



In collaboration with



Intention Setting Meditation

Welcome to this meditation on Intention Setting. Find a comfortable position, either sitting upright with a straight spine or lying down. Gently close your eyes or soften your gaze downwards.

Take a deep breath in through your nose, filling your lungs completely. And exhale slowly through your mouth, releasing any tension you might be holding. Again, inhale deeply, feeling your body expand, and exhale, letting go of anything that doesn't serve you in this moment. One more deep breath in, and a slow, complete exhale.

Now, allow your breath to return to its natural rhythm. Just observe the gentle rise and fall of your chest or abdomen. Feel your body settling, becoming heavier, more grounded. Notice the points where your body makes contact with the surface beneath you – feel the support.

Bring your awareness to the present moment. Let go of any thoughts about the past or worries about the future. For these next few minutes, this is your time to connect with your inner wisdom.

Connecting with Your Desires

Now, turn your attention inward. What is it that you truly desire to cultivate in your life right now? This isn't about what you *should* want, or what others expect of you. This is about what genuinely resonates with your heart.

Perhaps it's a feeling you wish to experience more of - peace, joy, confidence, or love. Maybe it's a quality you want to strengthen within yourself - patience, courage, creativity, or compassion. Or perhaps there's a specific action or habit you wish to embrace or release.

Don't force it. Let an intention gently rise to the surface. It might be a word, a phrase, or even an image. Allow it to emerge naturally.

Forming Your Intention

Once you have a sense of your intention, gently refine it. Try to phrase it in a positive way, as if it is already happening. For example, instead of "I don't want to be stressed," you might rephrase it as "I am cultivating calm and ease." Instead of "I want to stop procrastinating," it could be "I am consistently taking inspired action."

Feel into the words. Does this intention feel empowering? Does it align with your highest good? Repeat your intention silently to yourself, a few times. Let the words resonate within your being.

Planting Your Intention

Now, imagine this intention as a seed. A tiny, vibrant seed. See yourself gently placing this seed into the rich, fertile soil of your consciousness.

As you breathe in, imagine nourishing this seed with your breath - with life force, with energy, with belief. As you breathe out, imagine releasing any doubt, any resistance, anything that might hinder its growth.

Visualise this seed beginning to sprout. See the tiny green shoot emerging, reaching towards the light. Feel the potential contained within it. Trust that this intention, once planted and nurtured, will blossom in your life.

This isn't about striving or forcing. It's about aligning and allowing. You are simply setting a clear direction, and then trusting the universe, and your own inner wisdom, to guide you.

Integrating Your Intention

Take a moment to feel the presence of your intention within you. It's not something outside of you; it's a part of you, guiding your thoughts, words, and actions.

As we conclude this meditation, remember that your intention is a living, breathing guide. You can return to it throughout your day, reminding yourself of the qualities or actions you wish to embody.

When you're ready, take a few deeper breaths. Feel your body re-emerging into the space around you. Gently wiggle your fingers and toes. And when you're ready, slowly open your eyes.

Carry this intention with you, allowing it to illuminate your path.