

TOOLS FOR CRAFTING YOUR INTENTION

<p>ANNAMAYA KOSHA This is your physical body. When thinking about habits at this level think about your structure and anatomy. Where is your body weak? Or strong? How's your alignment? Do you experience pain in your body regularly? What are your movement patterns?</p>	<p>PRANAMAYA KOSHA This is your energy body. When thinking about habits at this level think about your physiology. How is your digestive system? What's your breathing pattern? What do you eat and drink? How are your sleep patterns? How are your energy levels?</p>
<p>MANOMAYA KOSHA This is your sensory, thinking mind. When thinking about habits at this level think about your ability to focus (or not). Is your mind always changing at the whim of your senses? Do you do one thing at a time or you constantly bombarding your mind with information.</p>	<p>VIJNANAMAYA KOSHA This is your higher mind. It's your intuitive wisdom mind. But it's also the way you've been conditioned by family and society. When thinking about habits at this level think about your personality. Think about the stories you've been told to understand yourself. Think about the stories you currently tell yourself about who you are and why you act the way you do.</p>
<p>ANANDAMAYA KOSHA This is your inner Joy—often called the “bliss body.” When thinking about habits at this level think about how often you experience joy and delight in your life. Think about your relationship to pleasure and happiness. Are you able to experience joy without attachment and craving? Think about the reality of passing pleasure vs a deeper inner sense of Joy.</p>	<p>SAMSKARA Every action you take creates an imprint in your brain. These imprints are called samskaras. When you repeat an action over and over again it creates a “rut” or a habit. Some habits (like brushing your teeth everyday) are beneficial and should be strengthened. Some habits (like only sleeping 3-4 hours a night) are harmful and should be transformed.</p>
<p>BHAVANA This word means cultivation. The root of bhavana, bhu, means “to be.” The shortened word bhava means being, condition, nature, disposition, feeling. What is your bhavana? Who do you want to be? What condition, disposition, or feeling do you want to cultivate in your life?</p>	<p>SANKALPA This is volition, a word that means “the exercise of the will.” Your sankalpa is your resolve. It's a vow that connects you with your highest truth and supports you in your efforts to live your highest purpose. The practice of sankalpa is the practice of identifying your highest values and what you want in your life and then working toward it as if it were already true (because it is). Sankalpa can be practiced as commitment, affirmation, or prayer.</p>

SAMSKARA
HABIT

What "ruts" have
my actions created
in my brain?

BHAVANA
INTENTION

in response to
this habit, I want
to cultivate...

SANKALPA
WILL

What commitment
do I need to make?
and/or
What support do I
need to ask for?

anna
maya
kosha

(physical)

prana
maya
kosha

(energetic)

mano
maya
kosha

(sensory
mind)

vijnana
maya
kosha

(stories
+
wisdom)

ananda
maya
kosha

(spirit
+
joy)

SANKALPA STATEMENT

[Empty box for Sankalpa Statement]

is my true nature.

BHAVANA

It is my intention to water
the seeds that nurture + support

[Empty box for Bhavana]

same thing