

Intention Circle Start Up Packet

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Circle Guidelines

Preparing to lead a circle

Once you have found between six and 10 friends and neighbors who want to join together in a weekly intention circle, and all of you have found a regular two hour time slot that fits everybody's schedule, you are ready to start!

You may choose to book a training with me to get everybody acquainted with the circle processes and the smoothest way to lead the circle, or you can also begin using the Start Up Packet Materials on your own.

You will see that the outline for the very first meeting is different than the outline for the ongoing circles. The first circle has a deliberate sequence of menu items that you follow.

For the ongoing circles you have several choices which menu items you want to combine. During the circle training I will make you familiar with all these components and explain the differences between the menu items.

In general I suggest you all take turns leading the circle. You can either create a simple list of who will lead each week, or choose the next leader at the end of each meeting. If you also take turns hosting the circle at each of your homes, the host could naturally also be the circle leader. Obviously, if some members are uncomfortable with leading the circle they don't have to. But it is beautiful when the leading is shared equally in a circle and everybody holds the same level of ownership, care and responsibility.

When it is your turn to lead the circle, you prepare by reviewing the menu for the ongoing circle and choose which components you want to include. Then you pull out the corresponding cards from the card deck and you are ready! When all circle members are assembled, you simply read the parts printed in blue to everyone for each menu item. I also encourage you to pick another member as a time keeper to help stay on track and within the two hour time frame for your meeting. The time keeper uses her cell phone to time the sharing segments and keeps an eye on the timeline to make sure you can fit everything in. If, for example the sharing took longer than expected, you can spontaneously adjust the program by dropping the future meditation, or skipping the second intention.

Picking the recipient

Everybody in the circle should have a basic familiarity with Lynne McTaggart's research, which reveals that intention recipients and intention senders alike experience significant positive changes and sometimes miraculous results in their lives. At the same time it is also important to make sure that intention opportunities are evenly distributed among the members of the circle.

A simple way to begin picking the recipients for an intention is to draw their name out of a bowl. You can also create a master list and just go in order down the list.

Keep your list updated as members receive intentions. That will help you keep track of who has not had a turn yet. Of course you do not have to rigidly keep to your routine: If someone faces an urgent crisis in their life, it is a good idea to give them priority. Just always make sure the group agrees.

Every circle has its own unique mix of personalities with specific human traits. Some people have an easier time sending intentions than receiving them. Some generally feel more fortunate than others, and like to let other members have priority. And some members may be so wounded emotionally or psychologically that they feel they will never get enough intention opportunities to address all their issues. There are some who need to assert their needs, just as there are others who feel too vulnerable to reveal their problems, and will shy away from asking for themselves.

The more you can encourage each other to put aside any such reservations, the more of a balanced and positive experience all of you will have in the circle.

To sum it up:

- **Make sure you have a clear and fair process for picking your intention recipients.**
- **Make sure everybody agrees with the process.**
- **Keep track by updating a list of recipients every time you meet.**

I also suggest you create awareness about the potential to turn personal conflicts within your group into high intentions and powerful healing opportunities. More on handling conflicts later in this guide.

Sending to someone outside the circle

In both our circles our default practice is to send two intentions: one for a member within the circle and one for a person outside the circle, who a member has brought to the group's attention.

Whenever a member wishes to send a group intention to someone outside the circle, it is important they bring a picture of that person to the circle. Photographs boost the power of the intention.

I also advise checking ahead of time with the outside recipient to make sure they are receptive to having an intention sent for them. While it's not mandatory to prepare this way, it is ethically sound whenever possible, to respect privacy and confidentiality. Having said that, we have successfully sent to outside recipients, even when they weren't contacted beforehand. We have even witnessed major positive impacts on unaware recipients. In those cases, the member of the circle, who advocated for them, felt confident their friend or family member would have welcomed the intention.

The main benefit of asking in advance: When a recipient knows they are being intended for, they can participate by tuning in, finding a quiet place, closing their eyes and allowing themselves to receive whatever energy is coming to them from the group intention. To really align the timing, you can send a text to them just before starting the intention.

When possible it also helps to announce to the circle the week before who you would like to have receive next time. Alternatively send an e-mail to the circle prior to the next meeting.

Spontaneous or urgent intention requests

Sometimes unforeseen events happen to circle members: misfortune strikes, a crisis comes to a head, an accident happens, a challenge appears out of nowhere...

We encourage members to share these situations with the circle as soon as they happen. Often a group email can set up a joint intention sending in between meetings. If the circle is well aligned, any or all members can agree to join *virtually* at a given day and hour and send an intention for 10 minutes or even five. By "virtually" I mean each

person, wherever they may be, can imagine the group holding hands as they send the intention. This long distance format has been proven to have the same powerful effect on a recipient's well-being as the intentions during the in-person circle meetings.

