



February is a tricky month. We are all a little bit heady about the million & one plans we make for the year in January. February kind of ground us down with *what is it that we actually want to achieve or be this year.*

My one wish is to live with some more intention and believe in the power of manifestation *again*. I invest a lot of time and energy in seeking out tools to center myself. There are two tools I would like to share with you & I hope they serve as beautifully as they have served me.

Often, when I do not end up working on the things that I really want to work on (like writing this newsletter for eg), I give myself very long winded logical reasons for why I didn't get to it. But actually, *I didn't make time for it*. The ring of truth that sentence has nudges me into awakening - all these plans & dreams & intentions I have - how much am I working towards it? If at all. So I share with you two questions I asked myself. They weren't pretty to answer, but they were eye opening for sure.

While you are busy working on all these, here's something to remember: *“Being somewhere is more important than getting somewhere”* ~ Michael Caroll.

Thank you for allowing me into your hearts,

Nayana

Capturing the Scents of Life



I have a plethora of things to do when i feel uncentered, here's two that I love :

Beautiful Moments:

Cherishing wonderful moments starts with living them. Celebrate small everyday things that make you happy for no reason at all. You can write them down either in a notepad or on your phone. It is somewhat like a gratitude list, no big sentences, just a mental camera capture of a moment of your day. You can revisit this list and relive that joy. This helps me realise life is really about the small things and I can often use one bright spot in the day to take away any other not-so-bright spots :)

Journaling

Now I must confess this is something that helps me immensely. And yet something that i easily give up doing. When I moved to a corporate job i realised my mornings were suddenly too busy. But i often have time in the evenings, just before I head to bed to quickly write a page or two to clear my mind. Journaling in

the day. Either is good - try it :)

What's Stopping you?



Often I blame everything & everyone around me when I do not achieve my personal goal. I'll say I have too much going on at work & I don't feel like getting on my yoga mat today, I need some mental time-out, so I'll watch this netflix show instead of thinking about the newsletter. I don't have enough time to plan this yoga event, so I won't do it instead of doing it shabbily.

Don't get me wrong, sometimes these reasons are valid. I sometimes DO need a mental time-out & I'd rather not put out shoddy content if I haven't had the time to plan it. But it requires a lot of self awareness to know when you're making excuses and when you actually need to rest. If it's the former it takes great resolve & willpower to get over your lethargy to get stuff done, because it matters to you.

I answered two questions & realised that me and my habits were standing in the way of accomplishing tiny projects of mine. Try answering them honestly, without judgement, to see what comes up for you:

- **What has hindered you the most from becoming who you would like to be?**

In full honesty, my need for perfection has hindered me from confidently putting out more of my creative work into the world. I am never good enough, and my work is never good enough for me. I am working on changing that, and it takes time. I hope you find something in your answers to the above two questions that can help you get over that slump.



My one thing I did for fun is go catch *ShahRukh's Pathaan* first day first show - it has created a massive wave in my heart, one that I will ride on for a really long time :)



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