



Setting Your Intentions

सङ्कल्प · Sankalp

A short ritual to prepare your mind before we begin

Every churning begins with a vow. Before your first Antarmanthan session, take a few quiet minutes with this page. Nothing here needs to be perfect or profound, it only needs to be honest. What you name now becomes the thread you can return to on the harder days ahead.

1. One word for how you feel about becoming a more conscious parent, right now, today:

2. The one shift you most want in your relationship with your child:

3. What are you willing to let go of, to make room for that shift?

4. My intention as I begin Antarmanthan:

Before your first session

1. Find five quiet minutes, alone, phone away.
2. Light a diya or lamp if you have one nearby, or simply sit by a window.
3. Take three slow breaths, in through the nose, out a little longer than the in.
4. Read your intention above out loud, once, to yourself.
5. Arrive at the session as you are. That is all that's asked of you.

"I am ready to look inward. Whatever rises, I am willing to meet it."
