



Transcript for the Setting Intentions Audio

(Speaker: Deirdre Fay)

And then, let's shift, and we're going to take a moment to set an intention. And you might want to have a paper and pencil nearby for this section. What I want you to think back to is: What inspired you to take this course? What inspired you today to even turn this on? There's something that you're wanting. There's an intention that you have.

I'm going to read a few that some others have said through the courses, so it may strike a chord for you. Not that these are the right answers or the right intentions, but these are just ones that people said. That helped them, and maybe that will help open something up for you.

Somebody said, "I don't know if I'm ready to take this course, it seems like it will be very challenging for me. My intention is to take baby steps and hang in there and I will give it every effort I can."

Another person said, "I thought about what I wanted, and I want things to be different. I want to feel safe in my body. I want to stop blocking feelings and sensations. I want to heal the stored pain and allow myself the self-care that I need and deserve. I want to stop hiding and allow myself to be seen. I also want to increase my energy level and I want to feel alive."

Those are a few of the things. And as you sit with that, see what opens up in you. And if you need to, take all the time you need, you can turn this audio off and sit with that as you sort out for yourself. What is your intention? What would you like to have happen today? And over the weeks that follow?