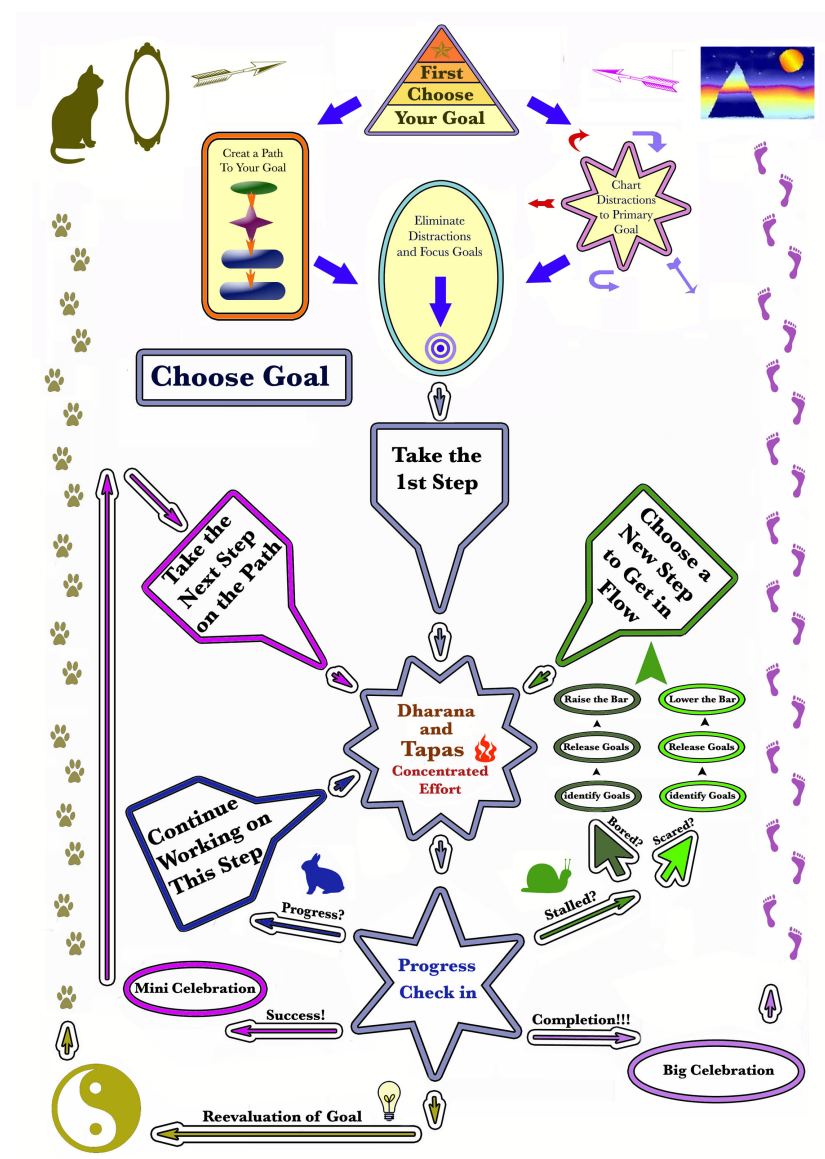
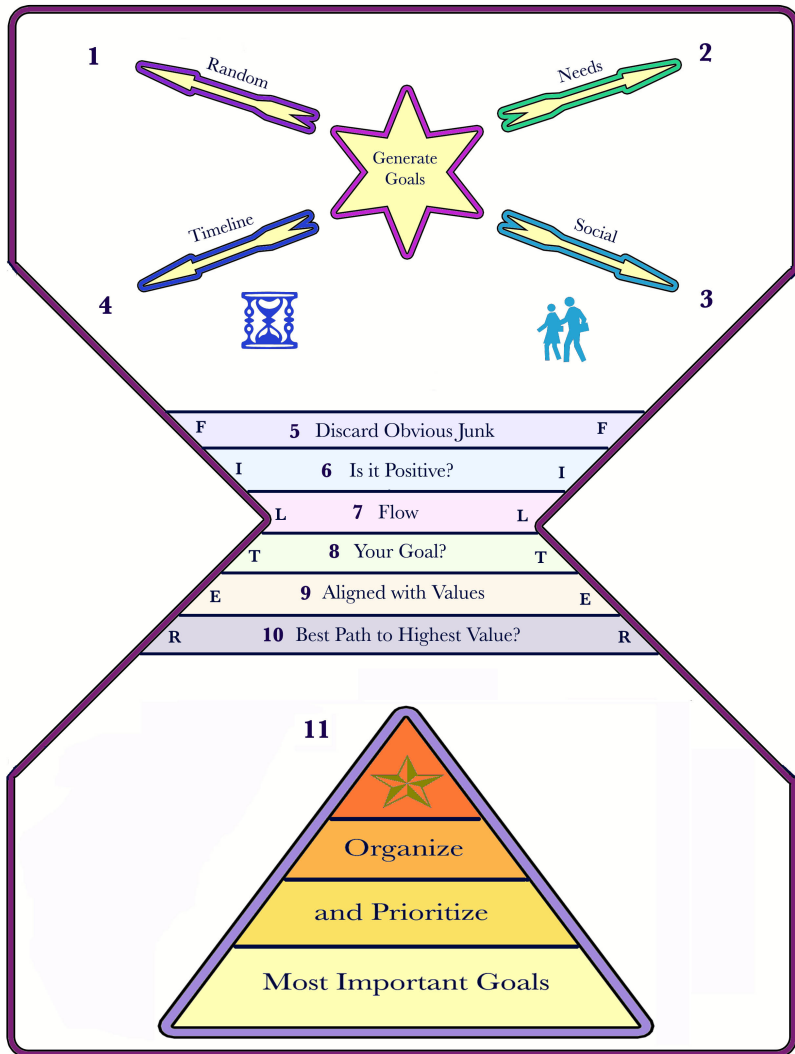


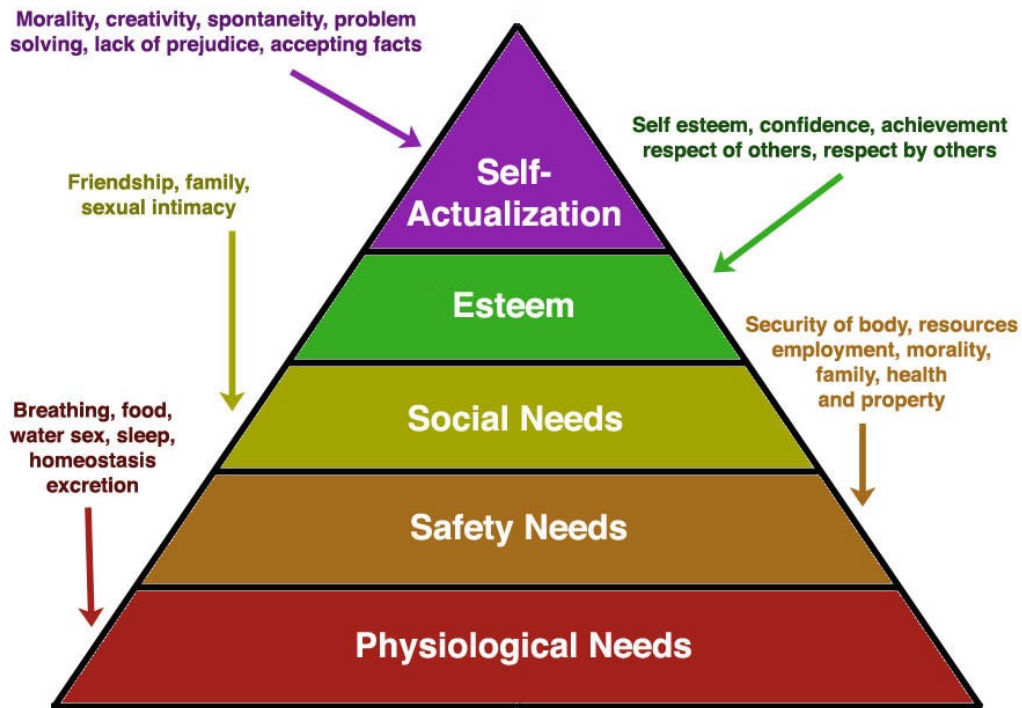
# Goals

Generating, Filtering, and Organizing



# Yoga Psychology

## Maslow's Hierarchy of Needs



Developed by Abraham Maslow in 1943

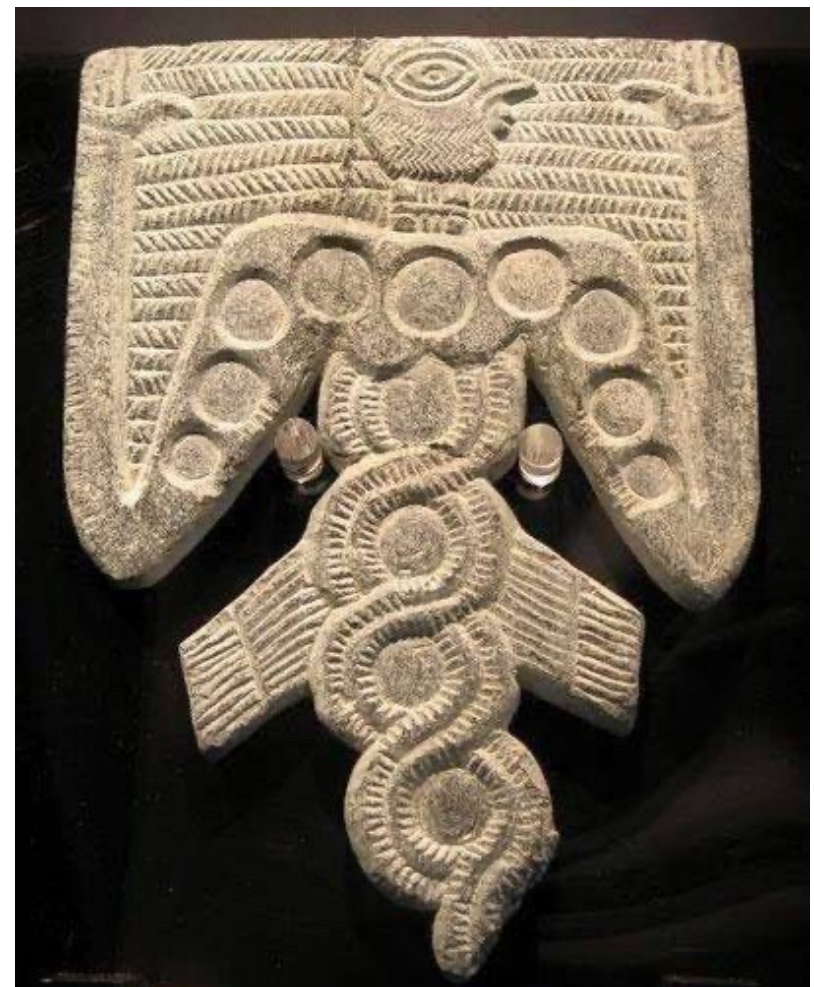


Caduceus (4,000 years old)

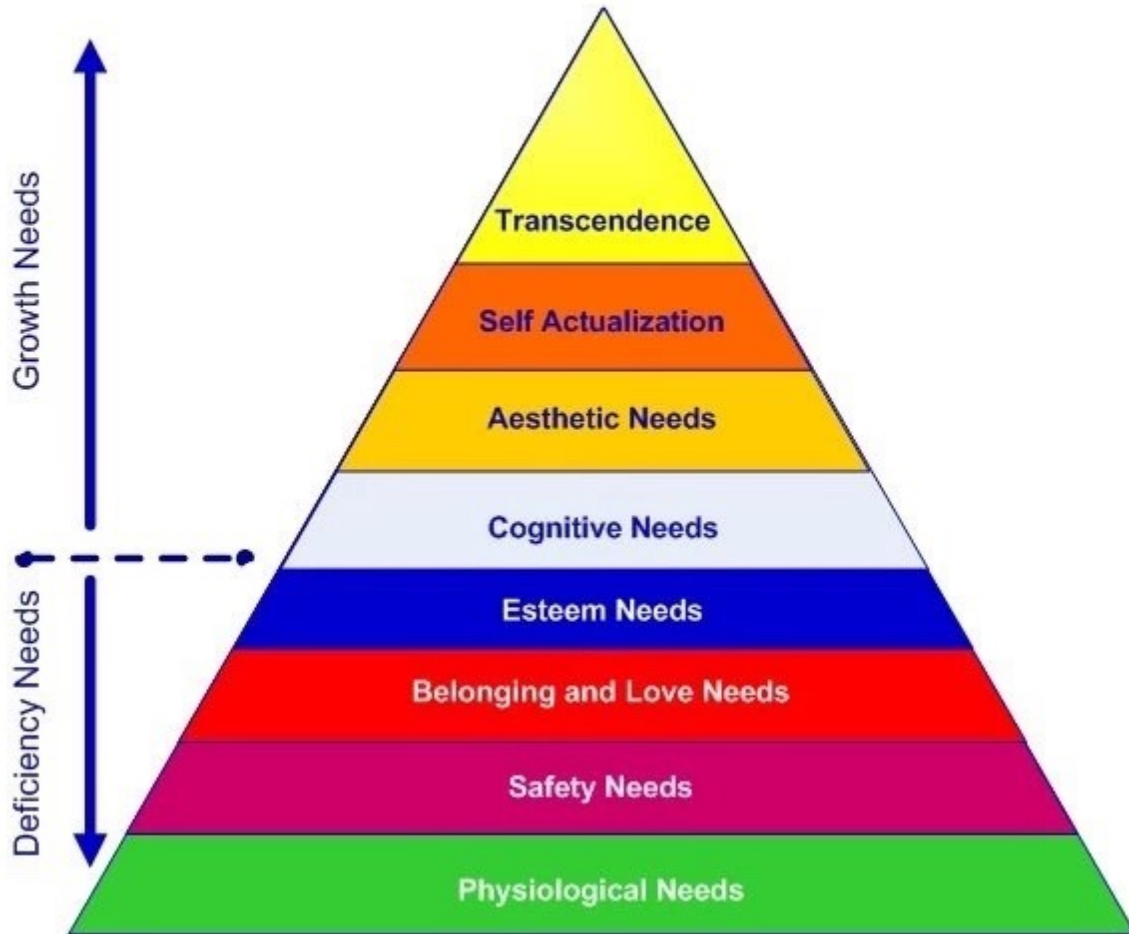
Caduceus (4,000 years old)



Bird-Man of Gobekli-Tepe (12,000 years old)



## Maslow's Revised Pyramid of Needs



## Caduceus



# Kleshas

## the five afflictions

Ignorance (*avidya*)

Ego (*asmita*)

