



Nature's Alchemy
Guided Journeys for the Senses

Setting an Intention for Wellness in Yoga Nidra or Guided Deep Rest

Your intention for life, wellness or your core heart's intent is called **Sankalpa**, and this is a short, positive intention statement that you repeat to yourself at a few phases within the sequence of a Yoga Nidra practice. Although your intention could be future-oriented, the intention should as succinct as possible and stated in the present tense.

Intentions often take some time to unfold, and it can be very effective to use the same sankalpa intention statement through a whole lunar cycle or a 40 day cycle. Yoga nidra works with different levels of consciousness and in some of these states there is no differentiation between what is real and what is not, so this can be a very powerful soil to plant your positive intentions into for sprouting.

As we practice Yoga Nidra there is a stillness that sets in and is very comforting. This stillness of the sequence allows for listening to your deeper heart's intentions or desires that you may not yet have connected with. While our minds speak in words the body speaks in sensations so listen closely to these sensations as they can be a very helpful guide for moving into more full awareness. If it is helpful for you, bring your Sankalpa with you through your day, repeating silently whenever you like to help this intention grow.

If you would like some examples of Sankalpas or Positive Wellness Intentions here are some examples to help you craft the one that works uniquely for you.

I know when to speak and when to listen

I am content

=Ua `cj YX

=Ya dck Yf`ch Yfg`

=Ua fYg`Ybhi

I take care of myself and others with love and compassion

I am very happy to support you with assisting in customizing a *Sankalpa* intention statement that works for your unique issues or circumstances if you want to reach out prior to our session for this support.

The following space is working room for you to use to set your intention. Listen to the body, what does it say yes too.

