

Notes from Group Meditation- Dec 11, 2024



Intentions and visualization

The Solstice is near. That's a time of introspection for me. We'll see a lot of changes next year but I want to remind all of us that the seed of building a new world, a more loving and compassionate world lies within you. You can change the larger world by changing what's going on within you. I'm using the solstice as my reminder to review plans and goals. I read my intentions and see where they might need adjusted or replaced.

What are intentions and how can you use them to encourage yourself? Intentions are not resolutions, things we have to fix, solving shortcomings. An intention is more a guide, a direction to more of whatever you are seeking in this life. Intention is us becoming more-healing, growing, reaching towards our true self. An intention is a way to aim towards a better future. An intention can set you in motion on the path of purpose. Intention is also defined as a medicine, a part of healing.

We're coming off a big election. Some feel concerned about the future. A check in with our intentions can help us get our focus on things we can do, things we have power over, things we can create that will benefit the world. Don't invest your energy in imagining all that can go wrong. Humans are amazing beings of physical and spiritual wonder. This is an important time to see ourselves and our world in a positive light. Intentions are perfect tools to help us reprogram those old habitual thoughts.

"You get what you intend to create by being in harmony with the power of intention, which is responsible for all of creation.

-Dr. Wayne Dyer

Some pointers about writing intentions

1. Keep your statements in the positive. For example, "I will make movement one of my daily self-care practices to help me keep a positive outlook." Not " I not binge on ice cream when I feel anxious."
2. Our minds are funny things. Some wise teacher taught me to imagine the word "not" as being incomprehensible by my mind. If I were to say, "I will not focus on what's broken," my mind will have a tendency to grab onto "focus on what's broken." You might not agree with the concept, but it has served me well and can help train us to think in the positive. Another hint- no words like "try", "but", "except" in an intention. Write as if your intention is happening now. "Now is the time for me to take action, moving towards my life purpose in love." "I choose to take actions to value love and compassion." Writing in the now is

also a sort of mind game. If I say, "I will..." do something, my mind can say, "I will... sometime, but not right now. I'm too busy."

3. Include feelings in your intentions. Think about what you'll be gaining by making the changes you're considering. Our intention isn't just for the body but for the mind, emotions, and spirit. For example, "I will see those I encounter as physical and spiritual beings and interact with them accordingly to create positive energy for myself and for the world. ."

Intentions are meant to be read regularly. However, rote reading of intentions, then dashing off to your day will not help you. Pause and read the intention. Remember why this change is important. "Walking into my day knowing the energy of love and compassion is growing."

"You can't become something you can't imagine." - Gia Storms, professional coach²²

Visualization is a tool you can use to teach yourself something new, to create new habits. The body, mind, emotions, and spirit connect and respond to what you are thinking. Visualization is a multi-sensory experience. We're not just reading black words of our intention written on a white page. We read words and then pause, actively picturing in our mind's eye how it will look, feel, and smell when our intention is fulfilled. Feel the smile on your face. Feel your heart full and satisfied. Feel the joy and love radiating all around you. Visualization is the key to empowering our intentions. How you do it is your call. I read my intentions, then fold my hands over my heart center, often lying back in bed, and I pretend, imagine, visualize me and my world when this intention has born fruit in my life. I feel the warmth, the peace, the assuredness of accomplishment. I see the joy, the support that my intention has brought to others and to our world. Then I get up and take action to make the intentions reality.

Setting intentions requires that I focus on the positive. I am setting goals, plans, a path towards what I want...letting go of what I don't want. I am challenged to repeat these positive images/visions often. I am training my brain. I am forming new habits. These skills can carry over into all areas of your life. Watch and see.

So my challenge to you is to not get sucked into fear. And don't give in to the false idea that one person can't make a difference. When we take action energetically/spiritually we are operating in a collective realm. In the physical world, we are just one person. But energetically, there is a collective realm. Your seemingly small positive action feeds into that world where there are also millions of other people on this planet doing their best to bring to life a new world- powered by love and compassion, not fear and greed. You're efforts do make a difference. Go for it and I will too. We can build a better world. Happy Holidays.

There are more online resources at <http://www.SuniMoon.net/resources>