in one of **these categories:**

- **EASY: 100 lbs (pounds)** = 45,4 kg (*if you are doing a weight training or fitness program anyway, it is easy to still lift an extra 100 lbs even on your „rest" or „off" days – just 4,5 buckets of water a few centimeters from the ground – not overhead!*)
- **MEDIUM: 400 lbs** = 181,4 kg / day (or more)
- **or 400 kg** = 882 lbs **per day** (totally doable). You chose your category for 40+ days
- or even **create your own category** (for strong boys) or do a "**freestyle version**" etc.

Weights can be: dumbbells, water bottles, bean cans etc., and **„lifting" includes any type:** front, side, overhead, curls, kickback, back extension - „moving a weight with your hands and arms" in some way, even a few inches! The main thing: to **do it consistently, very consciously and avoid injury** (vary lifts). **And in Oneness with Guru's achievements.**

More details, instructions and lifting graphics here:
www.meditation-in-heidelberg.de/inspiration/40-day-weight-challenge/ -

to join, for feedback etc. pls. contact Vasanti, Heidelberg:
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and pls. share with your Center and friends!

Happy lifting and getting stronger!

