

# How to set a powerful sankalpa for the year

**KUNDALINI RISING**  
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A sankalpa, often translated as “intention” or “resolve,” is a heartfelt vow that aligns your inner purpose with your actions. Unlike traditional New Year’s resolutions that focus on external achievements, a sankalpa emerges from your core desires and is rooted in a sense of self-awareness. Setting a powerful sankalpa for the year can guide you toward meaningful transformation and

fulfilment. Here’s how to do it:

### Reflect on your inner longings

Start with introspection. Dedicate time to meditate, journal, or sit quietly to uncover your true desires. What do you long for in your heart? A sankalpa is not about fixing



what’s “wrong” but about affirming your highest self. Instead of saying, “I want to lose weight,” focus on the feeling behind the goal, like “I honour my body as a temple of strength and vitality.”

### Make It Positive and Present Tense

A sankalpa should affirm what you want to embody, phrased as if it’s already true. For example, “I am at peace with myself” or “I embody compassion and courage.” This present-tense phrasing helps the mind integrate the intention as reality, fostering alignment with your subconscious.

### Keep It Simple and Focused

Resist the urge to overcomplicate. A single, clear sankalpa creates greater focus and

clarity. Complexity can dilute its power, so stick to one key intention that resonates deeply.

### Revisit It Daily

A sankalpa isn’t something you set once and forget. Repeat it daily during meditation, yoga practice, or quiet moments. Let it guide your choices and actions throughout the year.

By setting a sankalpa, you cultivate a mindset of purpose and authenticity, creating space for transformation from within. This practice reminds you that the seeds of your intentions shape the life you grow.

By Shazia Omar

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## ◆ HOROSCOPE ◆



**ARIES**  
(MAR. 21-APR. 20)

Don’t blow situations out of proportion. Minor health problems will arise if you don’t eat well. You might have an exciting encounter. Your lucky day this week will be Saturday.



**TAURUS**  
(APR. 21-MAY 21)

You can change your living arrangements. Go out with friends. Your social activity should be conducive to finding love. Your lucky day this week will be Sunday.



**GEMINI**  
(MAY 22-JUN. 21)

Short trips might let you encounter new partners. Utility problems may cause disruptions. Make personal changes that will enhance your reputation. Your lucky day this week will be Tuesday.



**CANCER**  
(JUN. 22-JUL. 22)

Be patient with children. Educational pursuits should help you develop your hobbies. Don’t overextend yourself in the process. Your lucky day this week will be Sunday.



**LEO**  
(JUL. 23-AUG. 22)

Find out what’s expected and you’ll surprise yourself. You need a job with more responsibility. Don’t overspend to impress others. Your lucky day this week will be Monday.



**VIRGO**  
(AUG. 23-SEP. 23)

You could be erratic regarding personal relationships. Bring work home if it helps catch up. Minor health problems could result through exhaustion. Your lucky day this week will be Saturday.



**LIBRA**  
(SEP. 24-OCT. 23)

Don’t expect anything to avoid disappointment. Someone unexpected may not have your best interests at heart. Clear up chores left undone. Your lucky day this week will be Monday.



**SCORPIO**  
(OCT. 24-NOV. 21)

Your best results come through business trips. Romance may develop through social activities. Changes in your residence could be financially favourable. Your lucky day this week will be Thursday.



**SAGITTARIUS**  
(NOV. 22-DEC. 21)

Social evenings will be successful. Channel your energy into passionate interludes with your partner. Your creative talent will be recognised. Your lucky day this week will be Sunday.



**CAPRICORN**  
(DEC. 22-JAN. 20)

Unexpected changes in friendships could occur. Don’t donate more than you can afford. Make sure everyone does their share. Your lucky day this week will be Friday.



**AQUARIUS**  
(JAN. 21-FEB. 19)

You could lose money if you are careless. Travel will stimulate your need for excitement. Interaction with colleagues may be upsetting. Your lucky day this week will be Wednesday.



**PISCES**  
(FEB. 20-MAR. 20)

Investments may not be lucrative. Uncertainty regarding your partner may emerge. You can have fun going out with friends. Your lucky day this week will be Thursday.

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বদলে দিলে যে আমায়...

**অ্যান্ডামিনা**  
সোপ

রূপচর্চায় আন্ডিজাত্য...

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