

Intention Intensive 2023





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The Basics

What we're doing, how and why

Honing and holding a clean, clear intention is one of the most powerful forces on the planet - everyone can do it. *Everyone does do it.*

Usually, we use this to create havoc and hellscape we'd rather avoid.

This year, we're going to explore the ways we can use our innate capacity to envision alternative futures to create futures we'd be proud to leave to the generations that follow us.



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Plan for the year

- Understand the basics
- Create Groups *that will continue through the year*
- Everyone: weekly 'Global' Intention (Tuesdays)
- January-June: within Groups: *weekly* intention for one person in the Group

Groups work together to help each other:

- explore what intentions to set
- explore the 'yes buts' and other internal blocks
- July onwards - 6 days/week: Group Intention. 7th day: Global Intention
- (Make room for incomers...)



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Steps to honing a clear intent

Decide what you want

Get into the right mind frame (*not* left brain/beta waves)

Give thanks - start and end with gratitude. Really feel it.

Immerse all 6 modalities in a reality in which [x] has come to pass.

Give thanks for it's having done so (present and immediate past tense)

Return to your waking mind

A stack of smooth, dark stones is balanced on a beach. The stones are dark and polished, stacked vertically. In the background, a bright sun is setting or rising over the ocean, creating a warm, golden glow. The water is calm, and the sky is a mix of blue and orange.

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Decide what you want

Working out what you want can be hard

Take it easy, be kind to yourself, and let your friends help

State what you want, not what you don't want

Be really clear and specific. Take time to work out the wording



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General Categories

Healing: Desiring to be cleared of something is fine

Or even just finding the right kind of health practitioner/modality/diet

Relationship issues: *NB You can only change yourself*

Work issues: ditto

Finance/Location/Whatever : define what you need with clarity

Avoid global issues - we'll set an intent as a group. This is about you.

Finding the balance between being specific and over-planning can be hard

Give detail - but don't try to predict exactly how this is going to happen.



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Personal Intentions

Take a moment now to jot down some ideas

You can change these, just throw them down

What comes up?

Pick one and run with it for now.



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Creating the reality

Know how it feels with all 6 senses

- Sight - what does the world look like around you?
- Sound - what can you hear? Be creative. Create noise!
- Scent - what can you smell?
- Taste - what can you taste?
- Touch/Kinesthetics - what's happening in your body?
- Emotions - *how do you feel?*

A stack of smooth, dark stones balanced on a beach at sunset. The stones are stacked vertically, with a bright orange sun setting behind them, creating a warm glow. The background is a soft, hazy blue and orange sky over the ocean.

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6-sense reality

Build this, layer by layer until it feels absolutely real
(Do not, *under any circumstances*, think how you get there)

This will take time. That's fine.

Ask for help in your Group to help hone the details

Be playful. Experiment. You'll have time to recraft this.



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Groups - let's build them

6 or more people

In compatible time zones.



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In your Groups:

- **Name the Group** (you can change it!)

Introduce yourselves (name and location)

- what kinds of issues are arising for you now?
- what do you need help with/what is your current intent?
- what kind of help do you want?



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Within Groups:

Meet as often as you need: *at least once a week*

- Make sure each person has one week's intention.
- In between, email/WhatsApp/whatever
- Ask questions, explore ideas, share resources
- Feedback your feelings on the intentions



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Within Groups

- Agree the date/duration of time you'll be together
 - Agree on the intention for the week
 - Express it clearly - really work on the wording
- EITHER listen to the recording
- or
- Someone lead with their own words
- Reflect and Record



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Global Intention

WE ASK THAT ALL THE WORLD'S MEDIA WHOLEHEARTEDLY SUPPORT
THE PEACEFUL TRANSITION TO A REGENERATIVE FUTURE

- how does this feel? - on all levels of all senses?
- what images arise? scents? sounds? tastes? touch?
- how do you feel inside?
- *(Comments from Donnachadh)*



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Steps to honing a clear intent - revision

Decide what you want - express it clearly

Get into the right mind frame (*not* left brain/beta waves)

Give thanks - start and end with gratitude. Really feel it.

Immerse all 6 modalities in a reality in which [x] has come to pass.

Give thanks for it's having done so (present and immediate past tense)

Return to your waking mind



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Pre-check

What does Gratitude feel like at a heart level?

What images/thoughts/memories can help you build it?
and then

Reconnect with our Global intention - what images will
help you to build it and make it real?



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Meditation



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Feedback in Groups



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Feedback to the whole group



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Next date is 12th February

By then, your group should have:

- Met at least 5 times
- Conducted at least 5 Global Intentions on Tuesdays
- Conducted at least 5 Personal Intentions
 - Having explored variations on the intention
 - Having settled on a wording that works
- Explored each of you feels with the global & personal intents



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Questions?



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Next time...

We'll go deeper

- explore in the big group how you all feel
- identify sticking points and share work-arounds
- find out what we need to know in more depth