It also helps when one of the circle members can assist the person in crisis to craft the highest, most focused, concise and powerful intention, and then communicates that to the other members.

After the intention is sent, we suggest when possible that all the senders briefly share their experiences/mental images from that intention with the recipient by email or phone.

Similarly we encourage the recipient to let the rest of the circle know what *they* experienced during the sending and what effects they are observing as a result. Even if no magical change has taken place after the intention, this feedback is part of the caring energy of exchange, which nourishes and deepens the bond of the circle.

Creating a high intention

The most powerful intentions are as concise and specific as possible. Don't try to include everything you want to change in your life in one single intention or create lofty and broad, but vague intentions. The more specific, the better.

So instead of creating a vague intention to “become prosperous”, include details such as where that prosperity might come from, how much money you would like to earn per month, how soon you want to land a promotion, or what you would like to be able to afford, such as a new house or car. You can also include a specific timeframe.

Example: "Our intention for Sarah is that she receive a 10% increase in her income within the next 3 months".

More examples:

Instead of just saying: "I want to find a new partner", describe the qualities this person has, how your ideal mate would make you feel, or how you would spend your time together.

"Our intention for Maggie is that she meet a kind, athletic and financially secure man, who shares her love for spending time in nature, within the next six months."

Instead of a vague intention for "world peace", decide to target a specific region in the world, a specific piece of legislation, the outcome of a specific leader summit, or the negotiation between opposing countries or groups.

"Our intention is for violence in Chicago to be reduced by 10% over the next three months."

Another valuable role the circle often plays is to assist the recipient in 'raising the bar' of their intention. Members in the circle can often be more objective, are able to see the bigger picture, and can therefore help expand the intention to hold a larger perspective or higher result. Don't settle for the most immediate relief for a problem, or limit yourself with a 'realistic' goal. Find the courage to aim high!

Example: Instead of "I want to feel more positive about my job," let the members help you to target what is missing:

"Our intention for Patricia is that she find a new job in the research field she has always dreamed of, within six months."

A fundamental truth: Our brightest future is rarely the most probable one! The brightest future can only be found in the realm of the possible, which means it often lays close to the edge of the *impossible*.

That means you want to look for an intention that you believe is actually possible, but not perhaps so probable. When you find it, you will notice how it makes you feel more alive, energized, relieved, or at peace as you allow yourself to really imagine this high intention.

Example: "Our intention for John is that he finish the rough draft of his novel by September 21 of this year, with ease, discipline, and joy."

No problem solving!

There is a common trap a circle can easily fall into. It happens when compassionate, well-meaning members get sidetracked into making suggestions and offering solutions for the problem at hand instead of finding the highest intention. Please remember: the role of the intention circle is *not* to find solutions to a recipient's problems, health concerns or challenges. It is to bring the power of intention, through the group, to the person and so invite the universe to find a solution that is in alignment with the person's soul agreements.

This may be a good topic to discuss up front in your newly formed circle. I suggest you make a joint commitment not to stray from your focus of finding the most concise, most powerful, and most focused intentions.

Why do we suggest this limitation? Because a different part of our being comes into play when we seek solutions or give advice. All of a sudden the equality of everybody in the circle begins to give way to a different dynamic between the adviser and the advisee. The dissonance that can slip in here is caused by the fact that the advisee is suddenly jolted into that role without having asked for it. There is a time for practical suggestions, and there is a time to let that question rest. Most of us probably know what it feels like when advice comes at us without being aligned, how a tension sets in when we are told what to do, or how to do something... and we just don't feel drawn to that solution. Or we actually dislike it. Or we tried it and it didn't work for us. We might feel lectured. Or talked down to. Or had already thought about it ourselves. There are countless nuances that can cause us to feel unreceptive to the advice that now creates a dissonance with the advice giver. That's why we don't do it.

Again: the purpose of intention circles is to tap into and open ourselves to a higher power, and fuel the healing intention with our compassion and love. That's all we do. In truth, it is not *we* who are helping a person have what they want. It is that person's own soul plan coming to fruition. Our compassion, love and wishes for the person's well-being, focused in this very deliberate way, simply helps them to release enough of their resistance, so that "the magic" can begin to work.

I don't mean to say at all that offering constructive ideas and further resources are never helpful. They just don't belong in the process of finding the intention. You can certainly all agree to share solutions or resources with each other after the circle has ended. Just ask to make sure the recipient actually welcomes hearing them.

Conflict within the circle

It is helpful to remember that before long the “stuff” we have not healed or balanced in our lives can easily be triggered by someone in our circle. When that happens, the circle always needs to know how to react and respond.

When we notice feelings of irritation, resentment or judgment against someone in the circle, we may instantly judge ourselves and conclude the last thing we want to do is reveal these unwanted feelings in our circle. After all, we've gathered to be of help and support, not display upset or disagreement with someone.

