

FIRST Intention Circle - Overview

OPENING:	(1 - 2 min)
INTRODUCTIONS:	(15 min)
SHORT FUTURE VISION:	(9 min)
INTENTION SHARING:	(15 min)
FIRST INTENTION:	
Picking recipient and finding the intention	(8 - 12 min)
Sending the intention	(long power up 15:30)
Sharing:	(no more than 15 min)
SECOND INTENTION:	
Picking recipient and finding the intention	(8 - 12 min)
Sending the intention	(short power up 12:20)
Sharing:	(no more than 15 min)
CLOSING:	(1 - 2 min)

FIRST Intention Circle - Outline Scripts

OPENING:

(1 - 2 min)

Take a deep breath in and allow yourself to arrive here.

Let us now join with our full being in this circle of high intention. May we open the flow of- and contribute to- the highest good for each one of us and for every person we are connecting with through our compassion.

You can use this opening, or change it, and write your own.

You also add a little ritual, such as lighting a candle, or sounding a bell or a singing bowl, or chanting OM together.

INTRODUCTIONS:

(15 min total - 1:30 min each)

We will start with a round of brief introductions.

So please tell us your name, where you live, and also briefly what brought you here.

SHORT FUTURE VISION:

(9 min)

In this meditation let your imagination take the form that has the most aliveness for you. Feel free to follow the words that are spoken... or to let your own inner being or higher self take over the lead. In this guided meditation we are going to create a visceral healing experience of your bright future that is infused with the qualities of self love.

Make yourself comfortable.

Play recording: Short Future Vision

Or read the meditation to the circle. - See separate sheet.

INTENTION SHARING:

(15 min total - 1:30 min each)

Next comes our round of intention sharing. But before we start let us create a safe space... so may I have a showing of hands that anything anybody shares here within our circle today or in the future remains confidential, unless otherwise stated.

Wait for showing of hands.

Ok, now could you share with us your personal intention you hold for yourself at this point in your life? Who wants to start?

FIRST INTENTION:

(8 - 12 min)

Pick first recipient.

The person who got drawn shares some more details around their current situation or condition. Together the groups finds the words for the highest intention.

To activate your compassion you can ask specifically:

How does this make you feel?

What impact has this had on you, on your life, or on your family?

To find the intention:

What is your ideal outcome? What is the best way this could unfold?

To flesh out what the group can imagine:

What are some things you will you do when this happens?

What will your life be like when this intention manifests?

Together we create a specific intention.

Repeat it a few times so everybody can easily remember it.

Everybody moves close together, make sure hands can reach easily while sitting comfortably.

Play recording: First Intention Circle Power Up

(15:30 min)

Sharing:

(15 minutes total)

The recipient shares first what the experience was like for them.

After that the other participants can also share anything about their experience.

This could be images they saw, sounds or words they heard, or physical sensations they experienced...

SECOND INTENTION:

(8 - 12 min)

You can pick a second recipient inside the circle, (repeat script from above)

Or pick second recipient **outside** the circle, if there is a photograph available.

The person whose family member or friend got drawn shares some more details around their current situation or condition. Together the groups finds the words for the highest intention.

To activate your compassion you can ask specifically:

How does this make them feel?

What impact has this had on them, on their life, or on their family?

To find the intention:

What is their ideal outcome? What is the best way this could unfold?

To flesh out what the group can imagine:

What are some things they will you do when this happens?

What will their life be like when this intention manifests?

Together the circle creates a specific intention.

Repeat it a few times so everybody can easily remember it.

Everybody moves close together, make sure hands can reach easily while sitting comfortably.

Play recording: Short Intention Circle Power Up

(12:20 min)

Sharing:

(15 minutes total)

The other participants can share anything about their experience.

This could be images they saw, sounds or words they heard, or physical sensations they experienced...

CLOSING:

(1 - 2 min)

Let us now close this circle of high intention.

May our compassion, caring and love transform the world that we are creating anew every day. May it bring more happiness, joy and gratitude to every human being on earth.

Thank you all so much for being here!

You can use this closing, or change it and write your own.

You also add a little ritual, such as lighting a candle, or sounding a bell or a singing bowl, or chanting OM together.