



**New Year
Intention Workbook
How to Manifest Happiness**

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INTENTION WORKBOOK TABLE OF CONTENTS

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SECTION 1

YEAR IN REVIEW - EXERCISES

GOOD BYE 2016

As you enter into this new year - celebrate all that has been good about this past year. Celebrate all your accomplishments and your manifestations. Even if this past year has been full of challenges, there have been gifts. Celebrate those.

Journaling:

1. What worked in 2016?
2. What was the single most significant event of the year?
3. What DIDN'T work so well? Biggest disappointment?
4. Be honest, where did you not keep your word?
5. What was your best surprise?
6. Write about a day you'd like to forget. What I know now is...
7. What did you do only out of obligation?
8. Who came into your life this year? Who left it?
9. When I look back on the year, I could never have imagined (fill in the blank).
10. How have I grown from this time last year?
11. How do I want 2017 to be different?

ACCOMPLISHMENTS

Journaling:

Take 15 minutes to write down all that you are proud of accomplishing in 2016.

This is important because it serves as the foundation for where we will plant seeds of our 2017 intentions. And one thing for sure, things grow better in positivity. So stop giving any more energy lamenting over what didn't get done in 2016. Appreciate what you did achieve and let that be what nourishes your spirit to support an incredible 2017!

Additionally, now review this list for things that have not felt like they were in alignment with you. Remember that anything that feels like it is not in integrity in your life (i.e., doesn't feel good to you) can be changed in the year ahead.

WHAT I WAS PROUD OF ACCOMPLISHING IN 2016 WAS...

GRATITUDE

One of my ritual exercises at the end of the year is to take time to write down what I am most Grateful for in the year that has now just ended. It is a way of celebrating all the people, situations and places that have taught me so much and influenced me to be the best person possible. Think about it, who and what do you want to thank that made 2016 what it was for you?

Self-work: Please take 15 minutes to write out your 2016 Gratitude List. Be sure to include ideas, places, people, experiences that you are grateful for.

MY 2016 GRATITUDE LIST INCLUDES:

"I learned to be with myself rather than avoiding myself with limiting habits; I started to be aware of my feelings more, rather than numb them." – Judith Wright

Yoga practice, a form of cognitive behavioural therapy, exposes our deepest parts. It reveals both our physical patterns and mental habits. As humans, we are very much creatures of habit and routine. After all, it is easy to become stagnant in the rhythms of our lives.

A habit is defined "as a pattern of behavior that is repeated, ***and the person usually isn't even aware of it.***"

Remember as a child when you played rock, paper, scissors, did you throw the same sign each time? Did you always have to have the same monopoly piece? Did you play the same way over and over? Did you brush your teeth before bed? Which habits did you learn as a kid were healthy? Which ones developed unhealthy patterns?

Furthermore, what are your habits today? Especially consider your online habits, are you allowing them to interfere with your quality of life in any way?

*"It wasn't just that so many of my habits and routines were changing as I became more accustomed to and dependent on the sites and services of the Net. The very way my brain worked seemed to be changing. It was then that I began worrying about my inability to pay attention to one thing for more than a couple minutes. At first I'd figured that the problem was a symptom of my middle-age mind rot. But my brain, I realized, wasn't just drifting. It was hungry. It was demanding to be fed the way the Net fed me—and the more it was fed, the hungrier it became. Even when I was away from my computer, I yearned to check e-mail, click links, do some Googling. I wanted to be connected. Just as Microsoft Word had turned me into a flesh-and-blood word processor, the Internet, I sensed, was turning me into something like a high-speed data-processing machine, a human HAL. **I missed my old brain.**"*

– **Nicholas Carr** from *The Shallows*

Really, much of life is habitual. Habits—good and bad—make you who you are. Practicing yoga and meditation teach you to pay attention to whether or not you do the same things today as you did yesterday, and beyond.

The first key to changing our negative habits is being aware of them. Only then can you manage them and make conscious choices. If you relearn how to change your habits, then even a small effort can create impactful changes.

"It is only with the heart that one can see rightly; what is essential is invisible to the eye."

–Antoine de Saint-Exupery

By making time to listen to your heart you will clearly hear what you want to manifest in 2017. For me 2017 will be the year of living my most heart full honest and vulnerable life, where I really live the YES of my heart's intentions with support of a tribe of truth tellers, heroes of peace and kindness. However, before planting the seeds of YES in our lives, it is important to reflect on what mental habits we have that are holding us back from choosing with our hearts.

It takes active effort to live a **LIFE** Inspired.

Journaling: Take 15 minutes to write out your answers to the following questions.

