Setting Intentions Handout

You’ve heard this many times, “You need to know where you’re going in order to get there.”

That’s true if you’re leaving Boston and heading to Chicago. It’s also true psychologically and emotionally.

Starting out the Becoming Safely Embodied Home Study Course it’s important to know why you were drawn to the course. What did you find knocking at your heart’s door? What was calling to you? Maybe it was wanting information? You’ll get that. But you’ll get a lot more if you take the Skills and put them into practice, day in and day out.

Reflection

When you think about practicing these BSE Skills and really putting them to work, what do you notice inside you? Is there any resistance or push away?

Does the idea spark something that gets you excited or more interested?

Take a moment and sense into your body. What are you aware of? What feelings are there? Do you have any thoughts? If so, what are they? Jot them down in your journal to explore even more later, perhaps as you do the Setting Intentions Guided Meditation.

It’s possible to shift the patterns that run our lives. I’m talking about those background assumptions and beliefs out of which we live. We get so comfortable and familiar with these patterns—even if we don’t like them—that we feel like they’re the “truth,” they’re “reality.”

This Becoming Safely Embodied Skills Home Study Course will gently urge you to explore these underlying assumptions. As you slowly relax the assumptions that have been driving your life you’ll find you have a sense of freedom, some opening, a greater sense of relaxation.
One caveat that I feel important to note as we start this journey. You might find softening and opening these closely held assumptions to be a little threatening. As a result you might encounter a little turbulence. We’ll explore the idea of turbulence as you open out of the comfort of your life in the section on Finding Choice Points.

For now, though, I want you to notice the turbulence as it comes up. It’s going to show up as “I can’t do this,” or feeling depressed, anxious, scared. You might find yourself turning to your favorite substances to calm the churning internal waters.

Notice this happening. You might even want to jot this down in your journal. Keep track of it. The more familiar you become with these various states the easier it will be to support their gentle relaxing.

**Let’s Get Started on Setting Intentions**

It’s always important to take a moment before starting something new to set an intention for what you’d like this new experience to bring. When we take the time to set an active intention we interact with our patterns—our old habits—and create a crack in the door allowing fresh air to come in and the possibility of a new way of being.

For some a working definition for intention is to have in mind a purpose or plan, to direct the mind, to aim. Without it we often stray where ever the next thing takes us. It’s kind of like when we are surfing the web. We’re following one thread and before we know it we’re way off track.

**Reflection**

What drew you to this particular Course? Of all the things you could be doing, why this, now? Jot down the few things that come to you.
Goals and Intentions

We also need to pay attention to the difference between goals and intentions. Goals are usually external outcomes that we want to have happen in the future. Usually we meet our goals through planning, discipline, and changing our behavior. Goals can provide important guide posts for our lives.

Intentions on the other hand are what we hope for in the present moment, a practice we are engaging in to focus this moment in time. We set intentions based on what is important to us, what matters to us and then align our outer world in accordance with these inner values. Our intentions inform each moment, keeping us close to our heart’s wishes and moving us on the path toward our external goals.

Joining the Becoming Safely Embodied Home Study Course is a commitment of your time, your heart, your hope. My task in partnering with you during this course is to give you everything I know while making the space we share together as safe and comfortable as possible so that you can explore new avenues for your own healing.