

Creating Intention

Our intentions, or basic motivations, are the most powerful forces that operate to shape our actions.

If our basic motivations are reactive, we lose the ability to make conscious choices. To freely choose an entirely new motivation pushes us beyond the old reactions and brings about a shift in consciousness. This will flush up a lot of debris from the old structure that will be cleaned out in Breath Therapy.

In IBT, the purpose for creating an intention is to create clarity. "If you are unclear about what you want, you may be unclear about what you get!" There needs to be an overall intention for engaging in this form of therapy as well as an intention for each individual session. Knowing what you want is very powerful and is not the same as knowing what you don't want. If the client has not clarified the overall intention, spend some time assisting in this process.

Intentions for individual sessions can be general or specific, allowing for exploration of the microscopic truth. For those who dissociate, this process of setting an intention for a session can bring the mind into alignment with the body and the process itself.

Good Intentions begin with words such as ...

- To release.....*an emotion, a belief or idea, etc.*
- To heal*the body, the mind, a belief, an emotion, etc.*
- To let go.....*of control, of a person, place or thing, etc*
- To surrender*to my breath, to love, to what is happening, etc.*
- To open.....*my heart, my intuition, my emotions, etc.*
- To feel.....*my emotions, my body, my power, my joy, etc.*
- To break through...*an obstacle or block, a belief, anger or fear, etc.*
- To overcome*an emotion, an obstacle or block, etc*
- To (re)claim.....*my power, my innocence, my talents, safety, etc*
- To explore.....*my authentic self, a possible decision, an issue, etc.*
- To gain clarity.....*around a decision, situation or quality, etc.*
- To reconnect.....*power, joy, emotions, to someone or someplace, etc.*
- To connect*to peace, love, intuition, power, etc.*
- To experience.....*feminine /masculine, freedom, the divine, love, joy, etc*
- To complete.....*a task, a project, a duty, etc*
- To clear.....*my mind, to clear illusions or projections, etc.*
- To understand*careful as there are things that do not make sense.*
- To resolve.....*an argument / resentment, an idea held about self, etc.*
- To fill..... *With love, joy, power, happiness, etc.*

Intentions are often combined or expanded... such as

- To release sadness and heal my pain*
- To release what's in the way of taking my place in the world*
- To let go of struggle and surrender to life*
- To explore and heal the belief that I am not lovable.*
- To overcome my fear and claim my power*