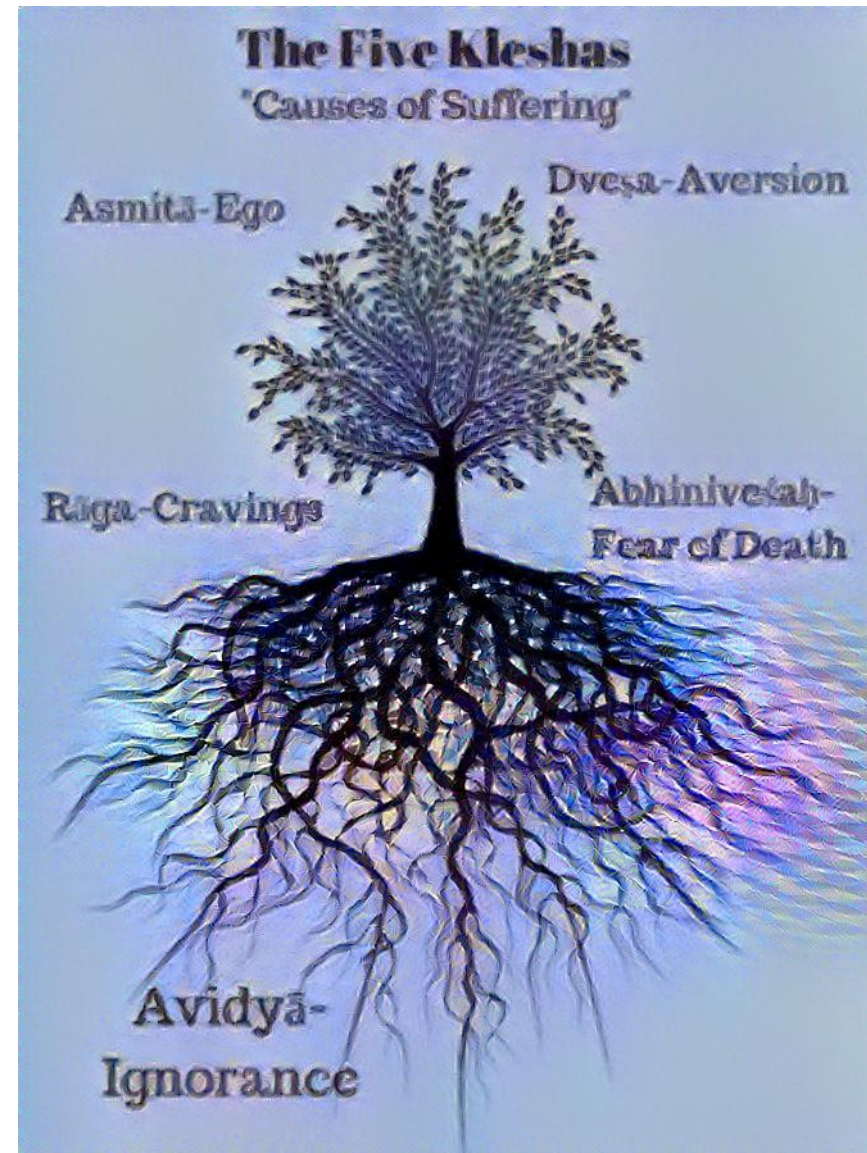
Attachment to Pleasure (*raga*)

Aversion to Pain (*dvesa*)

Fear of Death (*abhinivesah*)

Destroy *avidya* and all the other troubles go away.

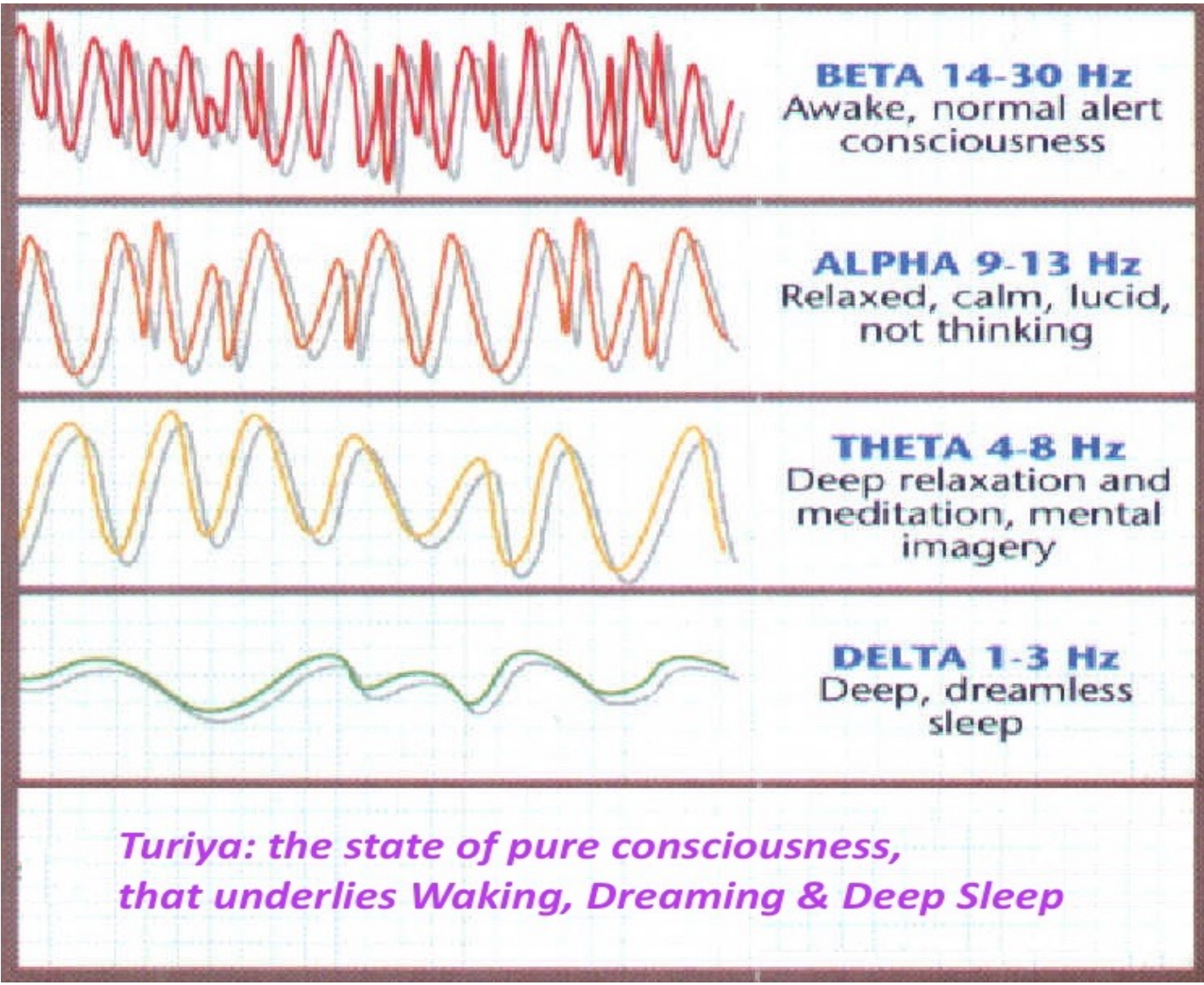
To do this, you must train your intellect to become one-pointed.



# Yoga Nidra

Yoga Nidra is an ancient meditative practice originating in India approximately 3000 years ago.

It is a powerful form of Self-Hypnosis, used to remove limiting or destructive self-beliefs.



**Tapas: Effort & Problem Solving**

**Focused Creativity**

**Santosha: Contentment & Unfocused Creativity**

**Deep Sleep**

**Turiya**



# Samskaras

A samskara is formed by repetitive thoughts or habits that create a mental impression over time (like a groove on a record track).

Every action or intention leaves a samskara in the deeper structure of the person's mind. These result in hidden expectations, and affect our sense of self-worth.

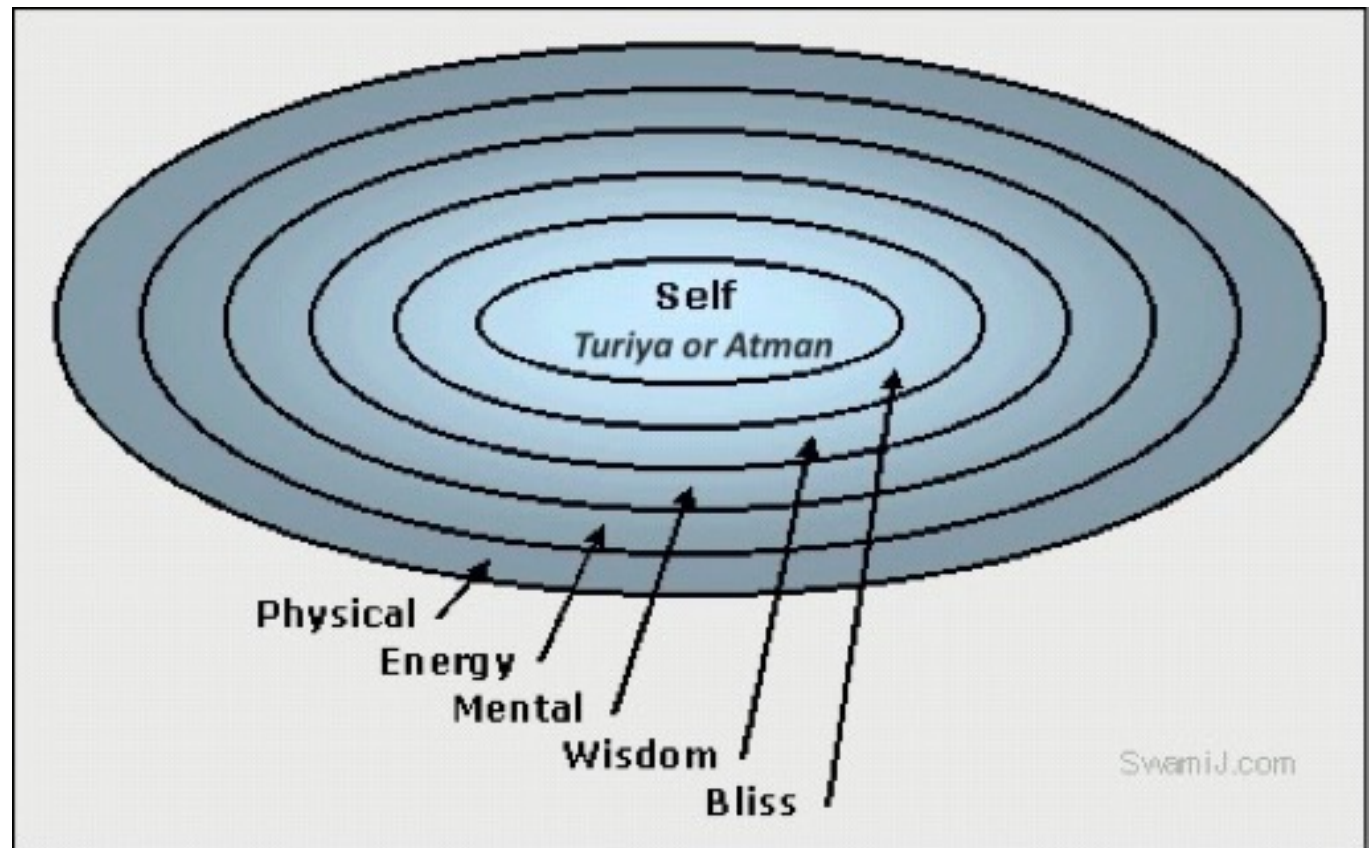
Analogy: Flowing water creates ripples in the riverbed that persist long after water stops flowing. When the flow of water is resumed, these ripples in the sandbar cause turbulence in the water as it passes over them.

# The 5 Koshas

The mind is located in the 3<sup>rd</sup> 'Mental' Kosha.

It cannot heal the deeper Koshas, wherein the Samskaras arise and reside.

Only at the level of Turiya can we heal the outer Koshas.



# Sankalpa

Sankalpa is a short phrase or sentence, clearly and concisely expressed, using the same wording each time, to bring about a positive change in one's life.

It resembles an Affirmation, but should remain private to you.

In Yoga Nidra, while accessing the deepest state of Turiya, we plant the Sankalpa, and then imagine it sprouting and growing up through the outer Koshas to bring true and radical change.

A Sankalpa can take two forms. The first form, which we will be using this weekend is deeper.

It arises from a heart-felt desire to improve self-esteem and dissolve any Samskaras that are holding you back.

Once Self-Esteem is high, your Sankalpa can take a second form—that of a specific intention or goal.

## Answers to Questions from Visualization

# Creating Your Sankalpa

**Step One** - Identify the Samskara you wish to remove. (ex: I am unlovable)

This should be a deeply held Samskara usually formed in early childhood.

**Step Two** - Create a new seed or a **Sankalpa** that refutes the Samskara. This Sankalpa should be positive, stated in the first person, present tense, and relate back to Atman or Turiya. This is usually accomplished by adding the phrase "... because I am Pure Love". However, you can create your own phrase that helps anchor you to the Atman or Turiya.

(examples: "I love myself because I am pure love"; or "I am strong because I am pure love"; or "I work hard because I am Pure Love" or "I feel compassion for everyone because I am pure love" etc.