1. *Percent out how often you have past thoughts, future thoughts, present thoughts.*
2. *Do you see a pattern in your thoughts?*
3. *Do you overuse the same words or sayings?*
4. *How do you react when triggered?*
5. *What conditioned response do you see reoccurring during the day?*

6. *What routine or habit do you see in yourself at night?*
7. *How do your patterns/habits impact your personality?*
8. *Are you in the habit of always saying "I'm sorry." Do you apologize too much?*
9. *What role does procrastination have in your life?*
10. *What are your positive habits? Which one's do you no longer need to take forward?*
11. *How often do you try to change your habits or routine?*
12. *Have you tried to experiment with your conditioned responses?*
13. *What new patterns have you adopted this past year?*
14. *What is your habit in using social media? How does this impact your life?*
15. *Do you have a healthy or unhealthy stress habit?*

How are you different today than you were a year ago?

*Run my dear, from anything that may not strengthen
your precious budding wings. — Hafiz*

In order to change, we have to change something. As Theresa Albert writes about why resolutions fail, "This habit we have in North America of making resolutions and laughing at ourselves for breaking them is our collective way of accepting the status quo. But the cream of the crop manages to make enough change to stay on top. You can too." When you look at the direction you want for your life, something has to change from the way you lived this past year. By understanding which habits no longer serve you then you can realize your best transformation. You have **1,440 minutes today** to check in and review your habits and mindfully diagnose which one's increased your happiness set point and which one's need to be discarded. Remember live less out of habit and more from intent.

One of my favorite writings about HABITS is by Portia Nelson titled **Sidewalk of Life**.

<p style="text-align: center;">Chapter One</p> <p style="text-align: center;">I walk down the street. There is a deep hole in the sidewalk. I fall in. I am lost ... I am helpless. It isn't my fault. It takes forever to find a way out.</p> <p style="text-align: center;">Chapter Two</p> <p style="text-align: center;">I walk down the street. There is a deep hole in the sidewalk. I pretend that I don't see it. I fall in again. I can't believe I am in this same place. But, it isn't my fault. It still takes a long time to get out.</p>	<p style="text-align: center;">Chapter Three</p> <p style="text-align: center;">I walk down the same street. There is a deep hole in the sidewalk. I <i>see</i> it is there. I still fall in ... it's a habit ... but, my eyes are open. I know where I am. It is <i>my</i> fault. I get out immediately.</p> <p style="text-align: center;">Chapter Four</p> <p style="text-align: center;">I walk down the same street. There is a deep hole in the sidewalk. I walk around it.</p> <p style="text-align: center;">Chapter Five</p> <p style="text-align: center;">I walk down another street.</p>
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RECAPITULATION: LETTING GO

***"We must be willing to get rid of the life we've planned, so as to have the life that is waiting for us.
The old skin has to be shed before the new one can come." - Joseph Campbell***

My first experience of recapitulation was going to confession after I made first communion. I enjoyed the process of going to a priest and telling him what was bothering me so he could absolve me of my pain. The spiritual placebo effect of letting go made me feel lighter and less burdened. Whether you use this process yourself as described below or any other spiritual practice, we all benefit from it in creating a new pattern for our mind. And as our mind grows calm, our hearts feel safer to expand into new beginnings.

Mantra: "I offer everything that happened this past year, positive and negative, to the sacred fire. May all that was accomplished bear good fruit. May all my mistakes be forgiven. May the karmas of this past year be dissolved. I offer gratitude for my life." - Sally Kempton

Self-Work: (this is what I do)

1. On small pieces of paper write out every major disturbance of 2015. Be specific, use names, and describe situations and feelings.
2. Repeat mantra above repeatedly. Commit yourself to letting go.
3. Burn these papers. What's done is done.
4. Remain quiet for a while and enjoy a clear heart.
5. Go out and celebrate a new beginning!

Finish each day and be done with it. You have done what you could; some blunders and absurdities have crept in; forget them as soon as you can. Tomorrow is a new day; you shall begin it serenely and with too high a spirit to be encumbered with your old nonsense. — Ralph Waldo Emerson

THE
ROOT
OF
SUFFERING
IS
ATTACHMENT.

-BUDDHA

One of the most courageous decisions you'll ever make is to finally let go of what is hurting your heart and soul.

SECTION 2

SELF- LOVE & HAPPINESS - EXERCISES

HAPPINESS COMMITMENT

"Happy people continuously change; and because they change they become more and more happy and then more and more change is possible." – Osho

One of the things I love most about traveling is that if you want to be happy while going around the world, you must learn how to be accountable. When visiting a new city or country, many circumstances are out of your control. Things may not unfold the way you expect them to. What is in your control is to be accountable for how you respond. You can get angry, righteous and prove your point right by blaming, but none of this will make you happy. *"Happy people avoid blame in all its incarnations. They don't blame other people, they don't blame circumstances, and they don't blame themselves. To happy people, blame serves no purpose. It doesn't ever get us what we truly desire. In fact happy people not only avoid blame but they also avoid its family members envy, greed and jealousy - which are among the key indicators of unhappiness. These reactions lead no place. The choice to be accountable is the choice to be masters of our own fate."* -The Choices Happy People Make

What we tell ourselves is reflected back to us by the world. How we see ourselves in terms of the quality of our thoughts and healthy choices determines how others see us and how the world responds. We actually are a sum of our choices.

