

WEEKLY REST COMPANION



BLOG #020
SANKALPA
FROM DREAM TO DIRECTION

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

THIS WEEK'S FOCUS

How do you recognize the birth of a new dream? Explain.

SANKALPA

“I am the dream
I am the direction
I am the manifestation of
every seed I plant”

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

We can't expect a new life if we don't learn to let go of the old one and the person that occupied that life. We have to trust that the seeds we planted up until this point were meaningful even if peach trees grew from lemon seeds because there are no mistakes. There's always something to learn.

Do you agree? Why?

REFLECT & RESET

FRIDAY REST RITUAL

Make whatever you do feel dreamy!
As if you've never done this before OR do something you've never done before?

How did it leave you feeling?



content



tired



motivated



overwhelmed

SUNDAY REFLECTION

My dreams are a reflection of who I am today or who I was yesterday? Past or present.

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