**Step Three** – Plant your Sankalpa in the Atman during your Yoga Nidra practice.

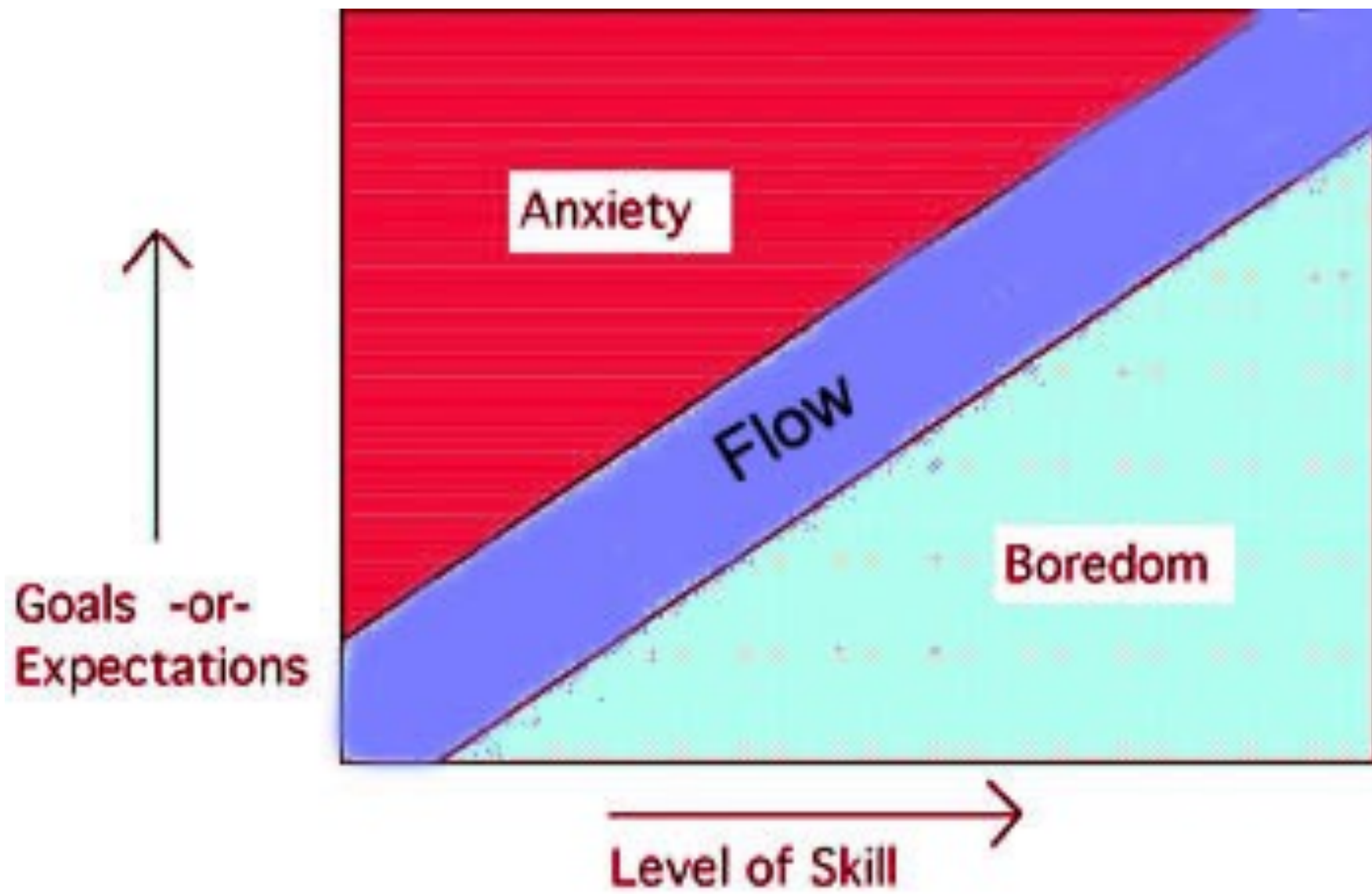
**Step Four** – imagine that seed germinating in the Turiya and then growing out through the 5 koshas.

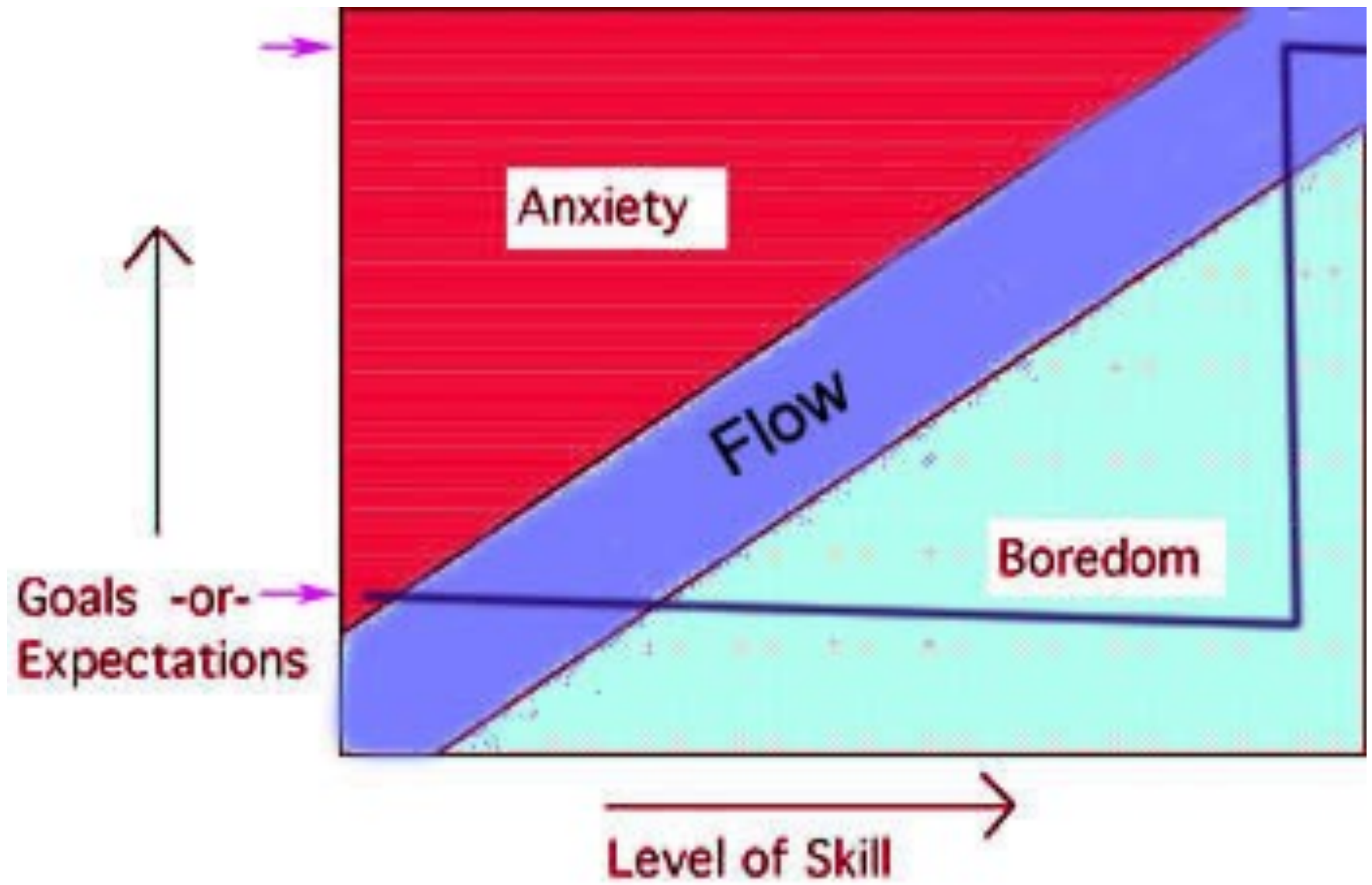
A person is rappelling down a rope against a backdrop of mountains and a sunset sky. The text "WHAT IF MONEY WAS NO OBJECT?" is overlaid in large white letters.

