

# SETTING INTENTIONS GUIDE

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**SETTING INTENTIONS** *A Guide for Your Crystal Chamber Experience*

Sunday, December 14, 2024

## Welcome

Thank you for choosing to join us in the Crystal Chamber healing spiral.

This short guide will help you prepare your heart for what's to come—not through effort or striving, but through gentle self-listening.

Intention-setting is an act of self-friendship. This is your time to align with your needs, clarify an element of focus, or simply ask yourself what healing or support would feel like right now.

*Your intention may be simple or specific, grand or gentle. It's less about getting what you want and more about being in the practice of self-listening, being honest about your needs, and asking for support.*

# What is an Intention?

An intention is not a goal to achieve or a problem to solve. It's a direction, a quality, a feeling state you're calling toward.

## Examples of Intentions:

- ☆ "I'm ready to feel safe in my body"
- ☆ "I want to soften around my edges"
- ☆ "I'm calling in more ease"
- ☆ "I want to remember my wholeness"
- ☆ "I'm ready to release what no longer serves"
- ☆ "I want to come home to myself"

## Not Necessary to:

- ☆ Know exactly what you need
- ☆ Have it all figured out
- ☆ Make it perfect or poetic
- ☆ Set any intention at all
- ☆ Force anything to happen

*Sometimes the most powerful intention is simply: "I'm here. I'm open. I'm ready to receive."*

## Reflection Questions

*Take a few quiet moments with these questions. You don't need to answer all of them—just the ones that resonate.*

**What does it feel like to be whole and at ease?**

Close your eyes for a moment. Imagine a version of you that feels completely at home in your body, at peace with yourself.

*What does that feel like? What's different?*

**What's ready to be released today?**

What tension, worry, or old story has been weighing on you?

*What would it feel like to set it down, just for these 90 minutes?*

**What has been returned to your care?**

What part of yourself have you neglected, pushed away, or forgotten about?

*What aspect of you is asking to be held with more tenderness?*

## Setting Your Intention

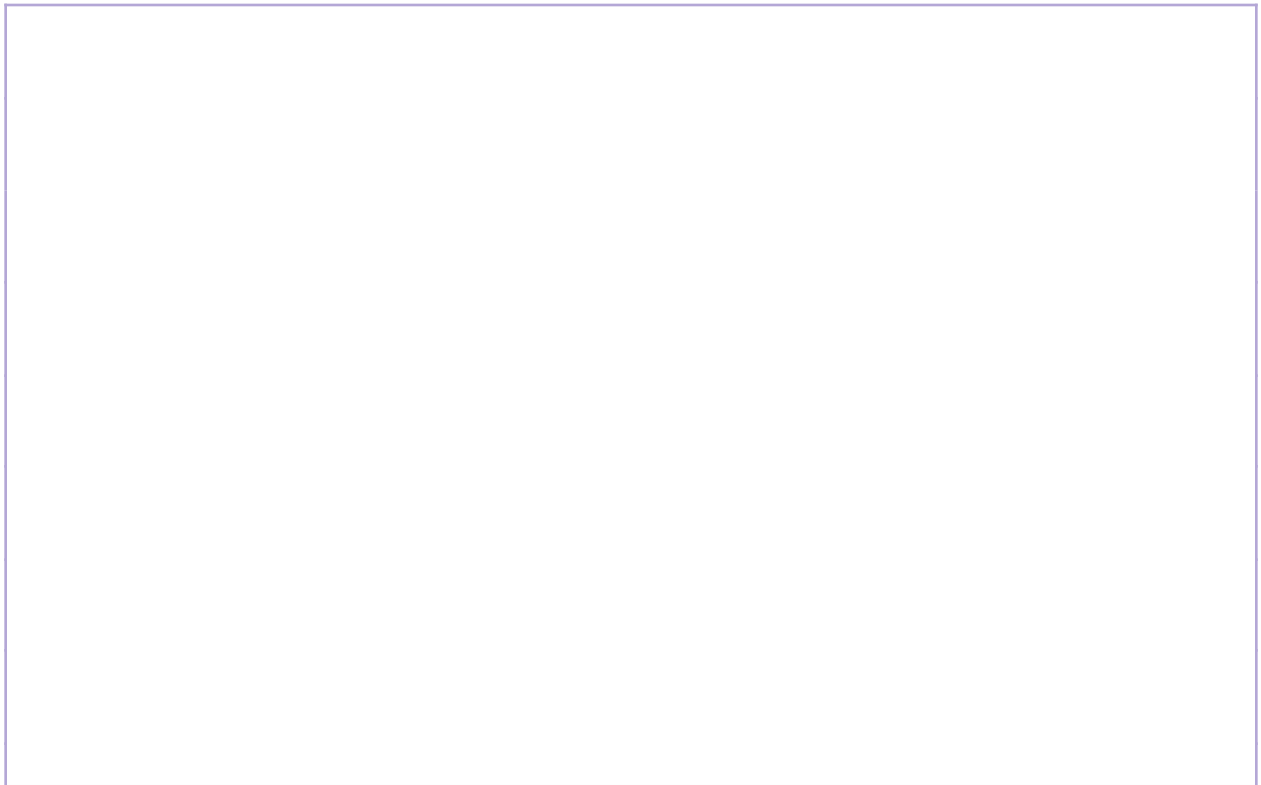
When you're ready, place your hands over your heart. Take three deep breaths.

**Ask yourself:**

*"What intention would guide me well today?"*

Listen for the first thing that arises. It might be a word, a feeling, an image, or a simple knowing.

**Write it down below, or simply hold it in your heart:**

A large, empty rectangular box with a thin purple border, intended for the user to write their intention.

*You can bring this intention into the Crystal Chamber session with you, or you can let it go completely. Either way is perfect.*

## **You're Ready**

There's nothing left to prepare, nothing you need to perfect. You've done the work of listening to yourself, and that's more than enough.

*We'll see you in the spiral.*

Saturday, December 14 • 1:00 PM Central

*Donations welcome, never required.*