

INTENTION, MANTRA & AFFIRMATION:

3 tools for *Mindful
Transformation*

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Making a shift to improve your choices can be challenging at the best of times. It's about practice (not perfection), and skillful experimentation.

Setting intentions, chanting mantras & creating affirmations are three practices that can support your practice of skillful shift. Each of these practices touches into your mind and your energy body – they are subtle body boosters.

Here's a **three-step introduction** to using these powerful helpers.

1

STEP ONE:

Set Intention

Intention is the thread upon which the pearls of life experience are strung. When we know what we want to cultivate in our life, and when we are clear about what we are seeking through an experience, we are more likely to receive what we seek.

Intention Inquiry:

Think about one shift you are considering now. What is it?

By making that shift, what are you interested in bringing into your life? (ex. Peace, Vibrance, Fun, Energy)

2 STEP TWO *Mantra*

Mantras (a Sanskrit word meaning mind-free) are sacred sounds chanted repetitively to create a meditative inner vibration and support shift (think of shaking a snow globe!). Chanting gives the mind something to focus on in order to make it easier to shift into a meditative mindset.

In yoga, mantras are chanted 108 times to reach each of the major nadis (energy channels in yoga anatomy) of the body.

Here are two simple but powerful mantras to begin to practice. Start by repeating them as you begin your day. You can sing, you can croak, it does not matter how you sound! The vibration comes from your making sound.

2 STEP TWO *Mantra*

Om Shanti Om, Om Shanti Om (Peace to all beings everywhere)

Om Gum Ganapatayei Namaha (Salutations to Ganesh, the remover of obstacles)

Chant either of these mantras for 10 minutes or repeat the mantra 108 times (mala beads are what meditators sometimes use to keep track). Relax and breathe. Notice how your body and your mind feel.

Take a moment to notice how you feel after mantra, and make a few notes:

3 STEP THREE: *Affirmation*

Affirmations are clear statements of what you want to create. They can support your shifts on many levels – in your mind, in your energy body, and more. They are your intention embodied, so bring intention deeper into your daily life.

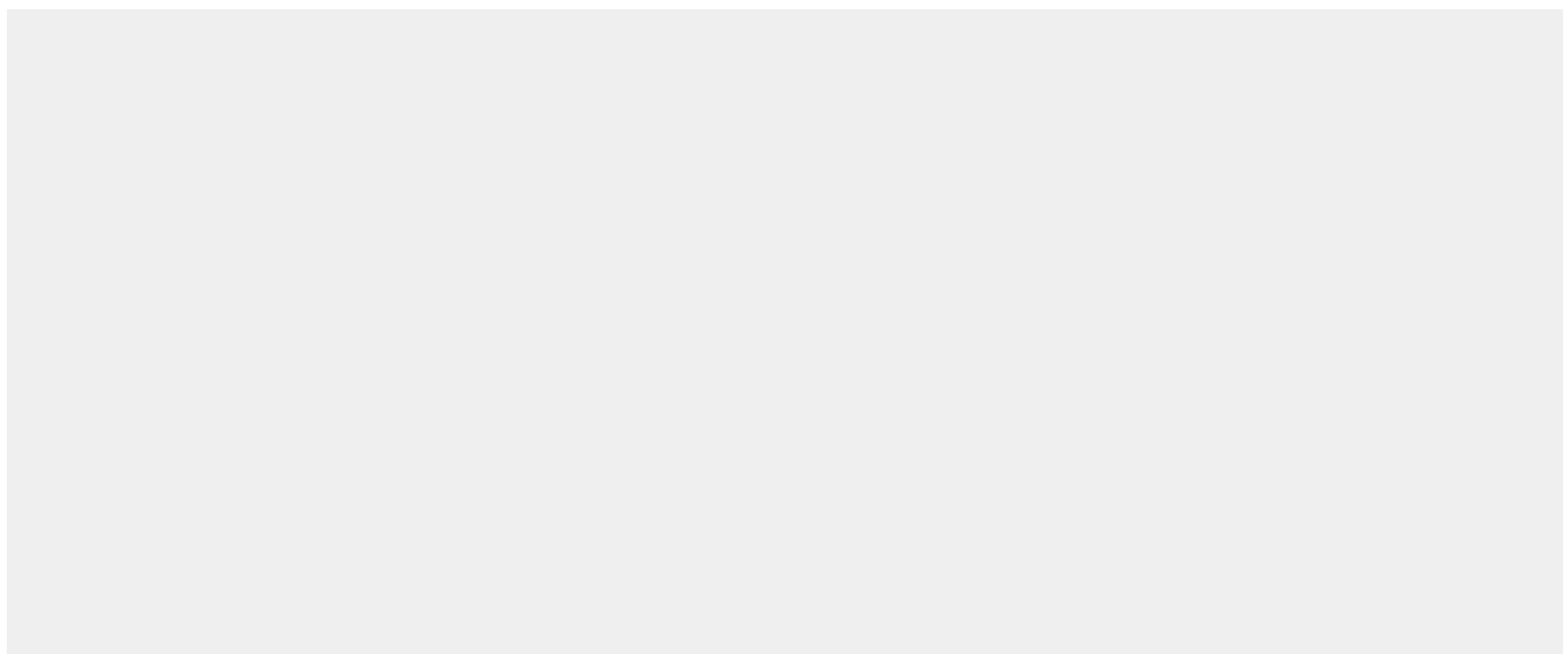
When you begin to work with affirmations, it may feel like you are faking it. The gold of affirmation work is that it illuminates the path between where you are now, and where you intend to go.

Affirmations are:

- Written down
- Succinct
- Specific
- Stated in the present tense
- Stated in the positive
- Strongly evocative for you personally Include you
- Addressed to yourself, not about changing others

3 STEP THREE: *Affirmation*

Write an affirmation that responds to your intention or supports your shift:



Repeat your affirmation daily. Write it down and post it somewhere you will see it every day. You can repeat it into the mirror in the morning as you gaze into your eyes.