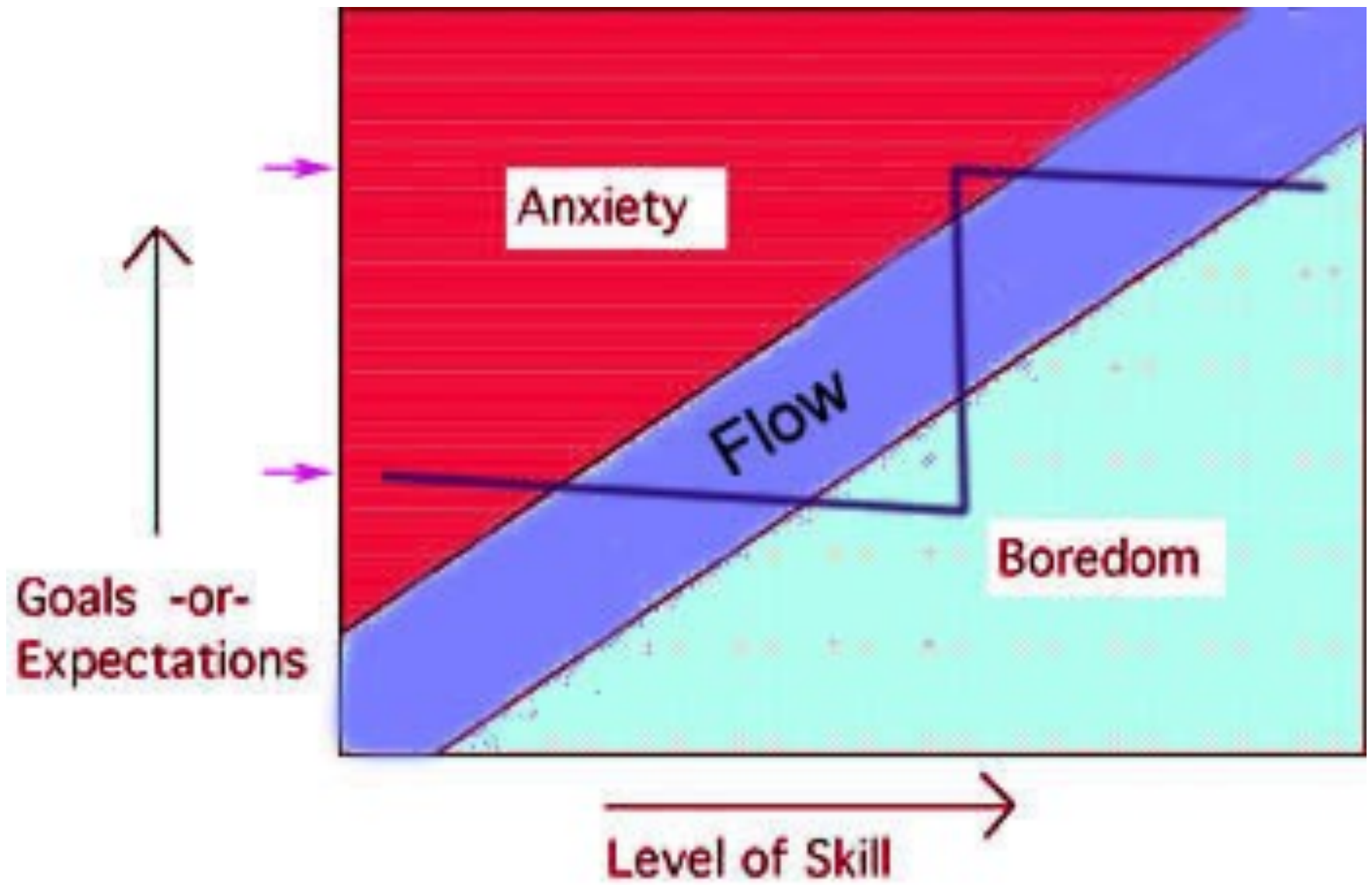
**WHAT IF  
MONEY WAS  
NO OBJECT?**

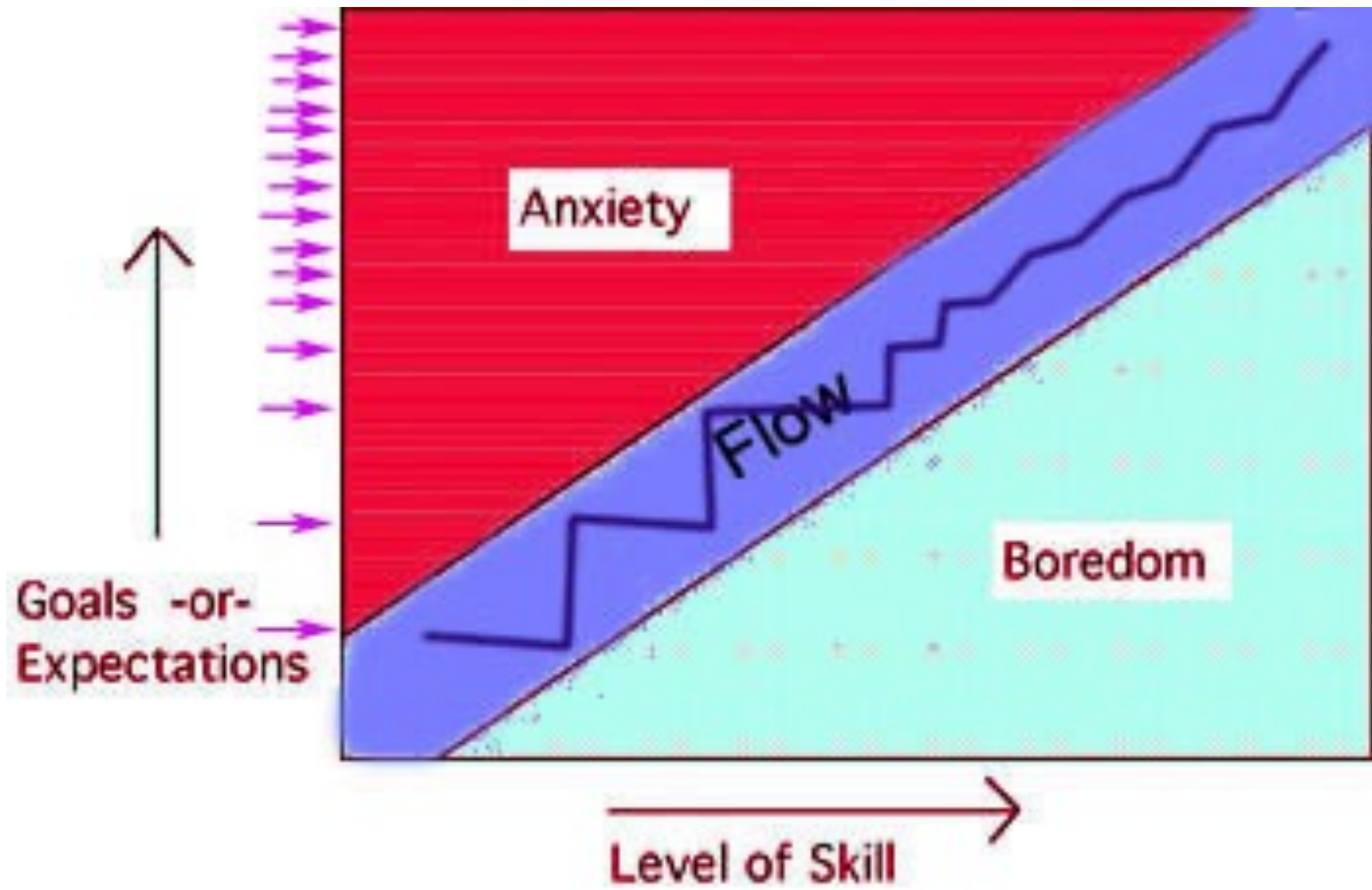


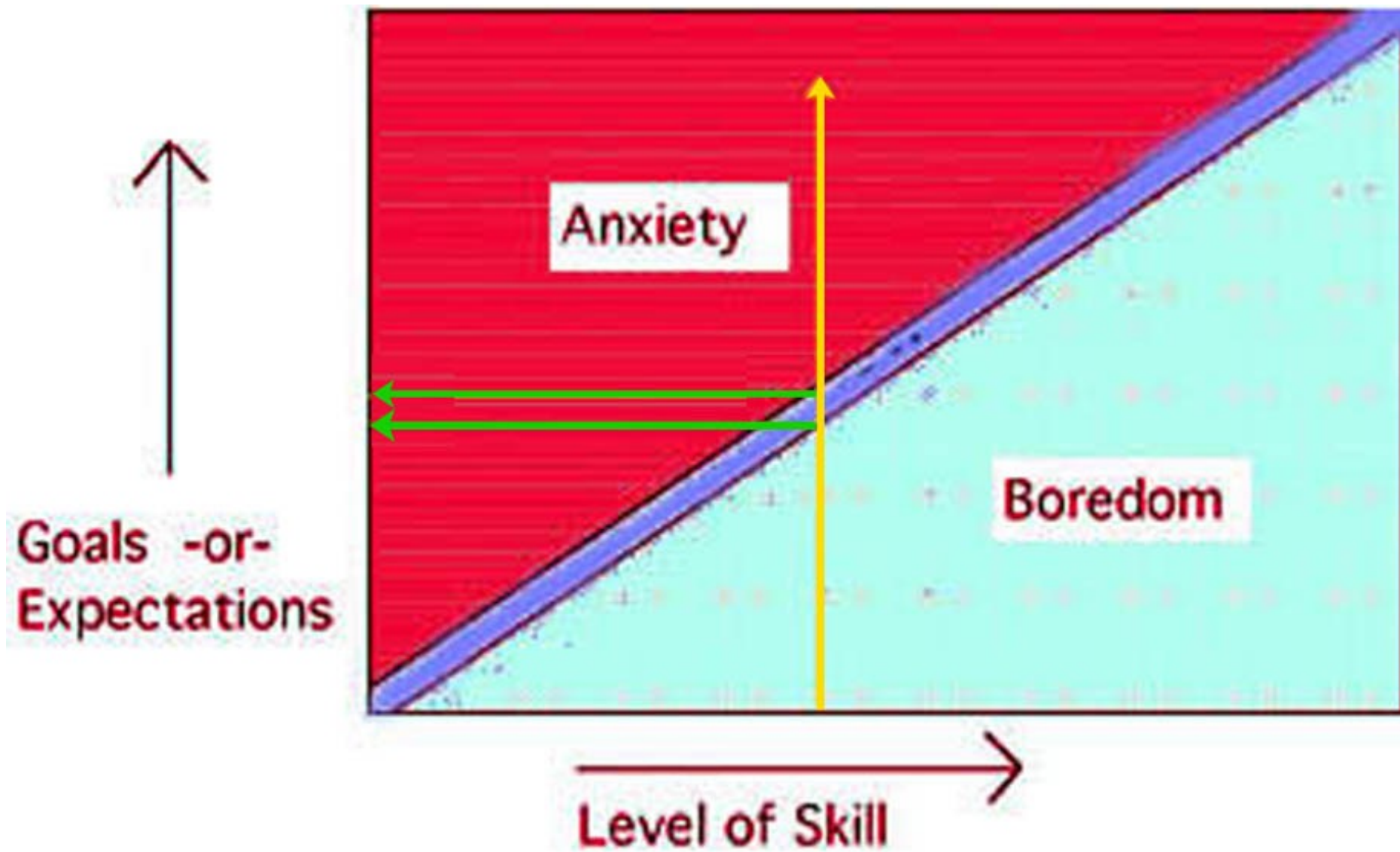










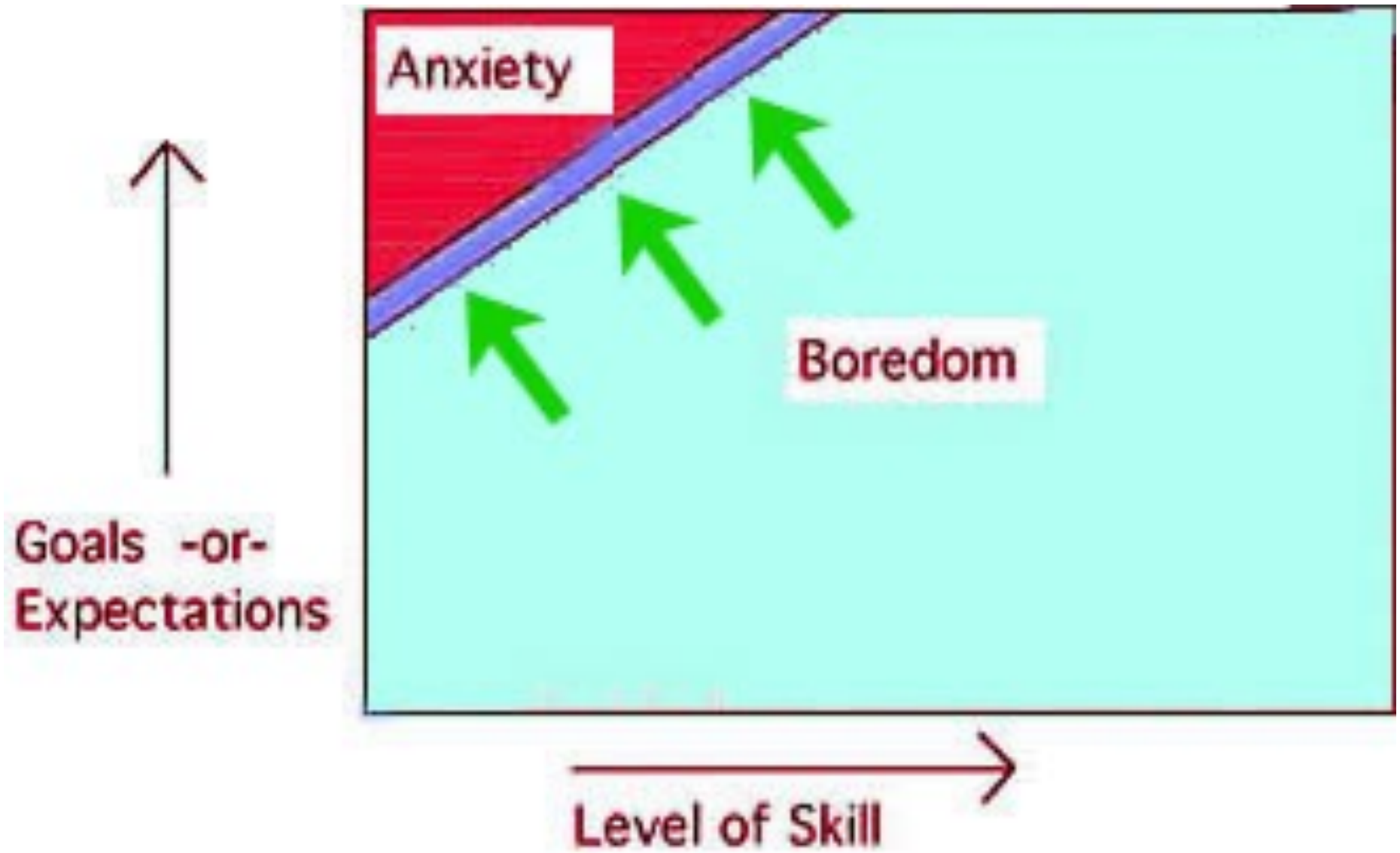


## 17. Take Calculated Risks

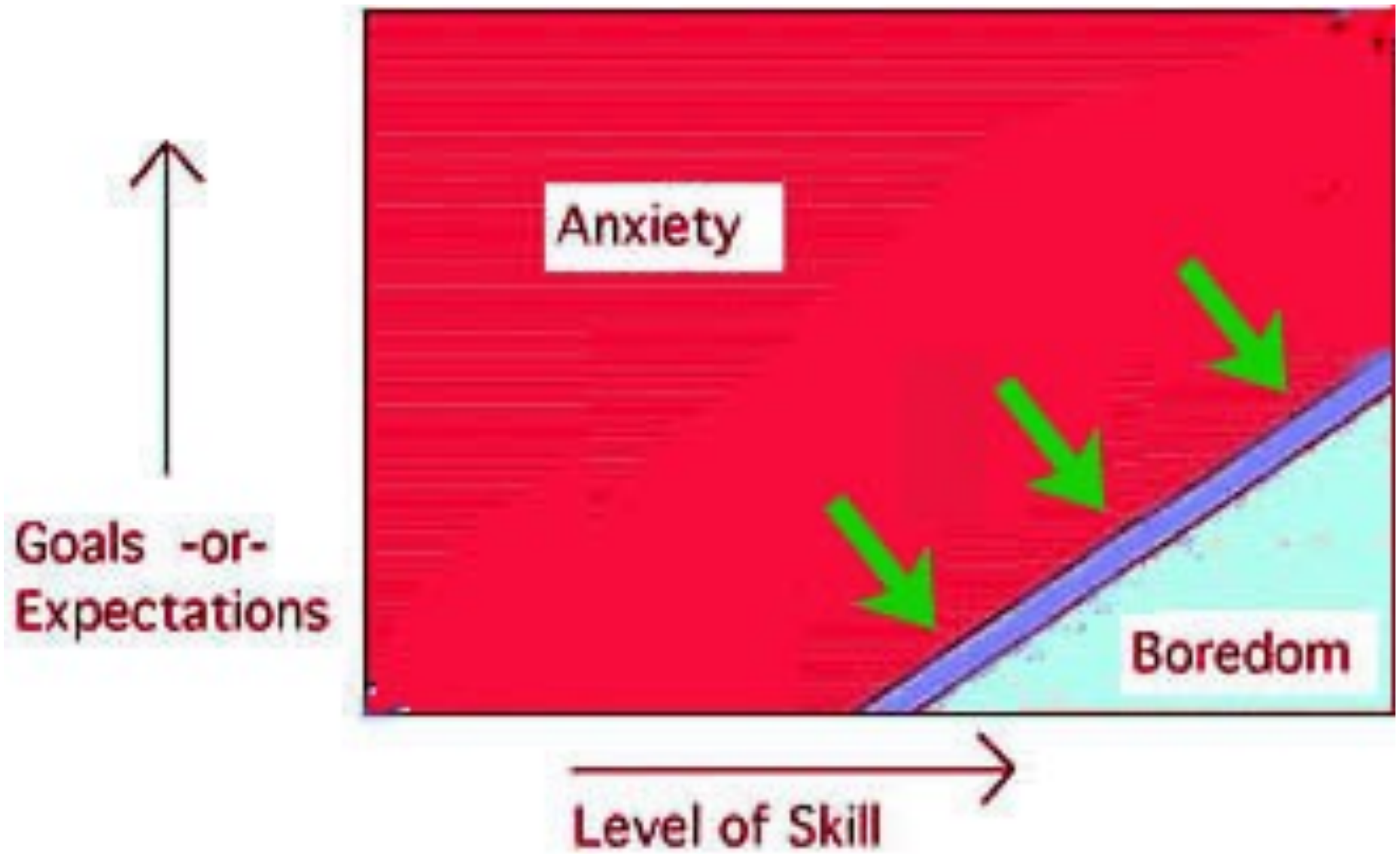




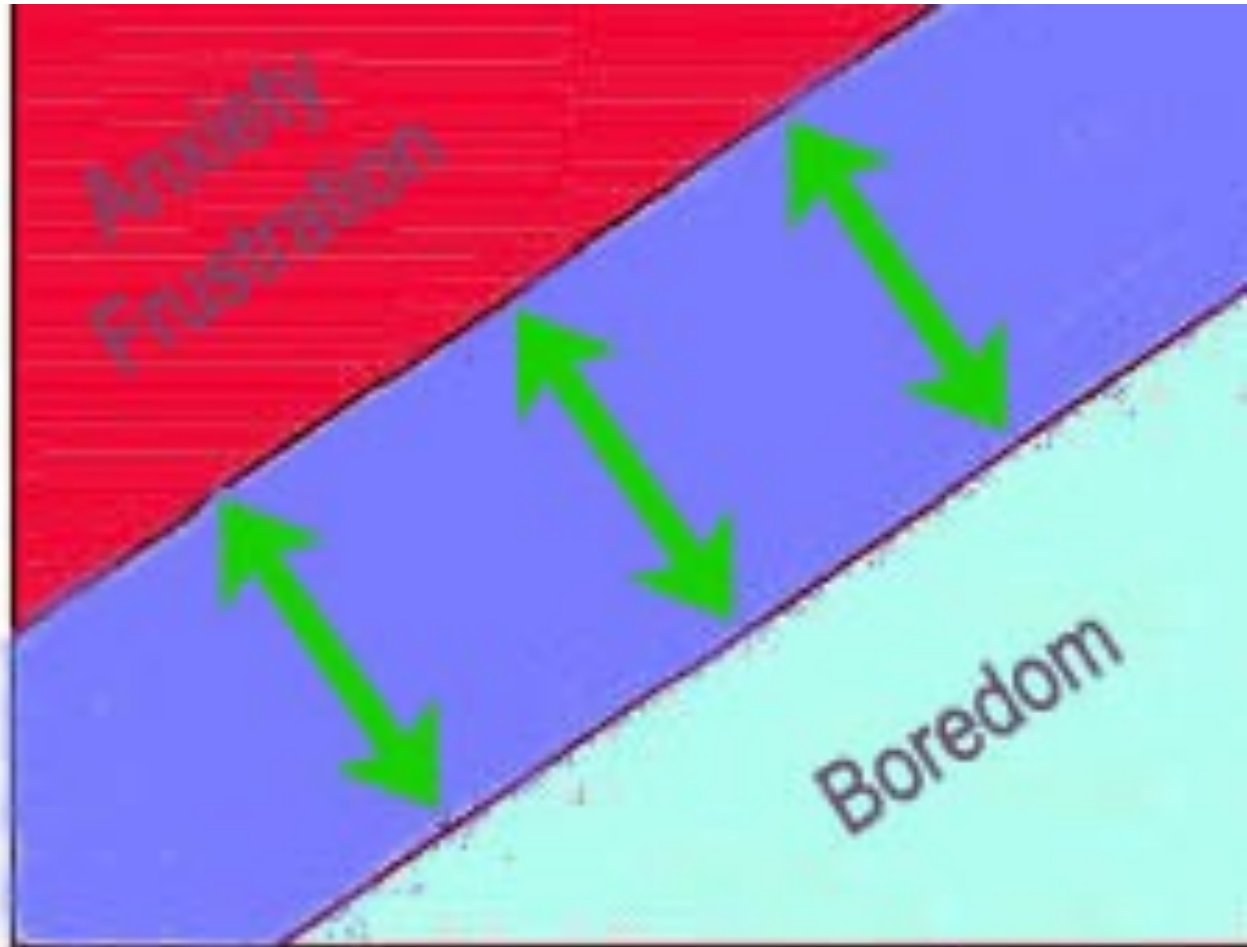
**Do one brave thing today... then run like hell!**



