



My Yoga Nidra Online

## Yoga Nidra. Personal Self Development Plan.

Discover Your True Potential.

### RESOLVE/GOAL/ SANKALPA CREATION

#### **Introduction.**

Whatever your dreams, goals or aspirations are in life, you can train yourself to be the creator of your own destiny. Yoga nidra is a powerful method of reshaping your personality and your whole life by helping you achieve these goals. One of the most powerful aspects of Yoga nidra is the use of a resolve, or powerful affirmation. It is called a Sankalpa in sanskrit.

#### **What is a sankalpa?**

A sankalpa is an effective method in which to train the mind. It is an affirmation that enables you to focus your mental energy on a positive statement of change, enabling you to develop clarity, direction, and will-power, to see that change come into fruition. A sankalpa is often re-

ferred to as a resolve, which means finding a solution, to find an answer, or to put right.

During a Yoga nidra practice, you repeat positive affirmations with a powerful intention, to help make change in your life.

During Yoga nidra, the mind becomes relaxed, sensitive and more receptive to receiving the sankalpa. The sankalpa is stated in the beginning of practice, like planting a seed, and repeated again at the end of the practice. The same affirmation is repeated and affirmed again, which is like fertilizing or watering the seed of change. This process develops a strong resolve that you will achieve your goal no matter what challenge arises, and it is repeated until you achieve your goal.

### **Why formulate a sankalpa?**

Many people find it hard to believe that they can change and transform their lives. They go through life without any clear direction of where they are headed. They feel like they don't have any control of their destiny, or even know why they are here on earth.

To create positive change in you life, your mind needs direction and something to focus on. Without it, the mind easily reverts to old unhelpful thinking patterns and limiting beliefs. Yoga nidra not only releases mental, emotional tensions and purifies your mind, it teaches you techniques to develop direction, and clarity by utilizing your resolve, and creating a strong intent to change.

During your Yoga nidra practice, you will be naturally guided into deep levels of relaxation. When your mind is in this relaxed state, the positive affirmations you repeat during your Yoga nidra practice have a more powerful and long lasting effect.

Ultimately, the main purpose of a sankalpa is to transform your whole life and to help you live your true life purpose. However, you can use your resolve for any purpose or event in your life including; to improve your physical and emotional wellbeing, to achieve a long term or short term goal, or, to use as a series of mini affirmations guiding you towards your main goal.

Everything in life begins to develop with ease once you know what you want to achieve, and once you begin to align with your true purpose. You naturally develop clarity, direction, and focus to overcome any challenges in your life once you define your goals, and positively affirm them.

### **How do I formulate and practice a sankalpa?**

A sankalpa is structured in the present tense, and stated as if it has already come into being. This positive way of thinking helps to banish doubt from your mind. Use short, simple language and try and keep the statement to one sentence, being as specific as possible.

It is best to try not to develop a long list of desires to achieve all at once such as “I want to be happy, financially secure, healthy, successful...” etc. All these things can be achieved, but we need to be strategic and realistic. Especially with the time frame in which they can be achieved.

Instead, using the structured plan you created with the goal creation pdf, split your main goal up into mini sankalpas, or manageable and achievable tasks. This will act like stepping stones, leading you towards your main goal.

Formulate your sankalpa in first person...”I am, I have. I feel” and keep the statement positive with no negative language. Whilst it is beneficial

to keep the statement in the present tense, positive affirmations for future tense can also be used. For example, “I am getting up early tomorrow to practice yoga, or go to the gym”. Your sankalpa should involve only you, and you must respect the free will of all beings. Try and choose a sankalpa that will change your whole personality so you can become more happy and fulfilled.

### **When do I practice the sankalpa?**

A sankalpa is repeated at the beginning, and at the end of a Yoga nidra practice. Repeat your sankalpa with positivity, and enthusiasm, and with the mindset, that you will achieve your goal regardless of what challenges you face. Remember, it won't happen immediately, but you are laying the pavements for significant change.

Try and maintain patience, and to continue with the same sankalpa until it comes into fruition. Do not change the sankalpa. The one sankalpa is to be repeated until it comes into fruition-- so choose wisely :).

Only once you see this goal come into fruition do you move onto a new sankalpa. This is where creating mini-goals can help you to see the progress and advancements you are making towards your main goal. Depending on the complexity of the request, it may take some time to see your sankalpa come to fruition. Remind yourself that each time you affirm your sankalpa into your subconscious, you are creating positive change, moving towards your end goal.

Make sure you use the Yoga nidra audio to assist you with your sankalpa creation. You may already have one in mind, but the audio can help get you started.

Here are some examples on how to word a sankalpa: *I am a confident speaker, I am organised and well prepared, I am fit and healthy...etc.*

## **Conclusion**

These are just some guidelines for you. The key concept is to keep your mind focused on positive things in your life, and to align this with your life's purpose. Keep repeating these positive statements to help guide yourself into achieving all that you want in your life. Be patient, and consistent. And never give up.

Using the space below, or your personal diary, start to formulate your sankalpa.



## RESOLVE/GOAL/ SANKALPA CREATION

Using the list of positive affirmations from your goal creation, start to formulate several sankalpas to suit your mini-goals:

Order these sankalpas into a structured sequence as you achieve your mini-goals