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# Formula forty days and forty nights: An Ancient secret revealed

*Jeremy Brown*

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**Formula forty days and forty nights: An Ancient secret revealed** Jeremy Brown
Within seven chapters, the number 40 becomes a path, a portal to releasing wisdom from within. This wisdom is released via the Formula 40 Days and 40 Nights. Throughout points of faith, philosophy, and fulfillment, the number 40 has been the means to literal and figurative foundations upon which individuals have lived and died and in many ways, been resurrected both in lore and life. It is at the point of the spirit and mind that all people pass through different stages measured by points and time. At these benchmarks, people are assessed along certain degrees of innate and acquired knowledge. The division of 40 has proved to be a point of reasoning and duration upon which enlightenment, punishment, temptation, and redemption have become the focal point of human condition. We all have a purpose. We reach this purpose not solely through learned knowledge but through self-edification and the true meaning of education. Formula 40 Days and 40 Nights makes one consider the word edification rooted in aedificare, Latin for “to build, to erect, or instruct”. Following this consideration, is the notion that education – educare comes from Latin meaning “to drive out”. From these points, we see there is a clear path to peace of mind and the ease of heart through the interplay of gaining knowledge and sharing wisdom. What and how are we building and what we truly drive out is based in our innate and spiritual capacity to learn, analyze, synthesize, apply, and share. How we best come to this point of equilibrium and sense of community is based in our ability to reach back into the past in order to erect a greater future. This act is done through prayer or meditation. From this meaning of opening our deeper psyche and spiritual eye, we can better comprehend and experience the compensation of positive thinking, avoid negative influences, reward ourselves and celebrate our originality and accomplishments, serve others, and truly reap the benefits and growth generated via forgiveness. It is true that there are a variety of numbers that hold similar if not equal influence over world societies such as 3, 5, 7, 8, and 10, but it is the number 40 which has been influential in so many aspects of world civilization from science to religion to philosophy. 40’s application goes from the most minute concepts to the most magnificent. 40 is a number that doesn’t simply reveal divisions or levels, but grave amounts of time for growth through strife, triumph, and often times, forgiveness and reconciliation. Within the concept of Formula 40 Days and 40 Nights, there is the point of reaching goals through re-educating ourselves by way of the 4R's. These 4R’s are to “Resist”, to “Replace”, to “Record”, and to “Refresh”. By following the process of Formula 40 Days and 40 Nights any bad habit can be transformed to the point that you will have to retrain your mind to develop the bad habit again.

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