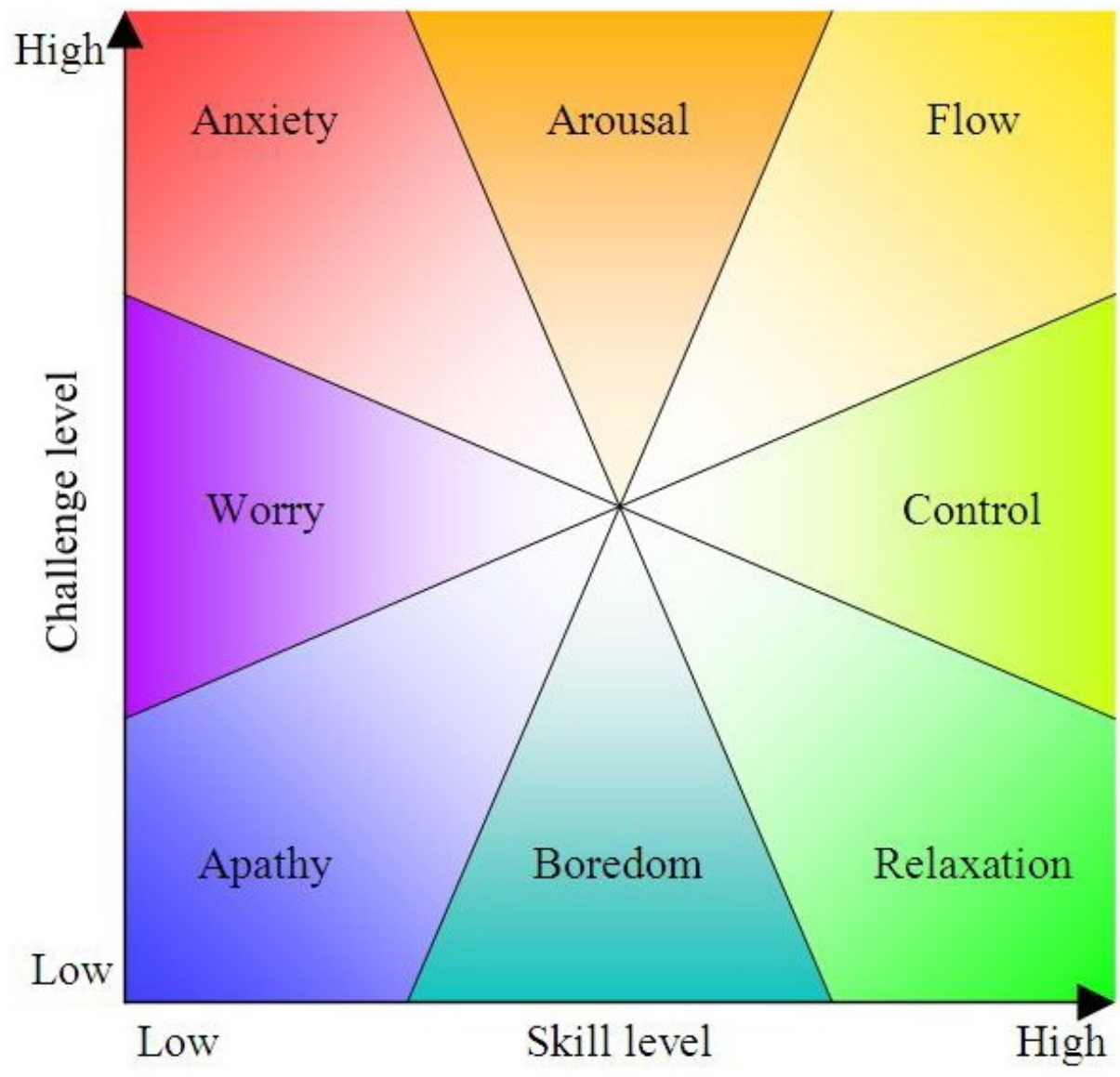




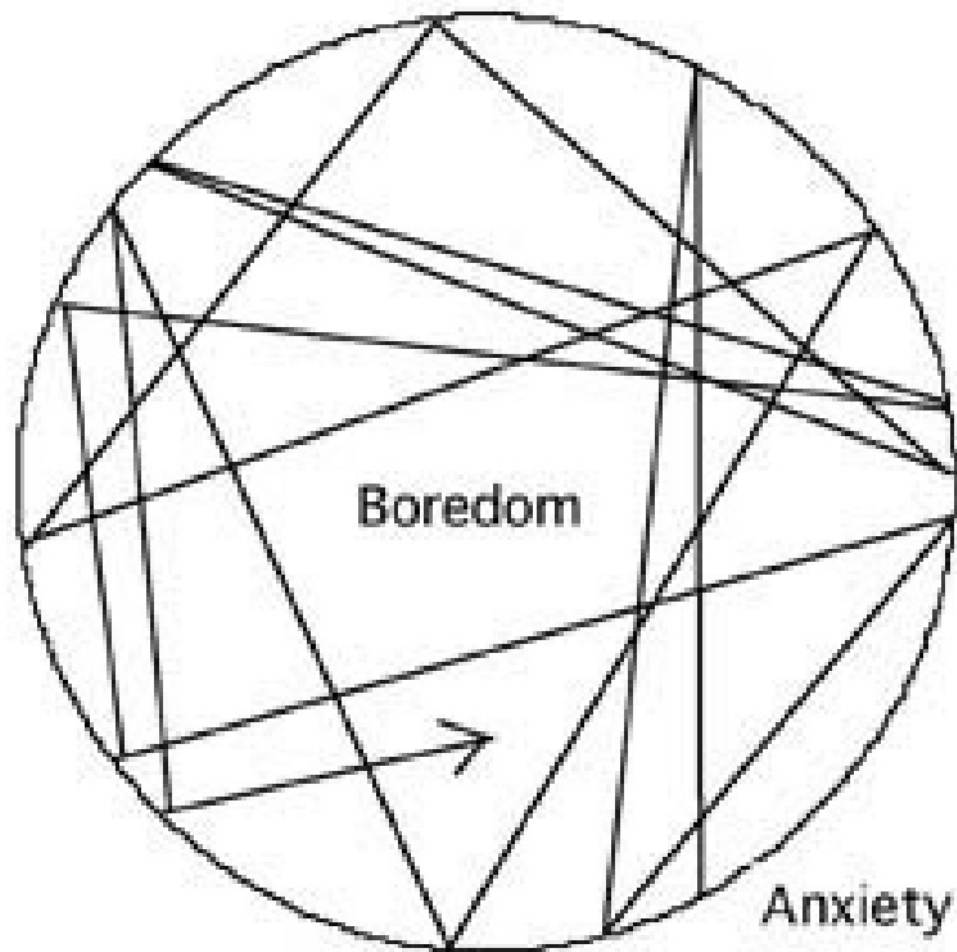
↑  
Goals -or-  
Expectations



→  
Level of Skill

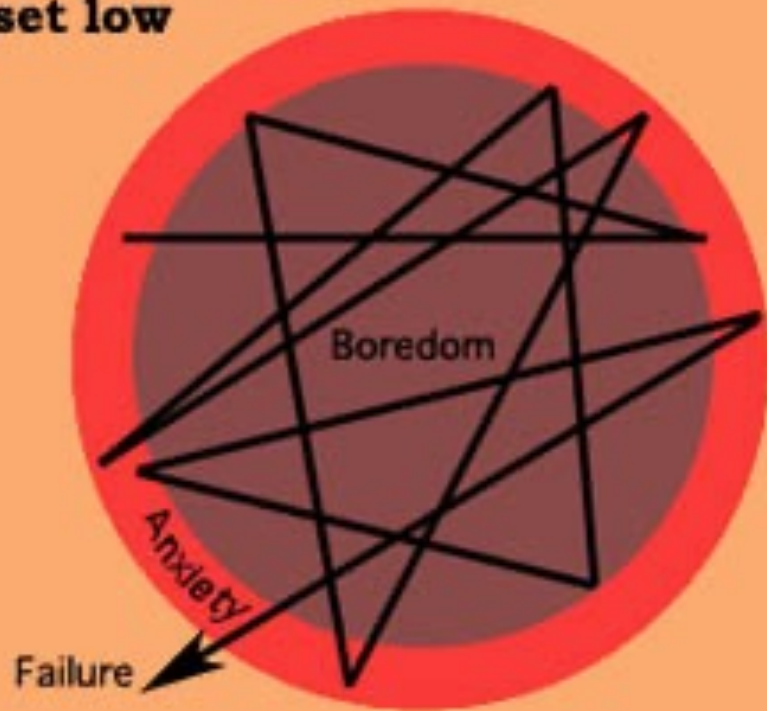


## Avoiding the Edge - Fear of Failure

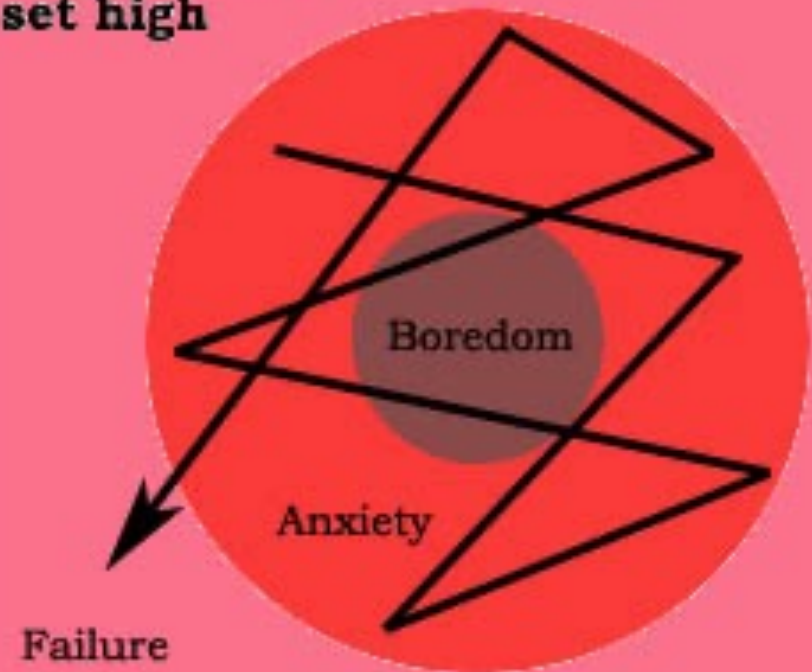


## Circle of Failure

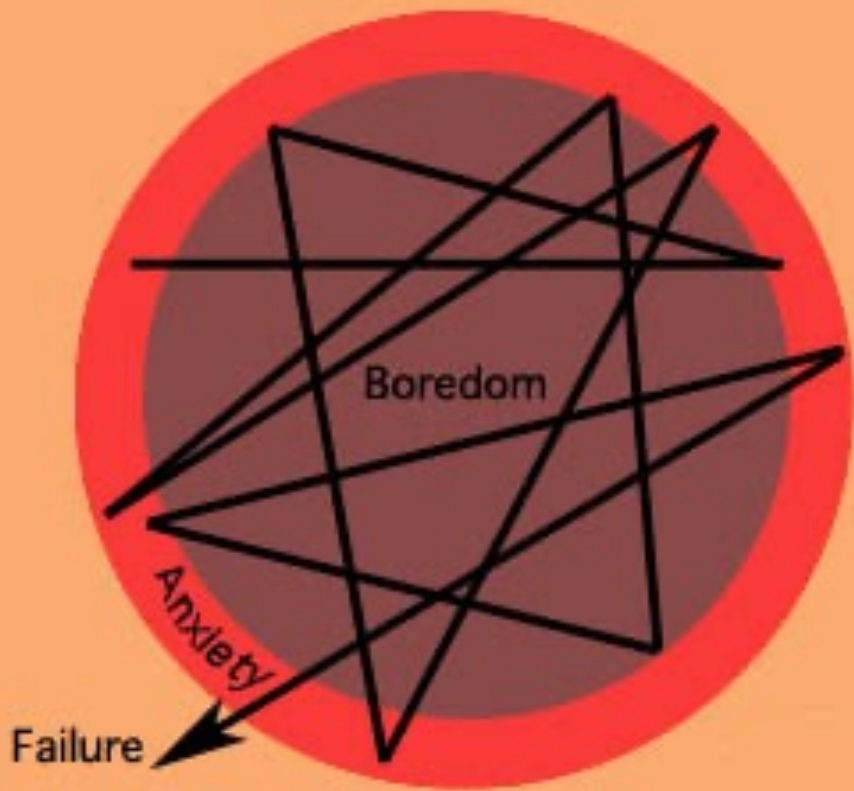
**Expectations  
set low**



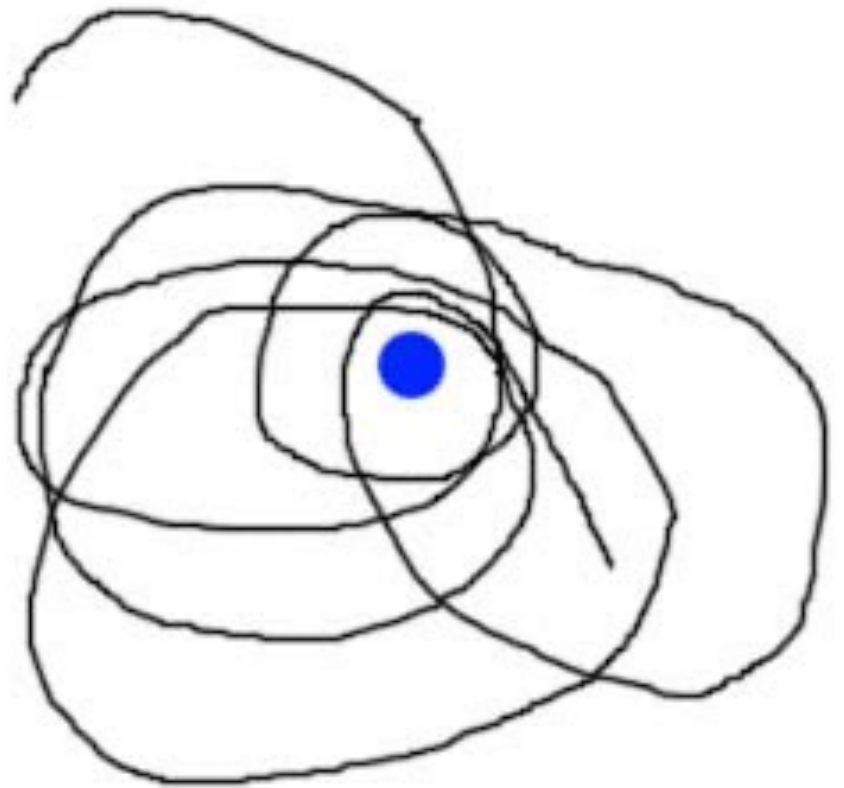
**Expectations  
set high**

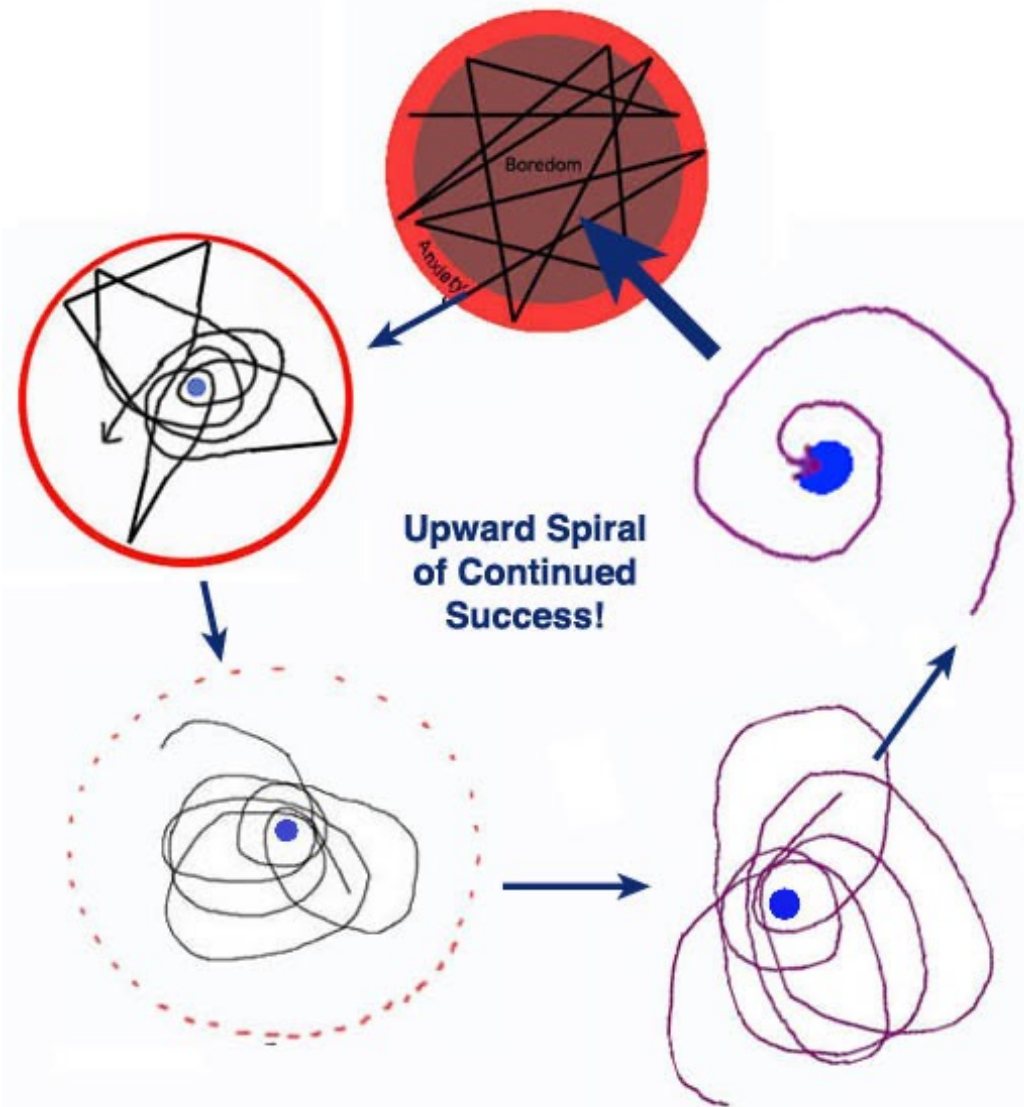


The Circle of Failure



The Blue Dot of Success















Type of Goal	Description of Goal	Size	Timeline
<b>Values</b>	Abstract, Highest Aspirations in Life	Infinite	Infinite
<b>Vision</b>	Inspirational vision of a specific idealized future that manifests your values.	Epic	Up to Lifespan
<b>Mission</b>	Concrete plan that actualizes, or at least moves you closer to your vision.	Large	Long Range
<b>Strategy</b>	A road map to fulfilling your Mission	Medium	Mid-Range
<b>Tactics</b>	Goals that overcome Strategic obstacles	Small	Short Term
<b>Performance</b>	Goals to create flow while executing Tactics	Tiny	Present Moment

Vision Statements should provide an inspirational vision of a specific idealized future that manifests your values. It is recommended that you revisit your vision regularly to make sure it is still valid, but more importantly, to re-enforce and commit to your vision (priming the pump). However, a good vision statement seldom needs to be updated.

The Purpose of a Vision Statement is to capture your highest aspirations & values and express them in a concrete form that touches your emotional core, and can serve as your Pole Star. Your vision should be held aloft, always before you showing you the way, lest in the heat of the chase, you betray that which you hold most sacred.

Mission statements are more concrete and deal with specific goals that will help you manifest your vision. As circumstances change, a mission statement may need to be revised, or upon completion retired in favor of a new mission.

‘A world without hunger’ is a vision. In order to bring about this vision, many different missions might be needed... for instance, organizing a neighborhood garage sale to raise money for a soup kitchen in your city.

This mission in itself, may not end World Hunger, but it should move us one step in the right direction towards our larger vision.

What activities give you the most satisfaction in your life? List several.

\_\_\_\_\_;

\_\_\_\_\_;

Why are they satisfying? \_\_\_\_\_;

If you won the lottery and retired how would you spend your time and money?

\_\_\_\_\_;

\_\_\_\_\_;

Why? \_\_\_\_\_.

If you were to die tomorrow, what would you be most proud of having accomplished?

\_\_\_\_\_ ; \_\_\_\_\_ ;

\_\_\_\_\_ ; \_\_\_\_\_ ;

Why? \_\_\_\_\_.

What would you regret not having done?

\_\_\_\_\_ ; \_\_\_\_\_ ;

\_\_\_\_\_ ; \_\_\_\_\_ ;

Why? \_\_\_\_\_.

# Identifying Your Talents

List things you: learn easily; perform well; feel empowered; put you “in the zone”; make time fly; others admire about you; you notice and admire in others.

**Examples**

**List Your Intangible Talents**

Keep a cool head

Act decisively

Think outside the box

Forging harmony among others

