

Setting an Inner Intention

By Buffy Owens

Recently I was talking with a friend about how her challenges in fully integrating a health and fitness program. Her problem, she said, wasn't lack of information, rather it was lack of inner integration.

A lot of the information out there provides you with the knowledge you need for change and how to implement these changes into your daily life. This information alone is powerful in initiating and sustaining change. However, to truly create meaningful transformation requires that you not only take different actions, but that you also shift your thoughts, attitudes and beliefs.

The process of exploring your habitual ways of being brings with it great awareness and insight. It provides you with a moment-to-moment sense of what perspective or attitude you are choosing in life. And since, how we view the world or any given situation will dictate our effectiveness and our state of mind. Changing your attitude will not only change the way you see things, but will also change your reality.

If, for instance, you approach your health and fitness as being tough, that perspective will trickle down into everything you do. So shifting your perspective to one that will work in accordance with your goals and desires will allow you to truly embodying your health and wellbeing.

Setting an intention does not involve something we want to do, rather it represents a way of being that we wish to embody. If we can see ourselves clearly as we would like to be a few months or years from now, then we can utilize the energy of that perception to change ourselves day by day. Our intention becomes a beacon of light for the life we are creating even when we are faced with the day-to-day circumstances of life.

ConsciousPlay: *The Big Picture*

- Close your eyes and bring your awareness to your breath. Allow your breath to expand into your belly and out through the rest of your body. Feel yourself release and soften with each exhale. Feel yourself expand with each inhale.

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- When you are ready, think about what is in store for you in the future. Pick a situation, a desire or dream that matters to you.
- Write down how you would like it to be, including in detail how you would like to feel and behave. Bring as much detail as possible into your imagination.

ConsciousPlay: *Day-to-Day*

Now, read your vision. Identify one quality from your vision that you want to experience in your life today: vitality, flexibility, an abundance of energy, strength or any other quality that appeals to you.

Ask yourself:

- “What would it feel like to embody this quality?” Trust what ever arises and write it down.
- “How would I move if I expressed this quality?” Close your eyes and kinesthetically imagine yourself moving as an expression of this quality. Then open your eyes and allow yourself to actually move around the room in this way.
- “What would it look like if I embodied this quality? What would my eyes look like, my posture, my movements, my expressions and gestures?” Then stand in front of a mirror and play with embodying these traits.
- “What would I sound like if I embodied my inner intention. How would my voice sound? How would it express itself through language?” Play with letting your voice express the quality you have chosen as your ideal.

Begin by playing with these exercises at home and then begin to integrate them into your daily life. Play with them as you go for your morning walk, when you are waiting at a red light, or every time you sit down for a meal. Do this for a month or two and notice how you begin to live into your Inner Intention!

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