I am thoroughly convinced that we are co-creators with the Universe and what we say to ourselves on the inside is what we see on the outside.

The world is not created out there and then experienced inside us.

It's the other way around.

What you see on the outside is the reflection of what you've created on the inside.

The feeling of gratitude, joy, and HAPPINESS IS AN INSIDE JOB.

Swami Vivekananda says, *"We are responsible for what we are and whatever we wish ourselves to be. We have the power to make ourselves."* It's true *"Happiness depends on ourselves."* - Aristotle.

It is well understood to be accountable means we must be present to what's going on moment by moment. This is why accountability and being present to your life's blessings go hand in hand.

Watch for those **three habits** that detract from keeping your Happiness Commitment:

1. Reverse any tendency you have to make comparisons.
2. Quit talking about what you don't have compared to what you have;
3. Stop complaining about how you are doing career-wise, relationship-wise, or any otherwise.

We always have a choice. What you did yesterday need not hold you back from choosing better today. Practice assuming the best with a positive expectation and you'll get really good at looking for the good. Barbara Frederickson, professor of psychology at the University of North Carolina-Chapel Hill, explains that positive emotions allow us to see more, whereas negative emotions literally narrow our

thinking. At the end of the day, there are really only two buckets: fear or love. The bucket you have made the most deposits of energy into will grow, think of this as your **Happiness Return on Investment (ROI)**.

Only you are responsible for your Happiness ROI. And no matter what challenges you face, you can always choose to invest in your own happiness. Make this the promise you commit to this year.

"Write it on your heart that every day is the best day in the year." - Ralph Waldo Emerson

LIVING IN POSSIBILITY

"First say to yourself what you would be; and then do what you have to do." - Epictetus

I remember when I heard Seattle Seahawks quarterback Russell Wilson ask, **"Why not you?"**

I realized then that Wilson knows what it means to live in possibility. This is an advanced practice whether we're talking about meditation, football, yoga, or life. Asking "Why not you?" demonstrates a mature understanding of the balance between effort and outcome.

An Exercise in Positivity

The "Why not you?" way of thinking completely reframes the victim mentality of "Why me?"

Scientist and author duo Rick Foster and Greg Hicks write, *"Positive people search for the seeds of growth and insight." It seems that the happiest people are able to 'recast' and raise the positive emotional value of events. This is the difference between staying stuck in what didn't go down the way you wanted it to, and moving forward with lessons learned. There is no time lost to the dreaded disease of "excuse-itis."*

I've always been one to root for the underdog, being one myself. I respect Wilson most for his quiet confidence. He literally actions what David J. Schwartz writes about in his book, *"The Magic of Thinking Big"* – *"Believe in yourself, believe you can succeed."*

So, the next time someone asks, "Why you?" take one from Wilson's playbook and ask, "Why not me?" If everyone believed "Why not you?" where would we be? Anything is possible.

Applying "Why Not You?" to Your Situation

Why Not You = Possibility = What I Believe In (Intention – Sankalpa)
Why Me = Impossibility = What Holds Me Back (Anti-Intention – Vikalpa)

- Why not you...to bring peace to the world?
- Why not you...to be loved well?
- Why not you...to go to college?
- Why not you...to get out of your abusive relationship?
- Why not you...to get a better job?
- Why not you...to live a happy life?
- Why not you...to kick addiction?
- Why not you...to be less stressed out?
- Why not you...to do what you really want to do if you weren't afraid?

And lastly, why not you...to change the world?

Possibility Guiding Principles: Living the Philosophy of "Why Not You?"

1. Show up 100 percent knowing you are capable of anything.
2. Know your purpose.
3. Affirm your authentic self so there's no stopping YOU.
4. Set inspiring goals focused on the process, not just the outcome.
5. Create healthy mental, physical, and emotional habits.
6. Practice with passion so inevitable obstacles won't hold you back.
7. Stay present.

Living from the perspective of infinite possibility is not always easy, but why not be the one to do it?

What is Possibility?

It is defined as being theoretically possible & capable of happening, unlikely if you don't try

WHAT IS POSSIBLE FOR ME?

RADICAL SELF-LOVE

What if you simply devoted this year to loving yourself more? Decide right now to stop relying on anyone else for your happiness. Instead, look in the mirror for the one person who can change your life. Dedicate yourself to respectfully practicing healthy self-care. Promise to put yourself at the top of your daily To-Do list. Don't just be good to others. First, be good to yourself. Self-care is self-respect. Self-care is **self-love**. Be a vibrant role model. Love yourself first. And remember your relationship with yourself sets the tone for every other relationship you have.

Self-love is defined as regard for one's own happiness. (Merriam-Webster)

Self-care is defined as the act of taking care of your mind, body and soul.