Motivating self or others

Etc...

# Try Lots of New Things

If nothing is screaming out to you as being a worthwhile talent, it's time to experiment a bit... try lots of new things.

Enroll in classes or workshop, volunteer, seek out new experiences...

Landscaping, pottery, theatre, bonsai, writing, museum tour guide,  
volunteer at retirement center...

Sample lots of different things to see if any of them awaken something in you.

# Take a Life Assessment

<https://www.16personalities.com/free-personality-test>

# Things I am ...

## Good At

Marketing  
Advertising  
Web Design  
Networking  
Time Management  
Event Planning

## Love

Yoga  
Meeting People  
Travel  
Learning

## Bad At

Patience  
Empathy  
Explaining

## Hate

Teaching Yoga

Founder of the  
Southwest Yoga Conference

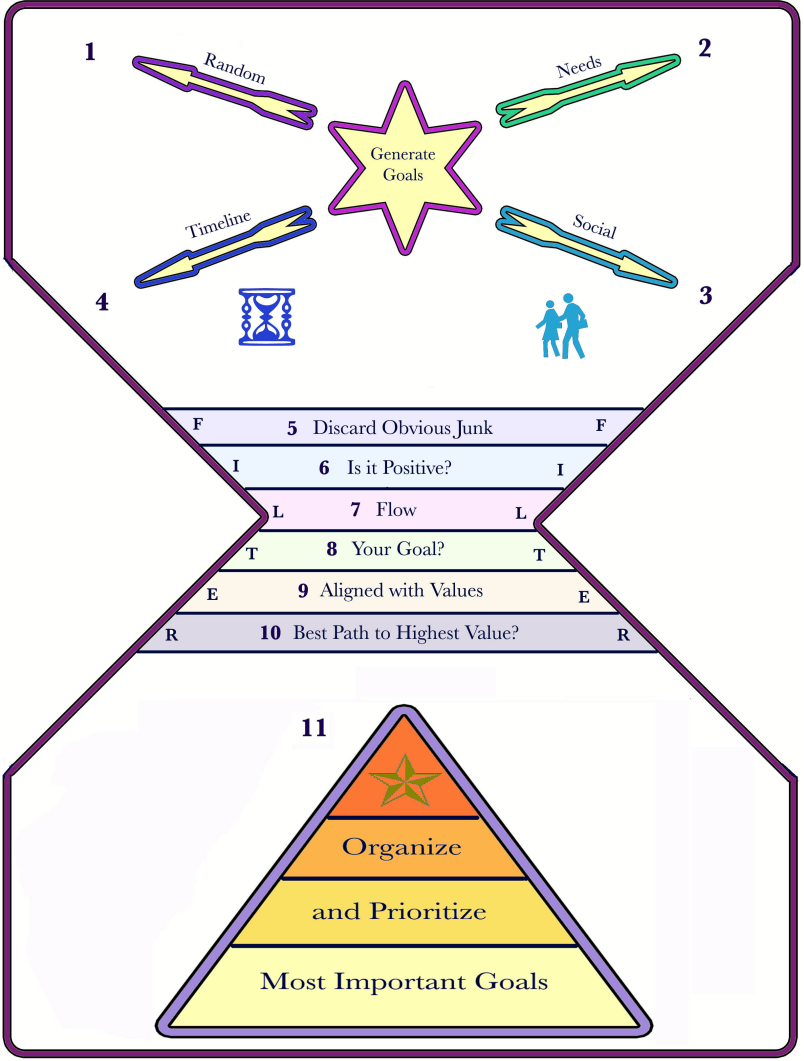
# Things I am ...

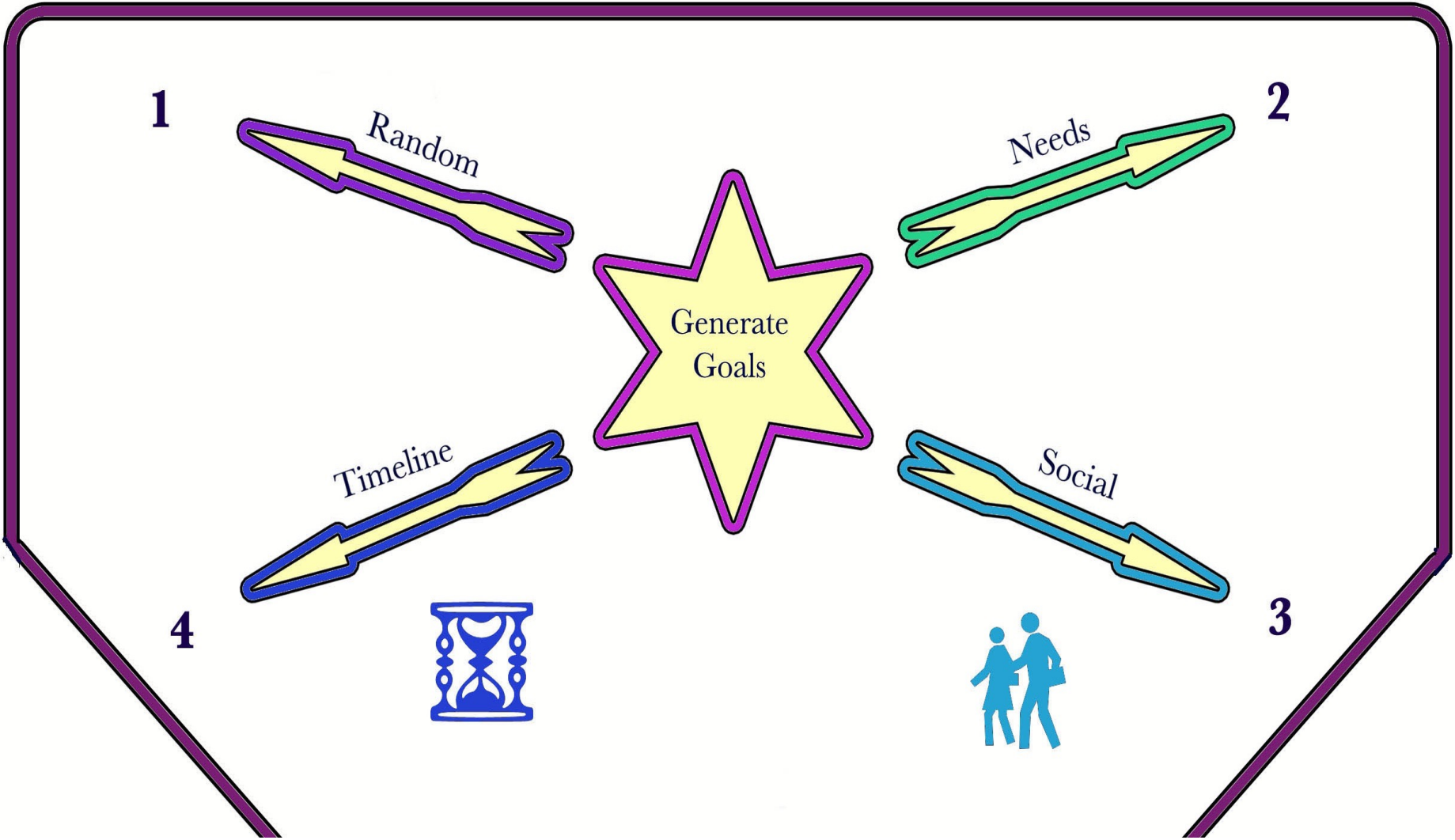
Good At

Like

Bad At

Hate







## Fun / Outrageous / Extravagant / Silly Goals

Easy Goals	Moderate Goals	Challenging or Impossible
Buy 5 lbs of glow in the dark Silly putty	Become fluent in conversational Spanish	Replace John Stewart on the Daily Show
Take a long hot bath with bath salts.	Buy a hot tub for the back yard.	Ride every rollercoaster in the US
Get a 2 hour massage	Get a massage every week for the rest of my life	Convince spouse to enroll in massage school.



## Goals Based Upon Maslow's Hierarchy of Needs

Safety, Food, Shelter etc.	Procreation, family etc.	Personal Power	Compassion	Self-Actualization
Improve Diet and eating habits	\$ for Education for both kids.	Learn Spanish	Couple's counseling	Yoga - minimum of twice a week.
Deck & hot tub for back yard	Discuss options incl. Vasectomy	Hire Personal Coach.	Get a puppy dog	Daily meditation practice
Renew CPR& take First Aid training	Weekly Family meetings with 'talking stick'	Overcome one new fear each month.	Volunteer at the Texas School for the Blind	Daily Journal





*Follow loop through 2 or more iterations until values, vision, and mission stabilize into a clear cohesive pattern.*

Organize Values



Let Values refine Vision Statement



Let Vision help Generate Mission Goals using a Branching "How" Tree



Organize Mission Goals



Let Goals help Generate Values, Using a Branching "Why" Tree



Start with list of Random Goals

# Why/How Tree

1.   
Initial Goal

2.   
Trace Goal  
back to source Value

*Ask Why? on the way down.*

3.   
Generate  
new goals from  
that common source

*Ask How? on the way up.*



## Your Branching Why? Tree

Start here with a goal  
And keep asking Why?



## Branching 'How Tree'



## Your Branching How? Tree

Start here with a goal  
from your Why? Tree  
and work your way  
backwards, asking How?



*Follow loop through 2 or more iterations until values, vision, and mission stabilize into a clear cohesive pattern.*

Organize Values



Let Values refine Vision Statement



Let Vision help Generate Mission Goals using a Branching "How" Tree



Organize Mission Goals



Let Goals help Generate Values, Using a Branching "Why" Tree



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## Highest Aspirations & Values

(Ranked by Importance)

For Example...

