

free soul



Complete Intention Circle Menu / Overview

OPENING:	(1 - 2 min)
GRATITUDE MAGNIFYING:	(6 min)
Alternately: GRATITUDE EXPRESSION:	(6 min)
BRIGHT FUTURE VISION:	(12 min)
SHORT FUTURE VISION:	(9 min)
WEEKLY SHARING QUESTION:	(around 20 min total - or 1:30 to 2:00 min a person)
FIRST INTENTION:	
Picking recipient and finding the intention	(8 - 12 min)
Sending the intention	(long power up 15:30)
Sharing:	(about 15 min)
SECOND INTENTION:	
Picking recipient and finding the intention	(8 - 12 min)
Sending the intention	(short power up 12:20)
Sharing:	(about 15 min)
CLOSING:	(1 - 2 min)

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.

GRATITUDE MAGIFYING MEDITATION:

For this gratitude meditation pick something you are grateful for. It can be a person, an experience, something in your environment, even a possession or an object.

*Just let it come up now.
When you are ready close your eyes.*

When everybody is ready

Play recording: Gratitude Magnifying Meditation

(6 min)

GRATITUDE EXPRESSION MEDITATION:

For this gratitude meditation pick someone you are grateful for. Just let someone come up in your awareness you are grateful to. It can also be someone you really appreciate.

When you have found someone, close your eyes.

When everybody is ready

Play recording: Gratitude Magnifying Meditation

(6 min)

BRIGHT FUTURE VISION:

(10:30 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.

Make yourself comfortable.

Play recording: Bright Future Vision

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

SHORT FUTURE VISION:

(9 min)

This next meditation takes us into our bright future 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.

WEEKLY SHARING QUESTION: (20 min total - or 1:30 to 2 min a person)

Please share any highlights of your last week, perhaps an update on a personal intention you received, or an update on someone outside the circle you initiated an intention for, or something that has been challenging for you.

This time can also be used for addressing questions that come up.

FIRST INTENTION:

Pick first recipient.

The person who got drawn shares some more details around their current situation or condition.

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. **(8 - 12 min)**

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.

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:

Pick second recipient outside the circle. (Make sure you can look at a picture.)

The person whose family member or friend got drawn shares some more details around their current situation or condition.

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 we create a specific intention.

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

(8 - 12 min)

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 blowing out a candle, or sounding a bell or a singing bowl, or chanting OM together.