Here are some top tips:

1. Be Still. Meditate. Daydream.
2. Move. Walk. Dance. Yoga. Play.
3. Let go. Of others expectations. "Let go of who you think you are supposed to be and be who you are." (Brene Brown)
4. Love yourself enough to set boundaries. Your time and energy are precious. Choose wisely how to use it.
5. Create a Self-Care Calendar. Plan your daily, weekly, monthly self-care commitments.
6. Recite self-love mantra: I love myself, I am love.
7. Write yourself a love letter.
8. Create a vision board for yourself.
9. Write out positive, loving affirmations for yourself. Such as, "I am loved, I am enough, I radiate peace. I am loveable"
10. Block out your BREAK days and digital detox time off. Consider unplugging every Monday as part of healing your digital dharma.
11. Be kind in the way you talk to yourself. "I inhale self-love. I exhale peace."
12. Love your Day. Do something you enjoy. Make fun sacred.
13. Forgive yourself daily. Remember you are doing your best.
14. Be certain of what you say YES to. Write your YES list (see upcoming exercise for guidance).

Journaling:

1. Am I living a life I love?
2. What I do best is (fill in the blank)?
3. How do you want to FEEL in the coming year?
4. What might I now invent that I haven't yet invented that would give me more choices?
5. I can change _____?
6. How can you play bigger in your life story?
7. What would you do if you could travel free anyplace in the world?
8. What is your most audacious desire for the year ahead?
9. Write some good advice from your 100 year old self about living this year.
10. What would you like to learn on your own?
11. What do you really want to create in 2017?

WHAT DO I SAY YES TO? YOUR 2017 GPS

“When I was 5 years old, my mother always told me that happiness was the key to life. When I went to school, they asked me what I wanted to be when I grew up. I wrote down ‘happy’. They told me I didn’t understand the assignment, and I told them they didn’t understand life.” – John Lennon

When you say yes to something, you are automatically saying NO to something else. For instance, in my life exercising my right to say yes to meditating at the start of each day is a way of avoiding email, Facebook, Twitter, and Instagram as the first things I do in the morning. Practicing yoga is a ritual I say yes to each day, and therefore, *no* to accumulating mental worry and stress. I have the privilege of saying yes to making healthy food choices with any implied *no* to junk food.

Each and every opportunity I have to say yes sets up a love boundary. This keeps out unhealthy habits or behaviors that diminish my joy. Yes gives me authority (adhikara) over writing my own life story instead of feeling as if it’s been given to me to simply play a part not of my own choosing. Yes puts me in the driver’s seat of my life instead of feeling like I’m sitting in back without any control of the wheel and the direction I go.

I am, after all, playing the lead role in my life story and not just that of an understudy.

A Personal Yes List

I have made a point at the beginning of each year to make a personal “yes list.” I’ve been doing this for seven years. I know it works. Write down the key things that give you strength and inspiration. Ask yourself: Do the items on this list support you in waking up each day with enthusiasm to live your best life? Does what you list empower you to feel more passionate about your intentions? Think about the power of *YES* in your life:

1. *Are you conscious and alert to your yes choices?*
2. *Do you say yes more than you say no? Why?*
3. *What does saying yes mean to you?*
4. *What do you say yes to? Make a personal yes list.*

This year my yes list contains yoga, meditation, travel, writing, tribe, self-care, kindness, and unplugging.

Harnessing the power of intention means being confident as you say YES. When you decide you are clear on what you say yes to, then everyone and everything is there to support you. As is written in *The Alchemist* by Paulo Coelho, **“When you want something, all the universe conspires in helping you to achieve it.”**

Finally, don’t forget to post copies of your yes list where you can see and reference it everyday. You can even take a photo of it and put it as your screen saver.

PRONOIA: the opposite of paranoia; the belief that the universe is conspiring in your favor.

WHAT DO YOU SAY YES TO IN 2017?

I Say YES to Happiness!

SECTION 3

INTENTION SETTING - EXERCISES

ABOUT SETTING INTENTION

Energetically the beginning of the year is a time of contemplation, inward focus and meditation. This is the perfect experience of renewal and hope. This is a powerful time to begin our most honest personal growth. Let us begin with a sense of NEWNESS & POSSIBILITY to make positive changes in our lives by setting new intentions.

The word for Intention in Sanskrit is **Sankalpa**.

Ask yourself “what happiness are you manifesting? Are you ready to live a life you love?”

