

WEEKLY REST COMPANION



BLOG #018
SANKALPA
LISTENING BEFORE CHOOSING
YOUR SANKALPA

A gentle guide to integrating this week's Yoga Nidra themes

THIS WEEK'S FOCUS

Are you a good listener? Explain.

SANKALPA

“I am the receiver of every whisper my inner wisdom chooses to share when the time is right”

How did you anchor your sankalpa?
(If you didn't this week, think about this section for next week)

- Morning reminder Midday Pause
- Before Rest During Yoga Nidra

MIDWEEK PAUSE

QUICK TIP

Yoga nidra develops our clairaudience - “clear hearing”. The ability to hear sounds, voices and messages from spiritual realms and higher consciousness. Sankalpa is formed here. Sankalpa is the wisdom of all that you are and know that you're not.

Do you consider or ever saw yourself as clairaudient? Explain.

REFLECT & RESET

FRIDAY REST RITUAL

Listen to your self doing absolutely nothing.

How did it leave you feeling?



content



tired



motivated



overwhelmed

SUNDAY REFLECTION

How has this reflection on your week and the waves of yoga nidra helped shape your sankalpa?

**THANK YOURSELF FOR TAKING CARE OF YOURSELF THIS WAY
YOU'RE AN INSPIRATION TO SOMEONE!**