



## Mindfully sitting with your intention technique 2

This technique accompanies the book '[Intention Matters](#)'. It may be of assistance when refining or distilling your mega and core intentions as described in chapter one of Intention Matters.

In [chapter five](#), tool four (MP3 IM1) is a mindfulness based exercise that will help you to distil and refine your intentions. This exercise can be used additionally or instead of tool four.

If you are experienced with mindfulness, you should be able to guide yourself through this exercise. If you are less experienced, you might like to download our [free MP3 exercise](#) [MP3 IM7] to guide you.

1. Spend a few minutes focussing your full awareness on the present moment sensations of breath. Tuning into the subtle sensations that arise as you breathe in, and as you breathe out. Allowing your breath to settle into its own natural rhythm.
2. Bring to mind your intention. If you are a visual person, observe its visual appearance. Can you see a stationary image? A moving picture or movie? A shape or colour? If you are not a visual person, try to tune in to any feelings that arise.
3. Try to imagine how your life will be when your intention is realised. Try to make it as vivid as possible bringing to mind images or moving pictures if you are a visual person. If you are not visual, try to tap into your 'felt sense' of your intention happening right now in front of you.
4. If it feels right for you, place your hand on your heart to help you sense how your heart is responding. If you can feel your heart beating, observe if its pace changes in any way. Try to suspend any judgements you may make about your heartbeat – simply observe.
5. Ask yourself if this intention is right for you. Check in with your thoughts, emotions and sensations in the body to help you get a sense of if it feels right for you.
6. If you pick up on any negative emotions, thoughts, or sensations in the body that you associate with stress, tension, fear or worry, acknowledge this, but do not try to change anything, just continue to tune in for a moment, remaining open to whatever is going on
7. If you have picked up on uncertainty, fear, or unusual sensations in the body, let go of the intention and once again practice mindfulness of breath for a few minutes



8. Now ask yourself, 'what is my intention for my life at this moment in time'? Sit focussing on your breath, and wait to see what arises.
9. If your emotions, thoughts and sensations feel positive, this indicates that your intention is likely to be right for you.
10. End the exercise by letting go of your intention and spending a few minutes once again focussing in on the present moment sensations of breath. Focussing on sensations arising as the breath comes in, and the breath goes out.

Many people find the process of mindfully sitting with their intentions to be very helpful as both a sense check and a way of further reinforcing them into the brain. If this exercise does not resonate for you, No problem! Just try another technique instead.

**Key words:**

Mindfulness, mindful intention, mindful, Intention, Create the life you want, Manifest, Manifestation, change your life, achieve your goals, power of intention, Wish, Goal, Dreams, dream, Brain, Mind, Happy, purpose and values, purpose, Intention Matters, Science of intention, Neuroscience of Intention