

Intention

(It is recommended that this session be sent to group members ahead of time so that they may explore the referenced website if they wish.)

Opening words and Chalice lighting:

You are what your deepest desire is.
As your desire is, so is your intention.
As your intention is, so is your will.
As your will is, so is your deed.
As your deed is, so is your destiny.

~ Upanishads

Welcome and check-in (A time to share what is on your mind in order to clear it and be in the present.)

Reading for discussion

See attached.

<http://www.chopra.com/namaste/intention>

Check-out (A time to share likes and wishes, such as “I like how we...” “I wish we would...”, or express how you felt about the group.)

Closing words and extinguishing the Chalice:

The winds of grace are blowing – it is you who must raise your sails.

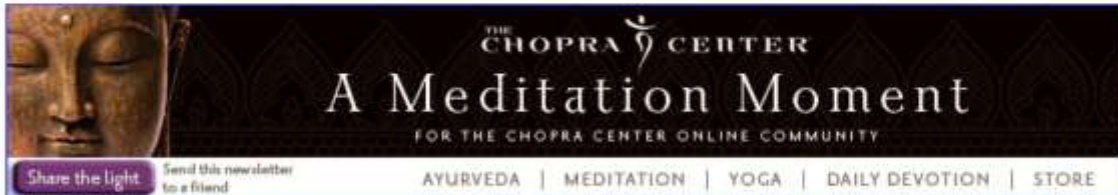
~ Rabindranath Tagore

Thanks to everyone for their participation and commitment to our group!



Published on Chopra Center (<http://www.chopra.com>)

Spiritual Journey-The Power of Intention



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The Power of Intention

*"You are what your deepest desire is.
As your desire is, so is your intention.
As your intention is, so is your will.
As your will is, so is your deed.
As your deed is, so is your destiny."
~ Upanishads*



Intention is the starting point of every spiritual path. It is the force that fulfills all of our needs, whether for money, relationships, spiritual awakening, or love. Intention generates all the activities in the universe. Everything that we can see – and even the things we cannot – are an expression of intention's infinite organizing power.

As the ancient Indian sages observed thousands of years ago, our destiny is shaped by the deepest level of our intention and desire. Once we plant the seed of an intention in the fertile ground of pure potentiality, our soul's journey unfolds automatically, as naturally as a bulb becomes a tulip or an embryo becomes a child. With this issue of Namasté, we invite you to explore the power of intention and harness it for deeper fulfillment.



Begin right now with this [guided intention meditation](#) led by our lead educator, davidji!

You will need a free mp3 player like [Quicktime](#) or [Windows Media Player](#) to listen to this. If you would like to save the mp3 file to your computer, right click and choose "Save target as" (PC) or "Save link as"

Global Peace Meditation

Join us from where ever you are on Wednesday, October 29th at 3:30pm PDT (10:30pm GMT) as we set our intentions on peace for an hour long Global Peace Meditation. We will be broadcasting live from our meditation retreat, [Seduction of Spirit](#) in Carlsbad California. [Read more here](#)



*"The winds of grace are blowing – it is you who must raise your sails."
~ Rabindranath Tagore*

Nurture your intentions

Here a few recommendations for using intention to the highest possible benefit:

Set your intentions high. Aim to be a saint and a miracle worker. If you know that the goal of inner growth is to acquire mastery,

(Mac) and save the file to your computer.

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Sutra Practice for Your Intentions

San Kalpa (*sahn KAL-pah*) is an ancient Sanskrit sutra that means "My intentions have infinite organizing power." When you enter a meditative state and repeat this sutra, you strengthen the power of your intentions. Here is how to use it:

Spend a few minutes in meditation, allowing your mind to settle. Now imagine that the entire universe is a vast ocean of consciousness and that your intentions emerge from your heart and ripple out into this ocean, where they are fulfilled with effortless ease. Then say silently to yourself, "*San Kalpa*."

For every intention, whether for healing, a new relationship, wealth, or opportunity, envision the desired outcome in your mind and repeat the sutra, letting it resonate deep within you.

Let Your Intentions Flow

We have seven major chakras or energy centers running along the axis of our spine. Each chakra governs a specific aspect of our life and is associated with a sound vibration and a color. In this exercise we will focus on opening our third chakra, the chakra of power of intention.



Manipura Chakra or Third Chakra

Location: Solar plexus

Aspect: Seat of our power behind the manifestation of our intentions and desires.

Color: Yellow

Sound: Ram

Begin by closing your eyes and visualize a beautiful golden light filling the area of your solar plexus. Take a deep breath, and on the exhalation, say "Rammmmmmm" aloud in one long

syllable.

Feel the sound vibration and notice the energy flowing effortlessly through your body. Continue breathing deeply and repeat the sound *Ram* on each exhalation until you feel infused with a feeling of strength and possibility.

The Chopra Center Resources

Learn how to harness the power of intention.

Read more about [SynchroDestiny](#), the



then plant the seed for mastery as soon as possible. Don't strain to work wonders, but don't deny them to yourself either. The beginning of mastery is vision; see the miracles around you, and that will make it easier for greater miracles to grow.

Unmask your false intentions.

False intentions take the form of guilty desires: I want someone else to fail. I want to get even. I want to see bad people punished. False intentions can be elusive, but you will notice their existence by the feeling connected with them – a feeling of fear, greed, rage, hopelessness, and weakness. Sense the feeling first, refuse to buy into it, and then remain aware until you find the intention lurking beneath.



Nurture your intentions every day.

Everyday life surrounds us in a swirling chaos, and it's easy to fall into the grip of our ego's fears, demands, and confusion. You need to remind yourself – daily – of your intentions and purpose. Some people find it helpful to write down their intentions and review them each day; for others, periods of regular meditation and prayer are invaluable. Find your center and don't let go of your intention until it feels centered inside yourself.

Detach. Intend for everything to work out as it should, then let go and allow opportunities and openings to come your way. Don't listen to the voice that says you have to be in charge, that constant vigilance is the only way to get anything done. The outcome that you try so hard to force may not be as good for you as the one that comes naturally.

life-changing workshop led by Deepak Chopra.



The Chopra Center On-Line Library. Read about Ayurveda, mind-body healing, and more at our on-line library.

Free Intro to Meditation Class. Learn about our free introduction to meditation class, offered each week in the beautiful setting of The Chopra Center in Carlsbad, California.

Spend a week at The Chopra Center, where you will be immersed in the healing practices of Ayurveda as you learn daily practices for health and emotional wellbeing.

Speak with a program consultant at 888.736.6895 or ask your question here

The Spontaneous Fulfillment of Desire



Read the book that inspired The Chopra Center's signature **SynchroDestiny**

workshop! Deepak's classic bestseller offers a powerful overview of the laws that govern the universe and shape our destiny. **Order your copy here**

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The Path to Wellness Begins Here

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