



Intention Bracelets: Jewellery with Purpose

Congratulations on the purchase of your Intention Bracelet! I like to think of Intention Bracelets as functional art. These little gems truly are jewellery with purpose. Intention Bracelets are a self-care tool to help you shift out of negative thinking (which we all do at times) into more empowering positive thoughts and, ultimately action that supports your goals and desires in life. I'm so glad you've decided to tap into your powerful inner resource: Your Optimism. When we take care of ourselves it ripples out to everyone around us creating more peace, joy and contentment in the world.

Thank you!

Intentional Design

Your bracelet and the Intention Practice that goes with it are based on the ancient self-care systems of Yoga and Ayurveda, India's traditional system of mind-body medicine. Never has this knowledge been more relevant than in our fast-paced, over stimulated world!

Your Intention Practice includes three basic steps: relaxing the mind with some focused breathing; some gentle yoga-based stretches and a meditation practice that incorporates a repeated intention or "mantra". This is where your Intention Bracelet plays a starring role!

Your Intention Bracelet has 27 beads for a very specific purpose. Twenty-seven is an exact multiple of 108. One hundred and eight is a very important number in Yoga and Ayurveda. According to ancient tradition, repeating your intention or mantra 108 times infuses it into the 108 main power points (mama points) on the body. This helps us to literally embody our intentions.

The larger 28th bead of your bracelet marks the end of one "round" of meditation. It is not counted but rather is a reminder for us to stop and feel gratitude for the blessings in our lives. You can easily work your way up to repeating your intention 108 times as you feel ready since four times around your bracelet equals 108. The technique for doing more than one round is demonstrated on your practice video which you can access at www.balancerelaxationtherapy.com/intention using your password **YourIntention** (case specific).

There are also three semi-precious stones. Not only are the stones themselves significant (learn why below), but the number three is significant in many spiritual traditions.

Your Intention Bracelet is made from sandalwood which is highly regarded in Yoga and Ayurveda and has been used for thousands of years in mind-body medicine. It is naturally aromatic and the scent helps the mind shift into a state of calm, focus and clarity. This is a huge benefit if you're trying to meditate!

The semi-precious stones help balance your mind-body type because, according to Ayurveda each stone has special elemental qualities just like us. Some stones are earthy and help us to feel grounded, some are more airy and help us lighten up and others are more fiery and can help us warm up and get moving. You can read more about Ayurveda and how the stones help balance your mind-body type in the section below entitled **Ancient Self-Care System for Modern Times**.

Your Intention Bracelet is a great ally in your self-care practice because not only does wearing it serve as a tangible reminder to take time for self-care but when you use it in your Intention Practice it helps you count the number of times you say your intention which helps keep you focused. Plus, it's fun and funky to wear!

The combination of relaxation, repetition and gratitude that your Intention Practice offers is a powerful way of tapping into your inner optimist. This is important because studies show that when we think more positively we live longer, get sick less often and generally enjoy life more.

Quartz as Your Ally



Here are a few properties of your Quartz Intention Bracelet, which you have chosen as your ally. A wood-burned symbol representing all five elements at the 14th bead compliments the Quartz stones and creates a sense of connection. The bead cap on either side of the larger stone augments the balancing properties of your bracelet.

Elemental association: All

Chakras supported: All

Ayurvedic dosha best balanced: All

Main properties: Clearing, cleansing, amplify intentions

Main body systems supported: Nervous system. Assists in reducing adhesions in the connective tissue making movement more fluid.

Clear quartz is one of the most versatile stones in the world of minerals. It can be used to amplify the properties of other crystals so is a great stone to use in conjunction with others. It embodies the five main elements of the universe: space, air, fire, water and earth so is helpful to everyone. It is one of the best stones for carrying the "frequency" of your intention without distortion and can magnify virtually any intention you want to work with. It brings clarity to your thoughts and helps you define your life's meaning and purpose.

If you visualize your intentions in images, projecting them into your three quartz crystals it can help amplify your desires like an echo. Your Quartz crystals can help you see the synchronicity of internal and external events that are manifesting to align with your goals and desires for your highest good and for the highest good of those around you.

Sample Intentions

I live my true purpose * My body, mind and spirit are in balance * I am clear about my life's purpose

You can also write your own intention. For some tips on writing your own powerful intentions download the resource *10 Tips for Writing Powerful Intentions* also available at www.balancerelaxationtherapy.com/intention.

