

Set Your Intention Guided Meditation

This guided meditation will help you harness the power of intention...

To get started, find a comfortable position to spend the next few moments together and begin to turn your attention to your physical body simply noticing how it feels in the present moment...

Those of you that feel safe may choose to close your eyes...or soften your gaze gently down past your nose...

Turn your attention inward now by taking a few deep breaths, inhaling through your nose as you feel your lungs and belly expand, then exhaling slowly as you invite your body to begin to relax...**[1-minute]**

Together, we will first create an intention or aim for this practice...

Set an intention to expand your attention by noticing the thoughts in your mind and sensations in your body....

Set an intention to empower choice by returning your attention back to the breath that gives you life...

As you do so, begin to notice the determined part of you that decides and controls these purposeful choices and begin to imagine...

already being someone who embodies or acts on these intentions....

someone who controls their attention...

someone who consciously empowers their choices....

Spend the next moment getting a sense of what it would *feel* like to *be* this person....**[1-minute]**

We will now expand this intention setting practice for your journey ahead...take the next few moments to begin to imagine what you would like for your future...

What kind of person would you like to be...

How would you like to feel....

What choices would you like to make for yourself...

Resist any urge to judge yourself or this practice, giving yourself permission and the opportunity to turn your attention inward to explore your deepest desires...

Once you have an image in mind, spend the next moment or two getting a sense of what it would *feel* like to *be* this person already....letting this new way of being absorb into your mind and body....**[1-2 minutes]**

Some of you may decide to pause the recording now to continue with this practice while others will begin to gently expand your attention outward again returning more fully and presently to the room or space around you... wiggling your fingers and toes, opening your eyes if they have been closed ...

Remember this practice as you return to your day, taking moments to reconnect with your deepest intentions...