

# GUIDED MEDITATION 1: ACCOMPANYING HANDOUT

STARTING THE DAY: Setting a conscious intention

## WHAT IS SETTING AN INTENTION?

Setting an intention is the act of consciously determining a desire or goal. Your intention could be how you'd like to behave, something you'd like to receive, how you want people to treat you, an accomplishment you'd like to achieve, or a feeling you'd like to experience. It's as simple as making your desires conscious and staying aware of that desire, making choices toward that desire, or staying open to receiving that desire.

## HOW TO SET AN INTENTION.

Setting an intention can be as easy or as in-depth as feels right for you. Sometimes it helps to be specific about your intention, "I want to effortlessly find a partner by the end of next year who is not too tall and also is funny, kind and loves to cook.". Or it may feel better to keep your intention vague, "I'd love to feel at peace."

1. Clarify your intention.
  1. If it feels good write down specifics of WHAT, WHEN, WHY, and HOW you'd like this intention to manifest.
  2. Create a Pinterest board or collage that shows visual representation of your intention. Include images that show what it feels like to receive your desire or accomplish your intention.
  3. Spend some time in meditation (aka reflection) and imagine asking your body, your future self, and/or your heart what it desires most for you.
2. Set your intention in any way that feels good to you.
  1. Think of a word you'd like to use as a guide post for the day. For instance you may think, "Today's intention is PEACE." Then throughout your day you can make choices that lead to peace, or away from the opposite of peace.
  2. Speak this fun mantra by inserting whatever word best represents your desire: "Open the field of \_\_\_\_ (peace, clarity, love, gratitude, wealth, satisfaction, friendship, compassion, ease, success, etc)". You can also say "Close the field of \_\_\_\_ (distrust, fear, worry, frustration, bitterness, loneliness, boredom, fatigue, confusion, etc).
  3. Keep your intention front of mind by writing it post-it notes and placing them throughout your home. Or you can set an appointment on your phone/computer to pop up throughout the day reminding you of your intention.
  4. Tell a friend. Your voice expressing it's vibration for another human to witness is powerful. Use it.

Further reading on the benefits of living an intentional life: <https://www.pbs.org/wgbh/nova/article/the-smart-of-science-how-the-power-of-intention-can-help-you-learn-better/>