Ancient Self-Care System for Modern Times

According to Ayurveda, each one of us has our own unique elemental configuration, called a “dosha type”. Your dosha type determines your physical and mental tendencies due to the qualities of the five “great elements”: space, air, fire, water and earth that make up your dosha type. There are three dosha types. Vata types are primarily air and space, so are by nature more light, subtle and mobile physically, mentally and emotionally. Pitta types are primarily fire, so tend to be hot, sharp and intense. Kapha types are primarily water and earth which makes them more dense, stable and still.

Since everything in the universe shares the qualities of the five great elements, everything we do has an impact on our physical, mental and emotional balance. Our choices can sometimes lead to an accumulation of one or more of the elements, which can throw us out of balance and lead to undesirable conditions. For example too much air makes us unfocused or spacey. Too much fire makes us irritable and too much water makes us sluggish.

Since the stones also share this elemental configuration, we can enlist them as our allies to help us get back into balance. Ayurveda uses a principle of opposites to find balance. So, for example if you have too much air (a Vata overload) an earthy stone will help ground you. If you have too much fire (Pitta dosha), an earth, water, air or space stone can help cool off excess heat. If you have too much earth and water (Kapha dosha), a fire or air stone can help warm you up and get you moving. If you're intrigued you can get more information about Ayurveda at www.balancerelaxationtherapy.com/intention.

Your Intention Practice

Your Intention Practice includes three simple steps as mentioned above. You can also join me by video at www.balancerelaxationtherapy.com/intention using your password: **YourIntention** (case specific).

If you'd like to join me live for a workshop, check out my workshop schedule at www.balancerelaxationtherapy.com.

Step 1. Relax your mind

Sit or stand with your feet flat on the floor and your spine straight but not strained. Put one hand on your belly below your navel and the other on your chest just below your collar bones.

Inhale and exhale through your nose. Let your belly relax, allowing it to expand away from your spine on the inhale and soften back towards your spine on the exhale (you don't need to push your belly out, just let it expand with your inhale naturally). Your chest hand shouldn't be moving too much.

Step 2. Loosen up your body

Open your torso with side bends.



You can be sitting or standing for this yoga stretch. Release both arms down by your side. On your next inhale reach your right arm up above your head and reach gently over to your left, feeling your ribs open. The left hand reaches down towards earth.

If you're standing, keep your knees slightly bent. On the exhale bring your right arm back down and come back to a neutral standing or sitting position. Repeat on the other side.

Do this sequence 5 to 10 times.



Release mental and physical toxins with twists.

From a standing or sitting position, inhale both arms up to the side at shoulder height. Exhale to your right, turning from the waist. Inhale back to center and let your arms rest back down by your sides. Repeat on the other side.

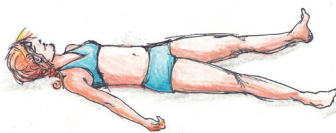
Do this sequence 5 to 10 times.



Release your low back with knees to chest.

Come to the floor with your knees bent and feet flat on the floor. Bring your knees into your chest lifting one leg at a time to avoid back strain. Let your hands wrap around your shins. With your hands still in place, release the legs away from your belly so you can take a deep abdominal breath. As you exhale, draw your knees into your chest, gently pressing your legs into your belly. Repeat 5 to 10 times.

Let yourself be still in resting pose.



Extend your legs flat onto your yoga mat. Let your feet flop to the sides. Allow your arms to rest by your sides with palms turned up to the sky or in towards your body. Let your breath become effortless and your body melt into stillness for 3-5 minutes then roll to your right side and pause for a couple breaths on your side before coming back up to sitting comfortably with the spine long, either on the floor or a chair.

Step 3. Set your intention

Come back to your breath, feeling your belly expand away from your spine on the inhale and soften back towards your spine on the exhale for a few breaths then let it become effortless.



Hold your Intention Bracelet in your right hand. Take the first stone bead after the larger stone bead between your thumb and finger and say your intention silently to yourself or out loud. Move your thumb to the next bead, pulling the beads towards you, and repeat your intention like a mantra. Continue until you come all the way back around to the larger bead. When you arrive at the larger bead say "thank you" knowing your intention is already coming to fruition!

The practice of relaxing, repeating an intention and gratitude is a powerful tool for getting the most out of life. The bracelet becomes a constant and tangible reminder of your intention, whether that intention is something like letting go of self-limiting beliefs or something you'd like to have or do. The strongest intentions are those that address our core beliefs and values because it is these underlying patterns that direct our actions and shape our lives.

According to the ancient traditions of Yoga and Ayurveda, we are all innately joyful, content and peaceful. Intention Bracelets and your Intention Practice are practical tools to help you find *your* innate joy, contentment and peace.

Enjoy!

Illustrations: **Janice Chamberland**

Design and layout: **Michaela Green**

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