MIND MAPPING

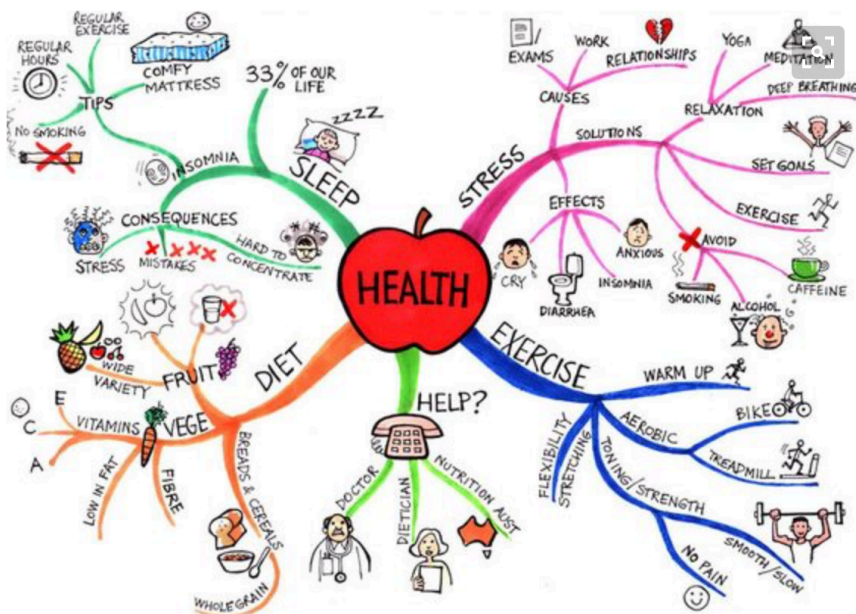
"It's not that we have too little time to do all the things we need to do, it's that we feel the need to do too many things in the time we have."

- "The ONE THING" by Gary Keller

CREATE MIND MAPS

A term first made popular by British author Tony Buzan, “mind mapping” is a style of graphically depicting concepts related to a particular topic or idea. For the purpose of intention setting, a mind map is one way to visually represent your inner creativity and identify what lights you up. This can be a great place to start because there are no rules. A mind map evolves organically and can reveal your most authentic desires and needs. Add drawings, words, scribbles, color and anything that you connect with in a real way.

One of the most powerful mind maps is as simple as a circle. Inside the circle exists everything you could ever want or be, outside the circle is anything that you do not want. (Sometimes, it’s necessary to know what you don’t want first so that you can stay laser focused on what you do want.) Use your senses to identify what is inside your circle. How do you want to feel? What does it sound, smell, taste like? Use language that awakens your spirit and gets you excited!



Remember there are 168 hours/week and 8,760 hours/year.

Where would you like this time to go in 2017? Organize your core values and key intentions into into categories such as happiness, fun, family, creativity, work, spirituality, giving etc. Consider turning these categories into Mind Maps.

Exercise: Mind Mapping

Draw a circle and inside the circle write what you want, outside what you don't want.

Mind Map #1: Health

Mind Map #2: Happiness

Mind Map #3: Yoga

Mind Map #4: Fun

Mind Map #5: Finances

Mind Map #6: Giving

Mind Map #7: Personal Development (Learning)

SETTING INTENTION

Honestly ask yourself, Are you living a good but not a great life? In other words, are you living a life you love? If not then let me help you create a clear declaration (intention/sankalpa) of what you want and stop putting energy into what you don't want. Remember who you are is what you say to yourself. Your self-expression is your message to the world about the dream you are manifesting. It reveals your psychology, and quality of your inner dialogue and self-relationship.

When I was in Junior High and High School I practiced archery. I got pretty good. But even at my peak performance, had you put a blindfold on me, the arrows would not have come anywhere near the bulls-eye. The learning here is that we can't hit targets that we can't see. You have to see what you're aiming at.

Today, open your mind with meditation and get clear on your target (intention).

The word for Intention in Sanskrit is **Sankalpa**. In the work of Intention setting I am most influenced by Rod Stryker and Dr. Wayne Dyer who says, "*Our intention creates our reality.*" To begin, Mr. Stryker suggests we ask ourselves two questions:

1. "What do I want to become or achieve?"
2. "What would having it look and feel like to me?"

REACH YOUR GOAL: The goal is the result of your intention, put into action and attaining it by well thought out effort and consistent focus. When you break down the process of what true intention really is, you will find a process that unfolds before you. By applying this process, you create your intention. Here is how you map out your intentions:

STEP 1: Have purpose, know your Dharma (aka Vision Statement): Your reason behind your intention is purpose. Having a purpose infers a more determined path.

- What would you do with your life if no one could criticize or praise you?
- How would you spend your time if no one else cared or was watching?
- Would your life be very different? How? What does this tell you about how much power you give to other people and other people's opinions?

STEP 2: Create your list of 3 to 10 intentions

- Write them out using the words "**I intend...** or **I am...**" (Intention is not the same as wishing which is self-defeating and implies you can't do it.)

- Make copies and post where you can see them. Look at them every night before bed and every morning first thing when you wake-up.
- Take a photo of it and make it your screen saver.
- Review your list every day. (EG easy if it's on your smart phone)

STEP 3:

Design your intent: This means a specific, measurable (quantitative and qualitative), plan of action. What, when, why, where, how.

Improve your aim (GPS): By improving your aim, you add to your target effort directed toward attaining your intention. Remember it's hard to make a bull's eye if you don't know where you're aiming.

STEP 4: As your intentions come true, rewrite your list without that one on it.

