

Intention

Kele

So make sure you're sitting comfortably
And with your eyes closed
And bring to mind whatever it is that's getting in the way of positive flow in your life, today, right now
And it might be a physical thing or it might be a mental thing
Bring it to mind and focus on it for a minute

And as you focus on it, notice where in your body you feel it
And notice the physical sensations as you focus on this thing that's getting in the way of positive flow in your life

Now ask yourself, what does this thing look like?
What shape is it?
What colour?
Does it have a texture?
Is it moving at all?
And if it had a voice, what tone of voice would it have?
And what would it be saying?

And as you focus on this thing, what emotions are you feeling?
What thoughts come to mind?
And they might be fully formed thoughts or just half formed thoughts
But notice them anyway
Now ask yourself, how does this thing get in the way of my day to day life?
(How does this thing get in the way of my day to day life)
(Day to day life)

Ask yourself, how does this thing get in the way of what some people call your spiritual life
(Spiritual life, some people might call, spiritual life, your spiritual life)
And now just take that bundle of thoughts and those sensations
And gently put it on one side