

Greetings Yogins,

This month's article hopes to inspire your commitment to living your potential through choosing a Sankalpa, or "resolved intention." I use my Sankalpa as my **spiritual compass** - a guide toward remembering why I'm here. Life can range from stressful, to tragic, to magical, and by returning to my Sankalpa, it assists me in living into my potential and anchors my path. I am grateful that, through all of you and my work, I get to live my Sankalpa. As always, I look forward to seeing you on the mat at one of the many Los Angeles area workshops over the next two months or during my East Coast tour at the end of October (which includes a Core Teacher Training - see sidebar for early registration savings). If you can, please take advantage of the \$100 early bird discount for the Yoga Tune Up® week in Costa Rica with Omega in February (see below).

Blessings,
Jill

SANKALPA - REMEMBER WHY YOU'RE HERE



Sankalpa - A chosen internal resolution or intention that helps to positively reshape and influence one's direction and purpose.

Westerners are often criticized for easily adopting the physical part of yoga into their lives while ignoring the many other important facets of Raja Yoga. This was highlighted years ago when I brought a friend to one of my yoga classes and afterwards he scoffed, "Your class isn't spiritual at all!" He continued his critique, citing the absence of "Om" and lack of discussion on Hindu Gods and Chakras as disqualifying "my yoga" from being the transcendent experience he expected. I considered his feedback then kindly asked, "What does your practice mean to you? What Sankalpa, or intention, did you set for yourself so that regardless of how the class is taught, you maintain your spiritual goals during the practice?" My friend's disappointment in the class points out a common feeling of spiritual bankruptcy that can overcome us when we're disconnected from our higher purpose. Fortunately, this can be easily remedied through a practice of Sankalpa.

Yoga offers incredible tools to guide us towards our higher nature and purpose, and selecting a Sankalpa is one of the simplest and most effective ways of accomplishing this. A Sankalpa is a chosen internal resolution or intention that helps to positively reshape and influence your life's direction and purpose. It is a short statement that penetrates into your psyche, digging through layers of stuck beliefs, resulting in a perspective shift from the inside out. Through your Sankalpa, whatever it is you seek will become more evident in your life. Your Sankalpa may change over time, or you may have multiple Sankalpas, but it (or they) remain within your consciousness to keep you on the path toward what's important and why you are here.

Our actions, behaviors and decisions are the sum of our conscious and unconscious thoughts. Our reactivity is governed by messaging that we absorbed from our family and culture from an early age. As we mature and recognize our internal struggles and disappointments, the likely culprit and cause tends to be these deeply rooted influential beliefs. This translates into operating on autopilot as if from a zombie-like state, controlled by the past. It is possible to reframe our world view though, to live better and discover new ways of responding to life's difficulties. With Sankalpa, we become more aware, while evolving the ways we relate to self and others.

Choosing a Sankalpa is simple. It comes from within, addressing something about yourself you'd like to strengthen, maintain or change. The Sankalpa can be in the form of a short simple sentence that is easy to repeat such as:

- I will become more aware.
- I am generous with love.
- I will become a better listener.
- I create a cleaner environment.

If you are at a loss and have no idea how to create a meaningful Sankalpa you can start with, "I wish to find my Sankalpa." And then trust that yours will come - as it will come, and it will resonate loud and clear.

Once chosen, mentally plant your Sankalpa like a seed - while practicing yoga, during meditation, upon waking and before drifting off to sleep - so that it nestles into the deepest reaches of your psyche. Consciously recall it often, and use it as a spiritual compass to overlay your day-to-day activities. The Sankalpa roots you and reminds you of why you are here on this planet. Remember why you are here, recall it from your heart and repeat it often. The Sankalpa feeds on repetition and will always bear fruit. Do not expect changes overnight. Be patient, stick with your Sankalpa until it brings results, then plant a new one.

Sankalpa is a personal way of casting a fresh lens over all aspects of your being, the way a magnifying glass enlarges its observed subject. Sankalpa will bring you to new levels of intimacy with yourself, exposing you to your innate goodness and truths. I urge you to adopt a Sankalpa so that you become your greatest spiritual guide, whether on the mat, helping an ailing neighbor, or compassionately responding to a friend's spiritual dilemma.

© Jill Miller Yoga 2007

Yoga Tune Up® Workshops

WEST COAST: September & October
EAST COAST: October & November

WEST COAST-----

In This Issue
"Remember Why You're Here"
Yoga Tune Up® Workshops
Retreat Discount

**Yoga Tune Up®
DVDs**



Available online and at workshops, retreats, and classes

**Core Integration
Teacher Training**



For teachers:
Add new tools
&

For students:
Intensify your practice

OCTOBER 26-28

Fresh Yoga
319 Peck St.
New Haven, CT 06513
(203) 464-3387

Tuition & Materials:
Early registration (before 10/15) \$385
Late registration (between 10/15 - 10/26) \$430

[Click here for info & to register](#)

[Join Our Mailing List!](#)

Backbend Booster
SEPT 8, SATURDAY, 1:30 PM - 4:00 PM
Rising Lotus Yoga
13557 Ventura Blvd
Sherman Oaks, CA 91423
(818) 980-0282

[Click here for details & registration](#)

Core Integration: A Total Abdominal Awakening
OCT 6, SATURDAY 1 PM - 4 PM
Yoga Works Costa Mesa
1835 Newport Blvd., Suite A-208
Costa Mesa, CA
(949) 642-7400

[Click here for details & registration](#)

Yoga Tune Up®: Hips
OCT 7, SUNDAY 1 PM - 4 PM
Yoga Works Costa Mesa
1835 Newport Blvd., Suite A-208
Costa Mesa, CA
(949) 642-7400

[Click here for details & registration](#)

Shoulder Shakti
OCT 13, SATURDAY, 2 PM - 5 PM
Yoga House
11 West State St.
Pasadena, CA
(626) 403-3961

[Click here for details & registration](#)

EAST COAST-----

Backbend Booster
OCT 25, THURSDAY 7 PM - 9 PM
Fresh Yoga
319 Peck St.
New Haven, CT 06513
(203) 464-3387

[Click here for details & registration](#)

Yoga Tune Up®: Hips and Core
NOV 1, THURSDAY, 7 PM - 9 PM
hOMeEe yoga experience
370 Franklin Turnpike
Mahwah, NJ 07430
(201) 252-2575

[Click here for details & registration](#)

Yoga Tune Up®: Backbend Booster
NOV 3, SATURDAY, 12:30 PM-3:00 PM
Yoga Works (downtown)
138 Fifth Avenue (4th floor)
New York, NY 10011
(212) 647-9642

[Click here for details & registration](#)

Core Integration: A Total Abdominal Awakening
NOV 4, SUNDAY, 10 AM - 1 PM
The JCC in Manhattan
334 Amsterdam Ave @ West 76th Street
New York, NY 10023
(646) 505-4406
To register email Caroline: ckohles@jccnyc.org

Winter Retreat in Costa Rica - SAVE \$100

Retreat Dates: February 23rd - March 1st

Register early & save \$100!*

[Click here for retreat information](#)

Plan now for your winter vacation at the lush Sueno Azul Resort in Costa Rica with a Yoga Tune Up® Retreat.

Register online by [clicking here](#) or contact Omega Institute at 800.944.1001

* For discount, use keycode 08WTSP when registering.

You must register by **JANUARY 11, 2008** to take advantage of this special offer.

\$100 discount offer cannot be combined with other Omega discounts.