

# *Sankalpa (Hindu thought)*

In Yoga Nidra, awareness is progressively withdrawn from the external world, the body, the process of breathing, the conscious mind, and finally, the unconscious mind. The mind gradually becomes  
one-pointed.

The most effective means of training the mind is found in sankalpa.

Sankalpa takes the form of a short mental statement which is impressed on the subconscious mind when it is receptive, sensitive, calm and quiet.

At the beginning and at the end of the practice, there is a short period dedicated to sankalpa.

Sankalpa is a determination to become something or to do something in your life.

Sankalpa is a seed which you create and then sow in the bed of your mind. When the mind is clear the sankalpa grows well.

Everyone has many desires and ambitions, however, most of them get lost, exhausted or destroyed, just as when you scatter seeds in different places, some may grow but most will not. Sankalpa is a seed which you create and then sow. In the bed of your mind when the mind is clear, the sankalpa grows very well. Sankalpa can create a direction for your whole life. The purpose of sankalpa is to influence and change whole life pattern, not only physically but mentally, emotionally and spiritually, so that you become balanced, happy, and fulfilled. The seed will bring changes in your personality and life. No personality is beyond reformation and no fear or obsession is so deep rooted that it cannot be changed.

Sankalpa or your resolution/personal goal, needs to be planted with strong willpower and feelings when the mind is ready to absorb it.

Phrasing of the sankalpa.

It should resonate for you, be inspiring.

It should be positive, otherwise the mind rebels.

You should choose your own sankalpa very carefully.

Allow time for it to unfold.

The following are a few short positive and clear examples.

I am or I will be successful in all that I undertake.

I will have a new job opportunity that gives me pleasure.

I will achieve total health.

It is very important that the sankalpa be stated clearly and positively.

So when you repeat your sankalpa three times, open your mind, believe in yourself. Bring in confidence, motivation, reconnect,

Bring in positive thoughts and retain that awareness.

Believe

Live

Love

Let go!

Swami Satyananda