- Add new intentions as you see fit.
- Delete or replace intentions that are no longer relevant.
- **Include smaller items that will take little effort:** manifesting smaller things actually creates a steady flow of energy and teaches us to appreciate the smaller goals as well.

STEP 5: Share your intentions with positive friends or loved ones.

- Repeat this affirmation *"I will receive the things that I have intended."*

In Summary 5 Key Actions to Manifesting Your Happiest Life:

1. Use your imagination to envision your most important intentions for one year from today.
2. Write down what you visualize as the target of your manifestation.
3. Aim for the bulls-eye of your most central intention.
4. Stay true to what you want to manifest by posting your bulls-eye intentions, rereading what you've written and journaling about your progress and passion to make this your reality
5. Tell others about your target: Say it aloud. Repeat, repeat, repeat.

INTENTION SETTING POINTERS

Don't live life by accident

How we Limit Ourselves:

- Hide behind goals that are too big
- Or lose inspiration because goals are too limited, and small
- Tire out when goals are too showy (are they for you or others)
- Don't wake up and see what your life is and to the degree you are influencing it

Suggestions:

- Allow failure
- Surround yourself with like minded people
- Cultivate collaboration and community

Your Intention Should Include:

- *Write it down and make sure its stated using active language
- *Needs to be specific.
- *Needs to be worded in the present tense.
- *Use your own words, keep it real.
- *Must be measurable, both quantitatively and qualitatively.
- *Must be memorizable.
- *Needs to be achievable in the next 6-12 months.
- *Focus on the result you are seeking or the attitude, you intend to achieve or both.
- *In your heart, you must believe you can achieve your intention.

INTENTION INSPIRATIONS

“The thing always happens that you really believe in; and the belief in a thing makes it happen.”~Frank Lloyd Wright

“Intention is the core of all conscious life. Conscious intention colors and moves everything.”~Master Hsing Yun

*“You create your thoughts. Your thoughts create your intentions and your intentions create your reality.”
– Wayne Dyer*

*Right now, think of something that sounds fun, something you could do today. If nothing sounds fun, think of something that would be a comfort, or just a relief. Got it? Good! Now you can take steps to make it happen. And as you take one step toward the thing you want, it really does take a hundred steps toward you.
– Martha Beck*

“We are all gardeners, planting seeds of intentions and watering them with attention in every moment of every day.” - Cristen Rodgers

Example Intention Statements:

I believe in myself and trust in my ability to succeed

I am grounded

I invite peace and harmony to dwell in me and surround me at all times

I am calm, strong, centered and peaceful

I am healthy and full of energy

I make the right choices listening to my intuition

I accept all forms of abundance the universe offers me

I intend to try new things.

I have space within me to welcome new opportunities.

I intend to speak kindly to myself every day

I intend to receive the resources I require

My soul is ready to live my most authentic life

I receive light

I nourish my body with high vibration food and clean water

I have permission to say Yes

I choose to exercise regularly

I trust the universe is guiding me down the right path

I am aligned with my truth

I am content with my life

I feel healthy and strong

I am growing in gratitude

I am infinite love

Every cell in my body, mind and spirit vibrate at the frequency of love

SECTION 4

MEDITATION

MEDITATION

Meditation is a healing journey into your most loving self. This meditation is for you to create freshness in your life and a beautiful new world.

To Begin:

- Close your eyes, take a few deep breaths and breathe in the love deep at the center of your heart. Breathe love into every cell of your body.
- Send love out from your heart to everyone you know and to the places in the world that need healing, until your love reaches around the world.
- Imagine holding our beautiful Mother Earth in your hands and send love and gratitude to this beloved planet that is our home.

Envision:

- Create in your mind's eye the paradise this planet was always meant to be.
- Envision clean air and pure water, rivers, lakes and oceans...lush green forests and farmlands...people living in dignity and abundance in harmony with each other and the Earth.
- Hear the sounds of forgiveness as old enemies become friends...the sounds of joy and laughter as communities formerly divided by hate become whole again.
- Feel the warmth of acceptance and the safety of our homes and neighborhoods as our world becomes united with brotherly and sisterly love.
- Envision peace beginning in the heart of every individual and spreading heart to heart across the land, finally encircling the globe.
- See clearly this new world that honors everyone as well as the Earth, and feel how it feels to live in this new world. See it clearly and feel it intensely.

Live the Vision:

With gratitude begin today to live like all your intentions are supported & you are loved.

Meditation is learning how to focus on what is important and supports your life's mission.

