



Mindful Living & Coaching

Week 4: Santosha - Contentment





Grounding

Coherence Breath
Meditation
Chair yoga





Activity

Intention Part 1 & Visualization





Move from Purpose to Intention

Who I am

What I desire



Intention



- Nothing in the universe happens without intention. It's the creative power that fulfills the need for material success, loving relationships, spiritual awakening, and radiant health.
- Desire is activated by using two qualities: **attention** and **intention**.
 - If you want something to grow stronger in your life, direct more of your attention to it. If you want something to diminish in your life, withdraw your attention away from it.
 - Your intentions have infinite organizing power. This means all of your heart-centered desires are supported by the infinite organizing power of the universe.
- Whether you realize it or not, desire has led you here. It's the underlying motivation behind every intention.



Intention

Setting your intention is like planting a seed. Each intention contains the essence of what we can experience and become. But for it to flourish, we must nurture it—and give it time to reach fruition.





Today's Journal Prompt

"If I accept that I am entirely whole and 'enough' exactly as I am today, what is one area of my life I would like to intentionally nurture, simply for the joy of seeing it grow?"