While these are understandable and common human reactions, suppressing our feelings may be the worst thing we can do: Because whatever we suppress grows stronger. Unexpressed feelings have a way of circulating, perpetuating and gathering steam to draw energy from the group. Before you know it you have a circle bogged down with old garbage - *everybody's* old garbage. Because we all have it.

I suggest not to ignore or turn a blind eye when uncomfortable moments pop up. You can summon the courage to point them out instead. You can in fact hold a joint intention to let such incidents carry all the members of the circle to the higher ground of greater understanding and compassion. Everybody benefits tremendously when a conflict is resolved!

Joining an intention circle may not replace a deep healing practice in a therapeutic setting, or a release of trauma that a member may need. But it can certainly lift the vibration and fuel this inner work in often a most profound way.

So, if you feel a conflict arising, I suggest you confront the upset had on. Use any or all of the following questions to help yourself work through the discomfort and lift yourself onto a higher trajectory:

- What is the best thing that can could come out of this experience?
- Is there a personal pattern involved here that I could heal?
- What might happen that could in time help me feel grateful for this experience?
- What is my highest intention, both for myself and the other person involved?

Once you do find that high intention, you can bring it into the group with the goal of initiating a deep healing. And even if you can't find an intention on your own that feels sufficient, you can bring your desire to the circle and ask the group to help you find it.

Additional manifestation tools:

Taking action - one step at a time.

Clarifying, expressing and sending intentions are our built-in power tools that bring about transformation.

In addition we use the power of the future through our guided meditations to create for each of us a stronger connection with our bright future self. Not to forget that we also take advantage of the power of gratitude!

Outside of the circle there is one more thing I strongly suggest you always do, and that is to take action toward your intended outcome.

Often the next step is quite obvious and not hard to take, but sometimes you may not know what to do and so you do nothing.

Maybe you're having difficulty envisioning how to make your entire intention become a reality. However what you always CAN do is take the next step. It doesn't matter whether it's the "right" or the "wrong" step: What's important is that you do the best thing you know *right now* toward your intention. The following steps always become more clear once you have begun to move forward

Maybe the task that lays before you feels so big, so overwhelming, that you fear you will never get it done. Again, the only thing that matters is that you do what you CAN right now. Many small daily actions *done consistently over time* can create enormous change. And you can ask the circle to hold you accountable to continue taking small steps and not give in to fear or self-sabotage. You can also ask the circle to help you identify others you might be able to ask for help.

And lastly, perhaps you have tried to manifest your intention without success so often in the past that you lost the belief it will ever become reality. If you think this might be the case, here are three possibilities of things to do:

- 1) You want to regain your self-trust and self-confidence that you deserve and can indeed create what you want.
- 2) You want to connect more deeply with your soul to find out why this intention may be out of alignment with your soul's wanting.
- 3) You want to find the hidden opportunity in the current situation. You may discover that it's bringing you an unexpected learning experience. You may find an opportunity you had overlooked, that is calling you to higher ground.

If you feel you need support in any of these matters, you can contact Tomma for a private mentoring session.

Updates on intentions

The Weekly Sharing Question during every circle meeting is meant to update circle members on how our lives are responding over the long term to our intentions. Sometimes though, when sudden, wonderful things happen in between your weekly meetings, you may not want to wait that long. Those special experiences often deserve instant celebration with a special email notice to the circle.

The more you celebrate the good things in life, even the small ones, the more good things worthy of celebration you will create.

The importance of celebrating

So, how can we celebrate when our intentions manifest?

Obviously we can just be happy when that happens. Sharing a successful intention with the members of our circle will naturally give rise to a celebratory energy, and is therefore built in through the Weekly Sharing Question.

The gratitude practice can also be used to celebrate a new manifestation.

If you want to bestow your celebration with some additional transformative power, to deepen your awareness and boost your self empowerment, ask yourself a few additional questions:

- What can I acknowledge myself for?
 - Has there been something old (choices, beliefs, emotions, attitudes, strategies, or habits of thought...) that I let go of and perhaps even forgave myself for?
 - Did I succeed in changing my own expectations?
 - How exactly do I now want to congratulate, honor or celebrate myself?
 - How has this manifestation changed me so far and how do I see this new energy continuing to play out in my life?
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As you can see, benefits can abound from what at first seems like a very simple process, gathering with like-minded friends in the heart-based wish to raise the consciousness and improve the lives of our loved ones and our new friends.

I believe that coming together in circles of high intention offers a huge potential for transformation of all of humanity. Because everybody can do it! Gathering in this kind of circle brings to life our innate abilities of healing, transformation, deepening human connection, and living in compassion! I believe its power can lead us into a brighter future and a more enlightened way of living on this planet.

I hope this guide serves and encourages you to explore all nuances of your own intention circle experience and helps you tap into the power of its amazing potential. May it bring you countless benefits, greater understanding of our innately loving human nature and ever-expanding happiness.

I wish you a miraculous journey!