1

I want to feel good about myself

2

I want to be happy

3

I want to live in Flow

4

I want to love & be loved

5

I want to contribute to society

6

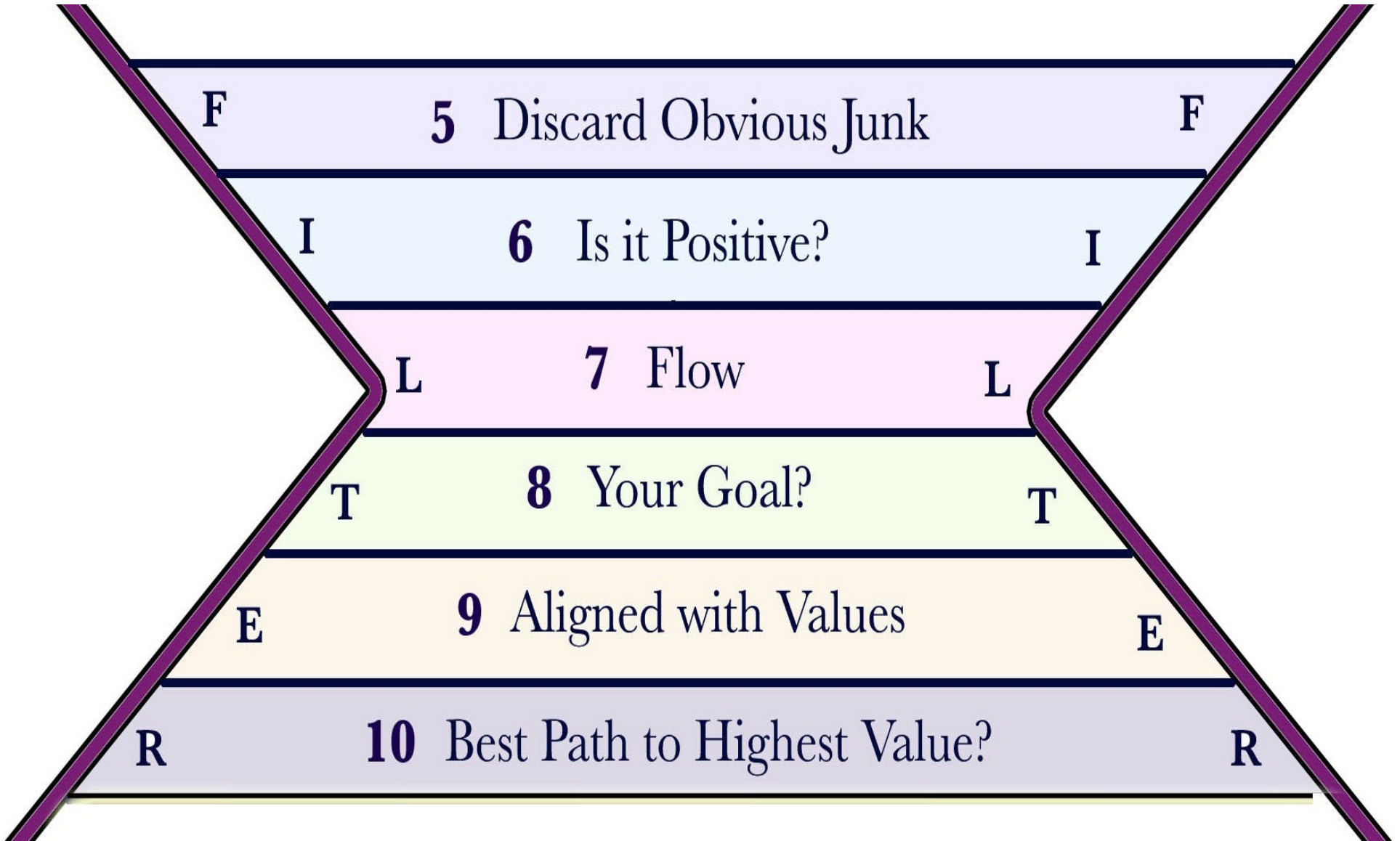
I want to live honestly

7

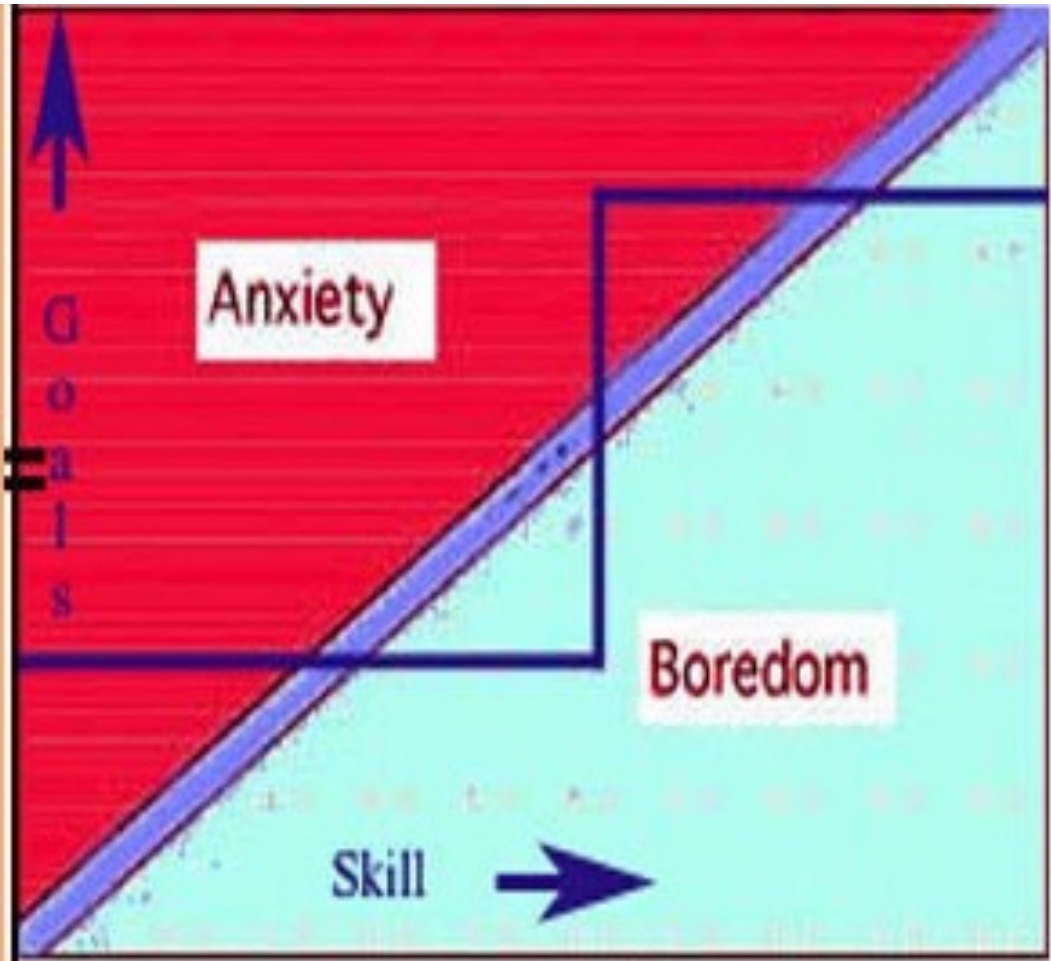
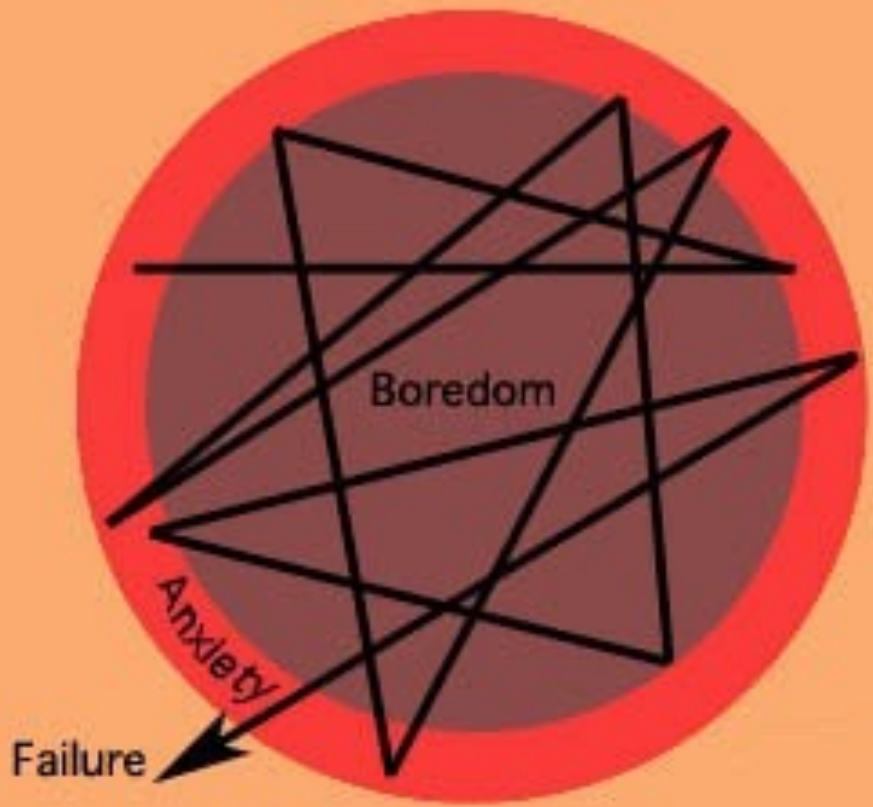
I want to live simply

# List Your Most Important Goals

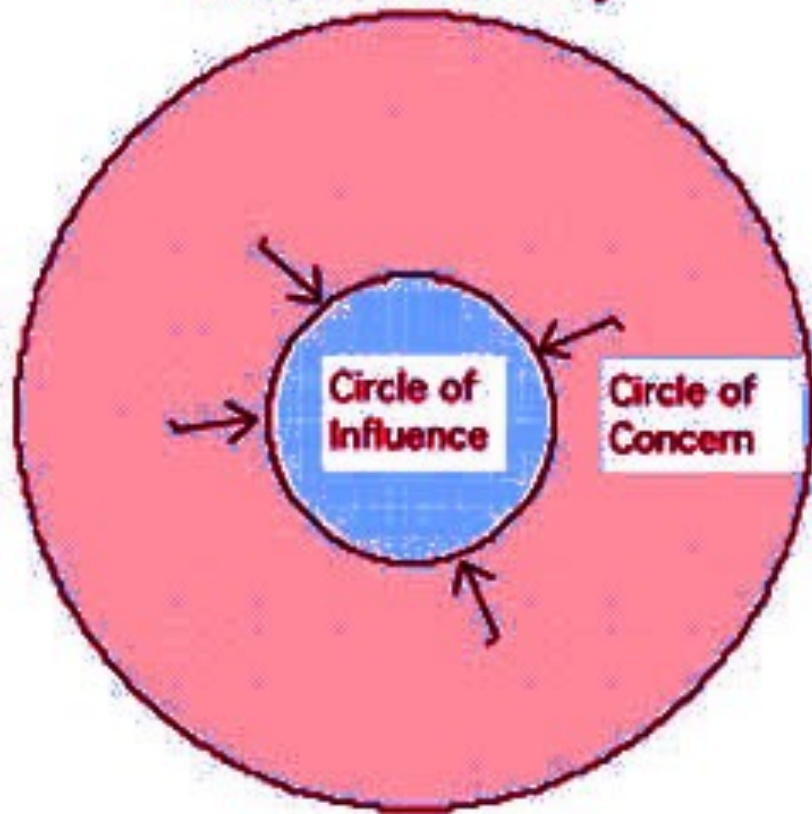
(Be Specific! Success should be clearly defined and measurable.  
Be sure to include a target date for completion)



