

A photograph of a brown leather journal with a small green plant and a black pencil on a textured surface. The journal is the central focus, with a small green plant growing from its top. A black pencil lies diagonally to the left of the journal. The background is a light-colored, textured surface. The text 'Deirdre Fay' is overlaid on a yellow rectangular background in the upper left, and 'Setting Intentions' is overlaid in white serif font on the journal cover. 'Safely Embodied Handout' is overlaid in white sans-serif font at the bottom of the journal.

Deirdre Fay

Setting Intentions

Safely Embodied Handout

Setting Intentions

You've heard this many times, *"You need to know where you're going in order to get there."*

That's true if you're leaving Boston and heading to Chicago. It's also true psychologically and emotionally.

Starting out any course it's important to know why you were drawn to the course. Here's an easy way to start the inquiry.

What did you find knocking at your heart's door?

What was calling to you? Maybe it was wanting information? You'll get that. Sense into that. What would that information bring you? There's something you want as a result of having that information. You might not have words for it, it's important to sense into it though and let your body and heart provide you with internal information as a result of exploring the question: **What do you want to have as a result of the information?**

Take a moment and jot down what you're becoming aware of.....

Here's a pro tip....you'll get a lot more if you take the ideas and practices, put them into use, day in and day out. I see that all the time with people. They grow, develop and become the people they want to be. I'd love for that to happen to you.

Setting Intentions

Reflection

When you think about putting the theory and practice into your life it's normal for there to be some (sometimes a lot!) of resistance or push away. In my work integrating attachment theory, trauma treatment, and wisdom traditions I use the word "PROTEST" to describe this process. When you recognize that protest is a natural process it lowers the intensity.

What protest are you aware of?

You might, at the same time even, have a glimmer or spark of inside that gets you excited. Take a moment and pay attention inside. What spark or glimmer is there?

What feelings are there? Do you have any thoughts? If so, what are they? Jot them down....

Here's a promise. It is possible to shift the patterns that run our lives. I'm talking about those background assumptions and beliefs out of which we live. We get so comfortable and familiar with these patterns – even if we don't like them – that we feel like they're the "truth," they're "reality."

Setting Intentions

Any of the Safely Embodied Network courses will gently urge you to explore these underlying assumptions. What we've seen is that when you slowly relax the assumptions that have been driving your life you'll find you have a sense of freedom, some opening, a greater sense of relaxation.

One caveat that I feel important to note as we start this journey. You might find softening and opening these closely held assumptions to be a little threatening. As a result you might encounter a little turbulence. That happens as we let go of what we're protesting about and start moving in a new, more satisfying direction. Things might get a little warbly.... that's turbulence showing up.

When turbulence comes up it's showing you old patterns of fears, blocks, and resistances. It might show up as thoughts of "I can't do this," or feeling depressed, anxious, scared. You might find yourself turning to your favorite substances to calm the churning internal waters.

Notice this happening. You might even want to jot this down in your journal. Keep track of it. The more familiar you become with these various states the easier it will be to support their gentle relaxing.

Let's Get Started on Setting Intentions

It's always important to take a moment before starting something new to set an intention for what you'd like this new experience to bring. When we take the time to set an active intention we interact with our patterns – our old habits – and create possibility. It's like you've cracked the door open allowing fresh air to come in and with it something beckoning you into a new way of being.

For some, a working definition for intention is to have in mind a purpose or plan, to direct the mind, to aim. Without it we often stray where ever the next thing takes us. It's kind of like when we are surfing the web. We're following one thread and before we know it we're way off track -- going down the rabbit hole!

Setting Intentions

Reflection: What drew you to this particular Course? Of all the things you could be doing, why this, now?

Jot down the few things that you are aware of?

Goals and Intentions

We also need to pay attention to the difference between goals and intentions. Goals are usually external outcomes that we want to have happen in the future. Usually we meet our goals through planning, discipline, and changing our behavior. Goals can provide important guide posts for our lives.

Intentions on the other hand are what we hope for in the present moment, a practice we are engaging in to focus this moment in time. We set intentions based on what is important to us, what matters to us and then align our outer world in accordance with these inner values. Our intentions inform each moment, keeping us close to our heart's wishes and moving us on the path toward our external goals.

Joining the a Safely Embodied Network course is a commitment of your time, your heart, your hope. My task in partnering with you is to give you everything I know while making the space we share together as safe and comfortable as possible so that you can explore new avenues for your own healing.

Grow Develop Flourish

That's my intention. Seeing you become more fully you, safely self expressed is a joy. Helping you get there is what I'm all about. That's what I'm passionate about.

I know that as you, as I, as many of us as possible take the steps to become solid, steady, and secure inside our individual lives change – resulting in a much better world to live in.

If this resonates with you there are many ways for you to have the support you want and need. You can find more on my website: www.dfay.com/products

Sending goodness,
Deirdre