Meditation practice just like what Steven Pressfield defines as being a professional teaches us: Patience, Order, Concentration, Preparedness, No Excuses, Mastery, Collaboration, How to Face Adversity, Self-Validates, Reinvention

YOGA SUTRAS RELATED TO MEDITATION

Pratyahara, Concentration, Meditation, Samadhi Sutras 2.54, 3.1, 3.2, 3.3

Sutra 2.54 sva vishaya asamprayoge chittasya svarupe anukarah iva indriyanam pratyaharah

When the mental organs of senses and actions cease to be engaged with the corresponding objects in their mental realm, and assimilate or turn back into the mind-field from which they arose, this is called pratyahara, and is the fifth step.

pratyaharah = withdrawal of the senses as far as objects are concerned

Sutra 3.1 deshah bandhah chittasya dharana

Concentration is the process of holding or fixing the attention of mind onto one object or place, and is the sixth of the eight rungs.

dharana = concentration, focusing, directing attention

Sutra 3.2 tatra patyaya ekatanata dhyanam

The repeated continuation, or uninterrupted stream of that one point of focus is called absorption in meditation, and is the seventh of the eight steps.

dhyanam = meditation

Sutra 3.3

tad eva artha matra nirbhasam svarupa shunyam iva samadhih

When the mind becomes absorbed in that which is the reality, and is unaware of separateness of the personal self, this is Samadhi. which is the eighth rung.

samadhih = meditation in its higher state, deep absorption of meditation, the state of perfected concentration

SECTION 5

READING

This year promise yourself to read more Spiritual Books. “I will pick out 3 on this list or others not included here.”

- Salzberg, S. (1995). *Lovingkindness: The revolutionary art of happiness*.
Boston: Shambhala.
- Salzberg, Sharon. (2002). *Faith: Trusting Your Own Deepest Experience*.
New York: Riverhead Books
- Kabat-Zinn, J. (1994). *Wherever you go, there you are*.
New York: Delta.
- Kornfield, J. (1993). *A path with heart: A guide through the perils and promises of spiritual life*.
New York: Bantam.
- Kornfield, J. (2000). *After the Ecstasy, the Laundry: How the heart grows wise on the spiritual path*.
New York: Bantam Books
- Thich Nhat Hanh. (1991). *Peace is every step: The path of mindfulness in everyday life*.
Berkeley: Parallax.
- Thich Nhat Hanh (2003). *Creating True Peace: Ending Violence in Yourself, Your Family, Your Community and the World*.
New York: Free Press.
- Borysenko, Joan. (1993). *Fire in the soul. A new psychology of spiritual optimism*.
New York: Warner Books.
- Epstein, M. (1998). *Going to pieces without falling apart: A Buddhist Perspective on wholeness*.
New York: Broadway Books.
- Pema Chodron (2001) *The Places That Scare You: A Guide to Fearlessness in Difficult Times*.
Boston: Shambhala.
- Rinpoche, Yongey Mingyur (2007). *The joy of living: Unlocking the secret & science of happiness*.
New York: Harmony Books.
- Kasl, Charlotte. (2001). *If the Buddha Married: Creating Enduring Relationships on a Spiritual Path*.
New York: Penguin Compass.
- Kasl, Charlotte. (1999). *If the Buddha Dated: A Handbook for Finding Love on a Spiritual Path*.
New York: Penguin Compass
- Shapiro, Eddie and Debbie. (1998) *Peace Within the Stillness: Relaxation and Meditation for True Happiness*.
- Living In The Present Moment Eckhart Tolle (2003). *Stillness Speaks*.
Novato, CA: New World Library.
- Tolle, Eckhart. (1999) *The Power of Now*. Novato, CA: New World Library.
Novato, CA: New World Library.
- Seligman, Martin. (1998) *Learned Optimism. How to Change Your Mind and Your Life*.
New York: Pocket Books.
- Vaughan, Susan. (2000) *Half Empty, Half Full: Understanding the Psychological Roots of Optimism*.
New York: Harcourt.
- Franquemont, Sharon. (1999) *You Already Know What to Do : 10 Invitations to the Intuitive Life*
New York: Tarcher/Putnam.
- Naparstek, Belleruth. (1998) *Your Sixth Sense: Unlocking the Powers of Your Intuition*.
New York: HarperSanFrancisco.

Silvia Mordini is a Writer, Happiness Coach and internationally recognized Yoga Presenter. Her expert passion connects people to their own joyful potential. Born in Ecuador, proud of her Italian heritage and raised as a world traveler, Silvia developed a sense of global citizenship early on. In young adulthood she was run over by a car—a life changing accident that led her to discover the “Alchemy” of Yoga to heal and transform. A serial Yogapreneur, Silvia had a 13 year Human Resource career, owned 2 Yoga Studios, founded Alchemy Tours, a Spiritual Adventure company and developed the 12 year old international Alchemy of Yoga Teacher Training School. She has been inspiring happiness, global awareness, and joyful living in students for 20 years.