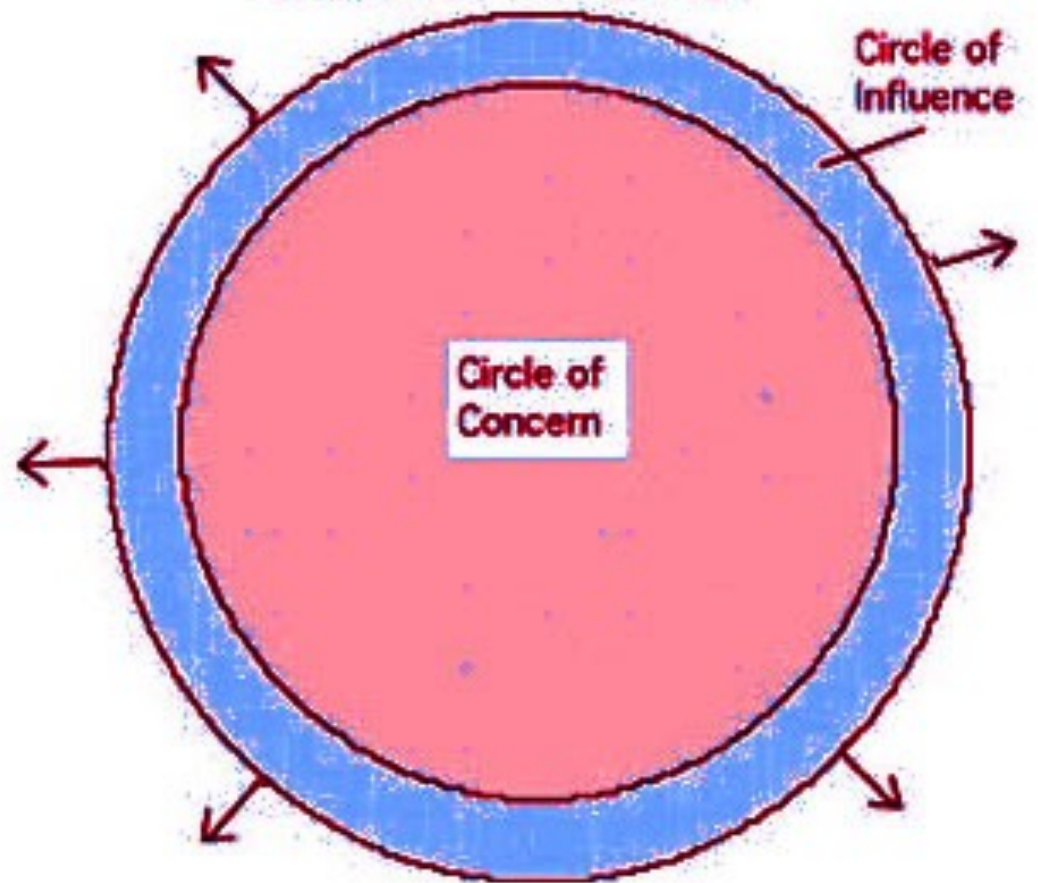
# The Circle of Failure

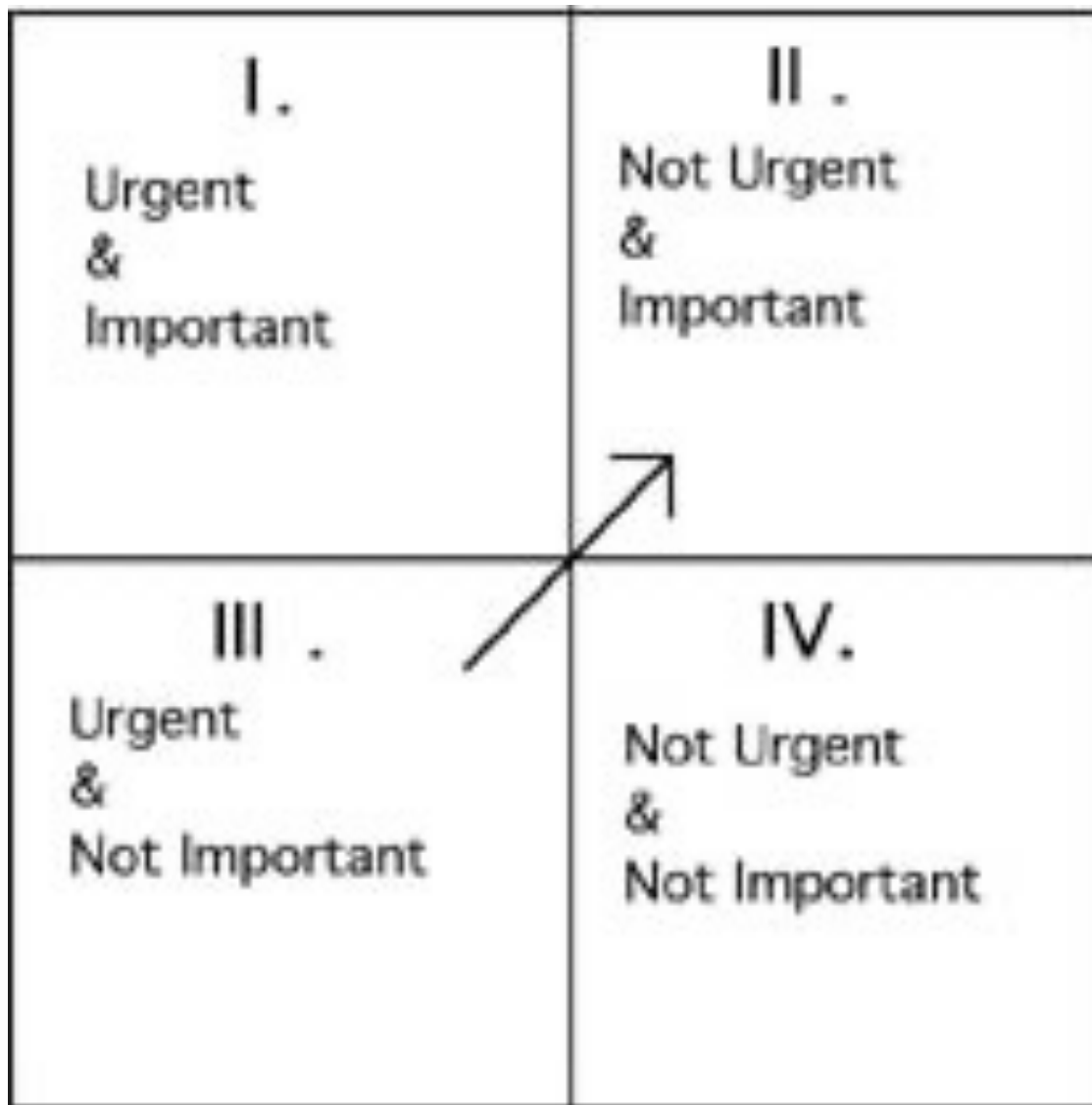


**Reactive Personality**



**Pro-active Personality**







## **A Sioux Indian Creation Myth**

The Creator gathered all of Creation and said, "I want to hide something from the humans until they are ready for it. It is the realization that they create their own reality."

The eagle said, "Give it to me, I will take it to the moon." The Creator said, "No. One day they will go there and find it."

The salmon said, "I will bury it on the bottom of the ocean." "No. They will go there too."

The buffalo said, "I will bury it on the Great Plains." The Creator said, "They will cut into the skin of the Earth and find it even there."

Grandmother Mole, who lives in the breast of Mother Earth, and who has no physical eyes but sees with spiritual eyes, said, "Put it inside of them." And the Creator said, "It is done."

# My Hierarchy of Goals from 1992

**Vision:** Living a Life in Flow with the Universe

**Yoga Mission:** Building a Caring, Diverse and Empowered Yoga Community.

**Strategy:** Help Found and Organize the Austin Yoga Teachers Association

**Strategy:** Start the Free Day of Yoga

**Tactic:** Start the Austin Free Day of Yoga

**Tactic:** Help other Cities start their own Free Day of Yoga

**Strategy:** Make Yoga Available to Everyone

**Tactic:** Introduce Yoga to Corporations

**Tactic:** Introduce Yoga to Hospitals

**Tactic:** Introduce Yoga to Government Agencies

**Tactic:** Introduce Yoga to Universities

**Personal Mission:** Travel and Adventure

**Strategy:** Lead Yoga Retreats

**Tactic:** Lead Weekend Retreats in the USA

**Tactic:** Lead 8 day Retreats in Latin America



<b>Type of Goal</b>	<b>Description of Goal</b>
<b>Values</b>	
<b>Vision</b>	

Type of Goal	Description of Goal
<b>Mission #1</b>	
<b>Strategy #1</b>	
<b>Strategy #2</b>	
<b>Strategy #3</b>	

<b>Type of Goal</b>	<b>Description of Goal</b>
<b>Mission #2</b>	
<b>Strategy #1</b>	
<b>Strategy #2</b>	
<b>Strategy #3</b>	

<b>Type of Goal</b>	<b>Description of Goal</b>
<b>Mission #3</b>	
<b>Strategy #1</b>	
<b>Strategy #2</b>	
<b>Strategy #3</b>	

Type of Goal	Description of Goal
Strategy #1	
Tactic #1	
Tactic #2	
Tactic #3	

# Rewards

If you do not deliberately, and in advance, choose how to celebrate success, your subconscious mind will choose for you. Unfortunately, it will choose to celebrate by moving backwards, away from your goal.

For example, if you successfully save money, your impulse will be to celebrate by spending. If you lose weight, your impulse will be to eat something you have successfully resisted.

Instead, plan and integrate your rewards and celebrations from the start, written into your action plan, and make sure the celebration moves you even further in the right direction.

Plan for frequent, small rewards, when completing Tactical Goals.

Plan for occasional, moderate rewards when completing Strategic Goals.

Plan for rare but major celebrations when completing Mission Goals.



# Mission: Retire to Carribean 7/15/2025





**Mission: Retire to Carribean 7/15/2025**

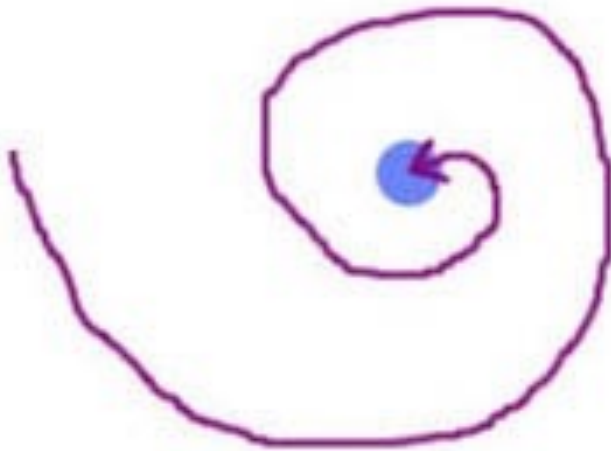


# Mission: Marine Biologist 2026

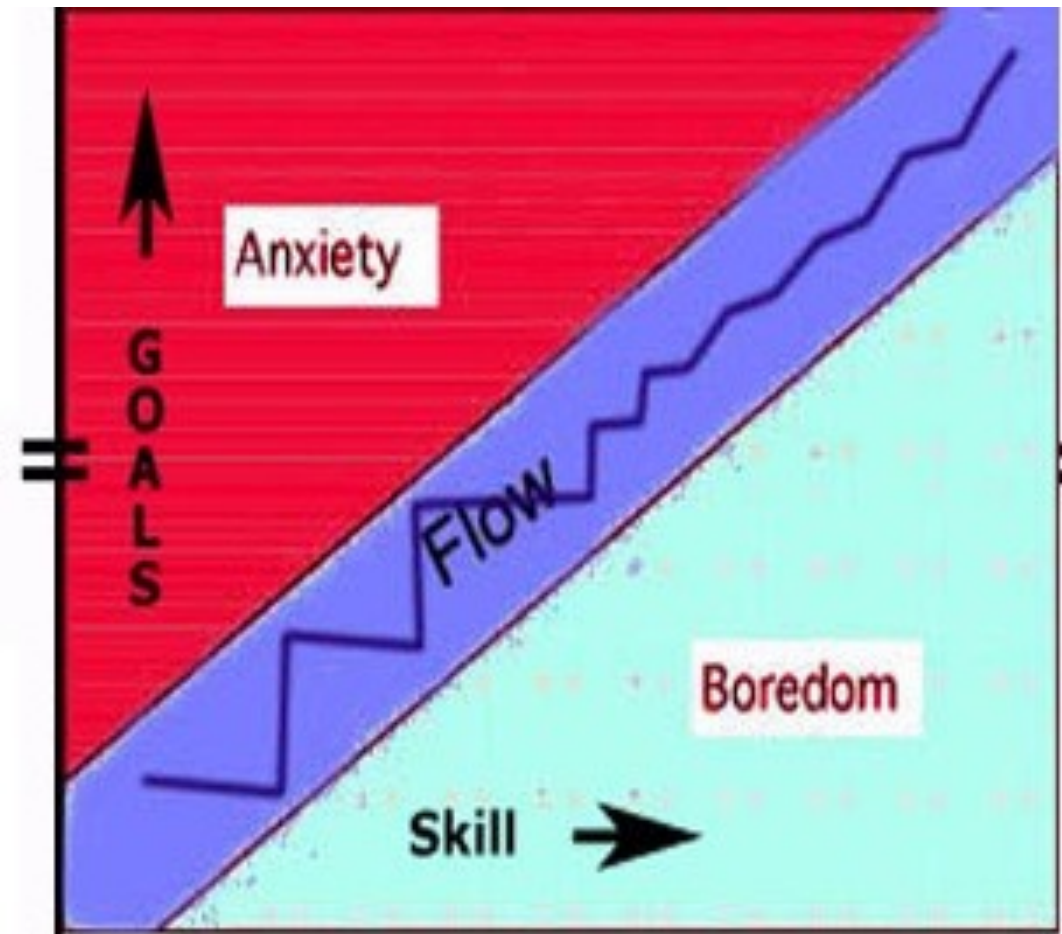


## Values, Vision and Mission

The Blue Dot of Success



## Strategy, Tactics, Process

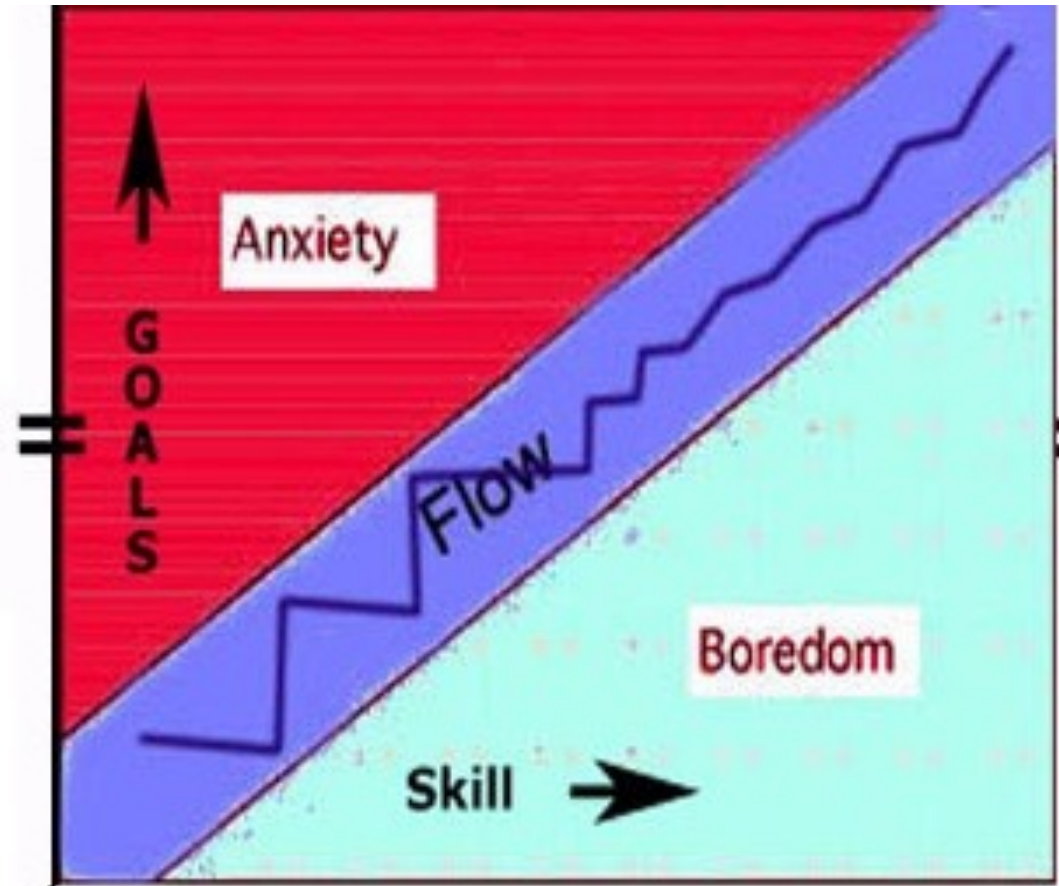


**When Bored focus on  
Vision and Mission Goals**

**The Blue Dot of Success**



**When scared focus on  
Tactics and Process Goals**



# Why do we move from Love to Hate

The shadow side of love is hate. What starts out as a movement towards that which we love, can easily turn into a movement away from it's opposite. Love for one thing gradually turns into a hatred for its opposite.

An organizer at the center of the 1970's women's rights movement recently lamented "what started out as a movement of love of the Feminine has grown into a hatred of the Masculine... that was never our intention."

If we perceive that something threatens what we love, this movement is more immediate and powerful. If we are not careful, we find our time, passion and energy diverted away nurturing love and into battling that which we hate. Eventually, our hatred is so real, persistent and all-consuming, that there is nothing left of our love, except for a memory, which we then feed to our hatred to keep it going.

The bio-chemistry of hate is addictive, and once we have developed a taste for it, we will look for more opportunities to indulge it.

Hate is safer, more predictable and in the short term less painful than love.

