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Mallika Chopra, Living with Intent, Intent.com, Consciousness, Deepak Chopra, Faith, Family, Happiness, Health, Love, Mindfulness, Parenting, RelationshipsMom, media entrepreneur, public speaker, founder of Intent.com and published author of Living with Intent: My somewhat Messy Journey to Purpose, Peace and Joy. Mallika shares personal stories and insights she gained while seeking balance as a mom and entrepreneur who felt she was overwhelmed by work, family and too many responsibilities. A portion of Chopra Center profits support research on consciousness, mind-body medicine, and meditation. Learn more about these initiatives and the Chopra Foundation here. Letters From time to time we will be posting letters from our Spiritual and Lay Directors as well as other Cursillo positions. We will place the date of each letter at the top so that you may see when the letter was submitted. - Living With Intent My Somewhat Messy Journey To Purpose Peace And Joy