

# Emotional Resilience - Lesson Sample 2

## Conscious Living

### Intention

*"Mindfulness has helped me succeed in almost every dimension of my life. By stopping regularly to look inward and become aware of my mental state, I stay connected to the source of my actions and thoughts and can guide them with considerably more intention."*

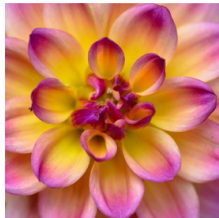
*Dustin Moskovitz*

Our sessions start with setting an intention, although, today's session is about intention as its own separate entity. You started this course with a conscious intention. An intention is not a goal, it is that little spark that initiates our actions. The goal of this practice is to pay attention to the intention. Let's start our arriving practice with an intention.



**Arriving Practice** <sup>1</sup> (Click below)

### Perspective



The intention is the creative power that fulfills all our needs, whether it's money, relationships, love or just simply starting our day. Everything that happens in the universe begins with intention and it is the starting point of every dream.

The intention is an invisible force that precedes all behaviour. The best thing about intention is its potential. It is unconscious and it can be a thought, decision or an impulse. Some see it as a directed impulse of consciousness that contains the seed and when it is released, it can grow and flourish.

An example of your intention today was to start this program with this session. Your intention of this morning was to get out of bed, get breakfast and, perhaps, go to work. But did you realize that it was your intention at that time? It is commonly a subconscious activity. We get up in the morning, brush our teeth, comb our hair, take a shower, sit in the car and drive to work. This is done without much thinking. We are on auto-pilot. A conscious purposeful intention, however, allows us to slow down or direct our thoughts. We can make it our intention to focus on our experiences and our feelings.

If our thought goes to a worry, it might lead to stress. Worry is a prayer for what we do not want. If the thought goes to intention, it helps us cope better.

We judge ourselves by our intention. Others judge us by our impact. We can learn to be intentionally mindful. We can use the intention to pay attention to a certain attitude; for example, without judgment or with compassion.

### Core Practice

This core practice is about **setting an intention**. <sup>1</sup>

*(Find a comfortable, quiet place and click below)*



## Reflection



Setting intentions is important in any practice. In the regular context, intention can be viewed as the same concept. In our context – the goal is a concrete outcome we would like to achieve or get in future while the intention is our present thought about what we want to do or how we want to do it.

How about reflecting on the following intentions?

- What matters to you most?
- What would you like to build, create, or nurture in your life?
- What would you like to let go of?
- Who would you like to forgive in your life?
- How do you feel when you are your happiest self?
- What makes you proud?
- What word(s) would you like to align yourself with?
- What fears would you like to release?
- What are you grateful for?

## Intention

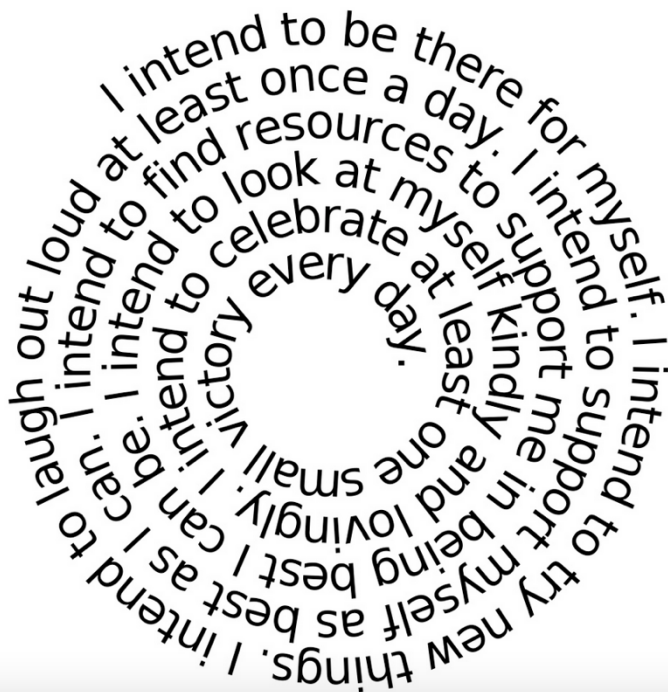
Use the chart below to define your intention

What is your intention?			
Step 1	Answer these two questions (in writing)	What do I want?	
		How do I want to feel?	
Step 2	Share your intentions	With	I am going to share my intention with: (choose a person or a group)
		Where	I am going to share my intention on/in
		When	
Step 3	Set a reminder	My reminder of my intention is:	
Step 4	Release and Trust	Once you've written them down and shared them, let them go. Trust that the universe has got your back!	

## Closing practice

Put your index finger on the outside ring of the spiral. Read the statements out loud while tracing the spiral from the outside in with your index finger. Breathe normally. When you are done take three long breaths - in - through the nose - out - through the mouth.

[Click here for the printable sheet.](#)



## Takeaway

Awe and passion help to fuel our intentions. They make us more creative and content.

### Take an "Awe Walk."

Think of a place where you go every day. It can be a short walk to the bus stop, your own backyard or even your living room. Look at it with fresh eyes like you have never seen it before or like you have never been here before. Pay attention with intention. Did you feel any changes in how you feel? Did you feel any change in your physical body?

### Embrace awe-inspiring images.

Research suggests that looking at photos that include scenery or nature, watching videos, reading stories that convey a sense of vastness and possibility can increase our feelings of awe, slow our perception of time, and even boost our life satisfaction. Instead of paper, take advantage of technology. Computers and phones often distract us from our surroundings, limiting opportunities for awe, but these devices can become sources of awe themselves. The Internet is full of captivating images, moving videos, and inspiring stories. This week change your wallpaper image to an image that you love.

Do you want to learn more? *(Click the video below).*

