



Developing your Sankalpa

- ॐ Resolve, intention, determination, heart's desire
- ॐ Short, positive & in the now – I have... I am...I am becoming...
- ॐ One at a time and keep until it becomes a reality in your life
- ॐ Practical – one step at a time. Imagine crossing a stream using strategically placed rocks...each one leading to the other.
- ॐ As much a feeling as a thought - don't get caught up on getting the wording right...invoke the feeling.
- ॐ Repeat with full conviction – when most receptive e.g. on waking, bedtime, during *yoga nidra* , at beginning and finish of sadhana
- ॐ Scientific - cultivating mental energy – lower & higher mind working together
- ॐ Don't share. A problem shared is a problem halved...you don't want to halve the power of your Sankalpa!
- ॐ Faith – know that what you ask for will come to fruition

Develop your Sankalpa
