

Meditation to Promote Intentionality

Use to create intention in your actions or approach (again, something you could practice prior to facilitating a mediation, VIP class, circle, etc.)

- 1 Find a comfortable position and close your eyes. Begin to focus your awareness inward, noticing the feeling of the weight of your body against whatever surface you are sitting upon. Now notice the feeling of your clothes against your skin, the coolness or warmth of the air where your skin is exposed. Focus on sound for a moment: what do you hear? Without labeling, just become aware of sound. If there are thoughts, just let them pass through like clouds in the sky, do not attach to them.
- 2 Once you have done a short internal inventory, bring your awareness into the heart space, not the physical organ, but the area in the center of the chest at the breastbone where the heart chakra is located. Ask yourself, what is the quality I most need to take into my next encounter in the world. This is not a question directed to the intellect...it is directed to our own deep inner wisdom. Now wait quietly and see what arises, a word, a phrase, a sensation even can inform you if you pay attention. Perhaps what you need is clarity, perhaps patience, perhaps more compassion. Let this wise, knowing aspect of yourself inform your meditation.
- 3 Once you have a word or two or a phrase, allow yourself to experience what it would feel like to embrace more of that quality. Visualize the positive interactions that would result from bringing that quality forward. Really imagine in some detail--what would the energy be like, the dynamics, the feeling tone. Set an intention that the best possible outcome for everybody involved is achieved, even if you don't know exactly what that might be. In

fact, it is better if you don't go in with an agenda, because then you can let the process unfold naturally without your attempting to control it. You can relax because it isn't all up to you; you are handing the outcome over to a greater wisdom that evolves from the newfound quality you have incorporated into your experience. Allow your self to trust in this wisdom and to trust in the process. You are an agent of change for good that is flowing through you into time and space. All you have to do is do your homework, then be willing and open.

- 4 Take a moment to appreciate yourself for your willingness to show up and make a difference and be grateful for all the support, tangible and intangible, that you are always receiving.
- 5 Gradually bring your awareness back into the room, wiggle your fingers and toes and slowly open your eyes when you are ready. Don't rush it; bring the insights and energies from the meditation with you back into normal waking consciousness