

Back-to-School Spiritual Supplies Activity – Intention Bracelets

The first spiritual tool we use at the beginning of any project, including school, is our intention. Our intention names how we want to be while at school - what inner qualities we want to experience, like joy, creativity, friendliness, or experiencing school as an adventure!

Many people confuse intention with goals. Goals are very specific, like getting an A on the English quiz on Friday. Intentions are less specific and more about how we want to be while working toward our goal. For example, “I intend to have fun while absorbing the English lesson”, or “I intend to become more patient with my homework”.

One way to think about the difference between intentions and goals, is to imagine that you are about to climb a mountain. Your goal might be to reach the top of the mountain. Your intention might be to enjoy the beauty all around you as you climb. Whether you reach your goal or not, you can always experience your intention!

We can use an intention bracelet to help us remember our intention, even while we are at school. Before making your intention bracelet, it’s good to think about your intention for the school year. One way to do this is by conducting an experiment to help you find your intention.

Experiment for Creating Your Intention

- Sit in meditation posture, or in a comfortable, upright position and close your eyes.
- Settle your mind, letting your thoughts and feelings calm down. You can imagine them settling like the glitter in the jar.
- When your mind is quiet, bring your attention to your heart center.
- Feel the love that is there. It can be very small, to begin with, but allow it to grow, seeing it get bigger and bigger until it fills your whole body with love and light.
- Imagine your whole body full of love and light.
- Rest there for a minute.
- Now ask what soul quality your heart center would like to manifest this school year. It can be a single word like peace, strength, joy, love, caring, wisdom, adventure, boldness, etc.
- We can create an affirmation with our spiritual intention. Use the words “I am _____” and fill in your intention.
- When you are ready, open your eyes and write down your intention.

The moment we earnestly intend something, it draws upon our inner resources and begins to express. We can immediately experience it. This is an important key to realizing our intention.

Yogacharya Ellen Grace O'Brian

