

Intentions

If you have ever done a yoga class with Gem you would have heard her explaining that the Sanskrit word for intention is Sankalpa, which translates as heart led rule, a solemn vow.

San- A connection with the highest truth *Kalpa* - Vow

An intention is a way of being or feeling ,it's how you want to show up to the world every day. Getting clear on what you want from your life emotionally, will help you to set intentions that connect with you, a clear intention that is attractive to your soul, which in turn will help you to honour it. Providing yourself the opportunity to notice, when you are taking actions or indulging in thoughts or activities that go against your intention.



Lets say your intention is to find joy in every day, yet you do not schedule any activities that make you smile, or book in any time with your sunshine crew, you sit down to watch a tearjerker film. It may not be self sabotage, but your intention has no opportunity to manifest into reality. You are deserving of any intention you choose, it can be specific or a little ambiguous, as long as you know how you will feel when you honour your intention.

If Your intention is to find joy in every day, what does this intention mean to you? How will you know if you have honoured your intention? Is it if you smile or laugh more than you usually do? Does it mean to indulge in an unusual activity, or cutting out activities that do not bring you joy? How can you use your intention as a mantra throughout the day to keep you on track?

Now go deeper

For the breathwork our intention becomes a little more tangible, raw and vulnerable. It can also involve a goal rather than just a way of being- but this goal is specific to how you want to show up to the world, its the hurdle that is holding you back from the most aligned version of you and your life possible.

Lets go above and beyond, so much deeper than we may usually go with our intentions, shy away from perhaps the more softer intentions you may set, explore the shadow side of you, and be radically honest with both your deepest fears and your wildest dreams, what do you crave to bring into your world, what are you desperate to release yet cling to as if it is who you are ?



The breathwork has the power to transform you, to hold you hand as you step into this version of you who is ready to drop the trauma, to accept the life you deserve without playing small.

We are not talking about intentions of making lots of money and a few sports cars, something more heart led. Maybe a relationship problem, an old friend who you fell out with and would like to make peace with. A career change for a more aligned and fulfilled life. Maybe there's a bad childhood memory that keeps coming up and you need to release it. Can you be honest with the part you play in any misfortune or repeated behaviours that do not serve you , and can you show compassion to that version of you, and then let it go so you can move forward?.



GOALS WITH INTENTIONS

Try accompanying intentions to your goals, link an emotion or state of mind you desire, that is your driving force to the goals you have set yourself.

- I want to lose 1kg to feel confident and be kinder to my body
- I want to get the promotion at work, so that I can feel proud of myself
- I want to get married, so that I can release the belief that I am unlovable

The intention becomes your measure of success, rather than the “goal” improving daily happiness, as well as anchoring you to the present moment.



Let's begin here.



We often get caught up in milestones, I will be happier when I get the job, the car, the body. We forget what drives our desires. We want these things to feel a certain way. An intention is a way of being , a feeling , a state of mind you want to embrace into your daily life. Understanding your intention, allows you to live a life aligned with your values. Decisions will be made based on your energy and mental health and happiness, rather than material gains and statuses or titles .

It's about how you want to feel, not how society wants you to behave or achieve . We are raised with expectations, cultural pressures and influences from family and society . We believe and place value on “what's expected of us” ,intentions allow you to feel not only content and at peace with who you are as a person, but also to embrace and adore you and all of your charms.

You know something has to change, but without gaining clarity on what your internal needs and desires are, you cannot achieve them, and therefore you cannot honour them, which in turn means anxiety shows up as you will naturally make decisions against your better judgement, restricting any possibility of an aligned life.-

Think back to a time where you felt truly at peace, or blissfully happy. What were you doing? Were you deep in a hobby? Were you at work or travelling? Most likely you were enjoying the activity or stillness, without external influences, just your own choices to enjoy. How amazing you felt that day. Imagine if you applied this theory daily. How is it you really want to feel more or less of? How far removed are you from that reality?

If you want to feel inner peace, where are you currently? What is in your way, what distractions do you place in front of your peace?

5 reasons Intention matters

When you live aligned with your true needs, your anxiety reduces and you can follow your soul path (Dharma) .

You know your worth and can recognise toxic relationships and activities easier. Self sabotage becomes harder and in turn it becomes easier to live by the yama's and niyamas (personal observations and moral ethics in the yogic world)

You will be less affected by others opinions or comments as you are unapologetically you and recognise the importance of honouring your intention

It gets easier to set healthy boundaries, as you become aware of the damage to your way of being, and you have clarity of the negative impact of not setting.

Without understanding intention, you can not acknowledge the needs that your soul requires you to meet, for you to feel whole. The goal is almost empty, because you only know the shallow side of success, you will not be able to confirm if these goals are even yours or just an expectation you want to meet, to please others.

Thoughts to explore before you set yours

What matters most to me?

Where does my life feel unaligned?

What do I need to release or let go of?

What do I admire in others?

What do I struggle with?

Where do I enjoy being the victim?

What unhappy memory replays the most in my life?

Where could I use more happiness – in which areas of my life?



The yoga flow with Gem will bring you to a more centred and accepting state, moving from a place of love and abundance ready for the honesty that comes from breathwork. If you follow the breath, good things will appear and unfold for you.

John & Gem will both be available in the following days and weeks for continued conversations , questions and support for you on an individual basis x