Her workshops include: *Alchemy of Joy: Roots, Rock, Reggae; Alchemy of Love: Drinking the Lotus; Alchemy of Soul: Bhakti Vinyasa; Chakra Vinyasa, Alchemy of Fire: Rebel Spirit Flow; Alchemy of Happiness: Yoga Sutras Unplugged; Alchemy of Beauty: From the Inside Out the Ayurvedic Way; Love is ALL You Need: Alchemy of the Beatles. Expect inspirational music, mantra, talk story, guided visualization, journaling, energy medicine, and meditation.*

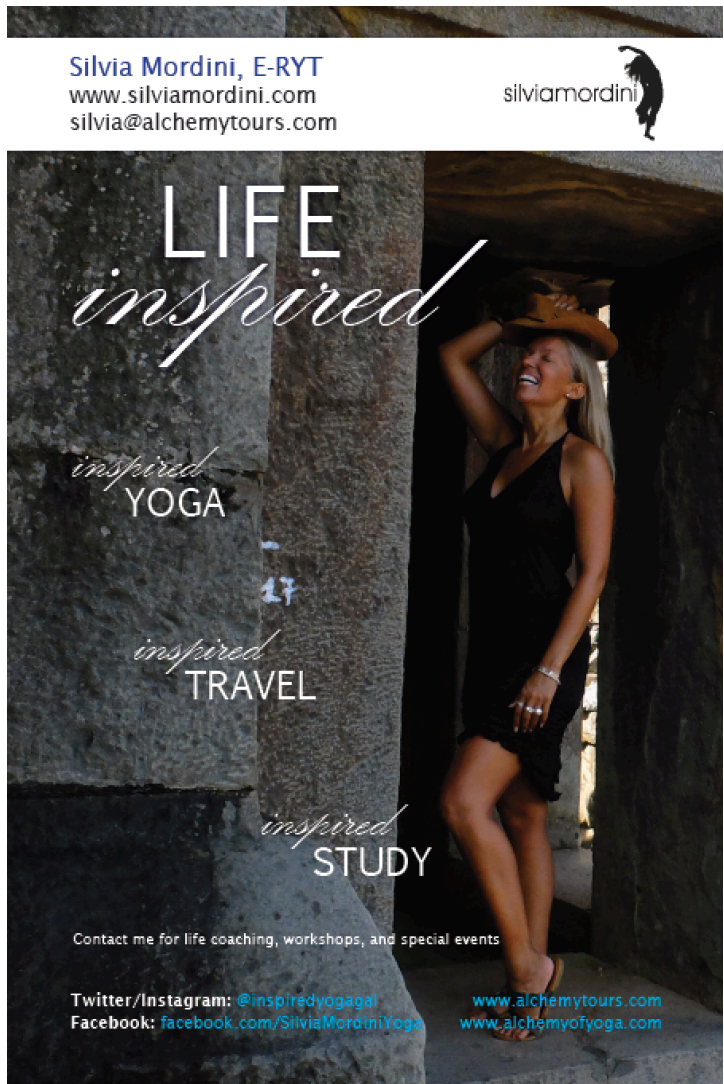
Look for her upcoming book "Happiness Prescriptions," read her popular blog called Love Your Life (named one of the top Yoga blogs for 2016), along with enjoying her “Loving Your Day” YouTube channel. Her articles appear regularly in magazines such as [Mantra Yoga](#) and on various yoga sites such as [MindBodyGreen](#), [Wanderlust](#), [Yoganonymous](#), [GaiamTV](#), [Daily Cup of Yoga](#) and she is the author of the [The Alchemy of Yoga](#) blog on [DoYouYoga.com](#). Devotee of Lakshmi, Silvia loves cooking tasty vegan Italian and Latin infused meals while entertaining friends. She dreams of one day living on a beach “almost” full-time and simplifying her closet by 50%.

She also leads private [Dharma Mentoring](#) courses for socially conscious yogapreneurs that aims to calibrate the inner compass for fulfillment and work life balance. This program provides the mechanics to do the work of spirit and be successful at the same time.

Connect with her on Twitter/Instagram [@inspiredyogagal](#) on [Facebook](#). www.silviamordini.com

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Study: www.alchemyofyoga.com Twitter/Instagram: [@alchemyofyoga](#)
Travel www.alchemytours.com Twitter/Instagram: [@alchemytours](#)



2017 Silvia Mordini Schedule

Feb 8-12, 2017 Northwest Yoga Conference

Mar 9-12, 2017 Sedona Yoga Festival

Mar 19-26, 2017 Bali Spirit Festival

Mar 26-April 3, 2017 Bali Alchemy of Love Yoga Retreat with Hannah Muse

April 3-10, 2017 Bali Alchemy of Happiness Yoga Retreat with DJ Drishti

April 15-May 6, 2017 Bali RYT200 Hour Yoga Teacher Training

June 25-July 1, 2017 Tuscany Vino & Vinyasa Yoga Retreat

July 29-Aug 19, 2017 Costa Rica Alchemy of Yoga RYT200 Teacher Training with Emily Perry

Sept 30-Oct 7, 2017 Patagonia Yoga & Hiking Retreat with Drishti Journeys

Nov 25-Dec 2, 2017 Mexico Gratitude & Manifestation Yoga Retreat at Prana del Mar

Dec 2-9, 2017 Mexico Yoga Retreat with Emily Perry at Prana del Mar

March 1-22, 2018 Bali Alchemy of Yoga RYT200 Teacher Training