

## **Inspired Life Formula with Nina Lockwood**

### **Module 2 Explore Your Spirit**

#### **Exercise 1 Intention**

Welcome to the first exercise of the Inspired Life Program, Module 2 Explore Your Spirit. In this exercise, we're going to be experimenting with intention, setting it, releasing it and tracking what happens.

Intention is just one element in the process of manifesting. Deepak Chopra defines an intention as "a directed impulse of consciousness". And in this exercise which is designed to help you explore how Spirit manifests in your life, we're going to be setting an intention that allows us to deepen our connection and guidance from that higher intelligence, that universal and all-encompassing love, that source of being which creates and maintains all of life. A lot of us set intentions for what we'd like to accomplish as a result of our planning, our organizing, our making things happen - through what we DO. But for this exercise we're setting an intention for who we really ARE. And who we really are is the expression of spirit or consciousness. We're opening ourselves to that highest and best good in ourselves, and learning how to be with it, what it feels like, noting any qualitative shift when we're in alignment with that intention, noticing when we're out of alignment with it. And we'll also pay attention to what happens when we set an intention and actually let go of it so that something even better than what we could possibly imagine is able to show up. If you already have some sort of morning practice that allows you to think of other things than just the practice itself, then this exercise can be done at the same time. Or you can wait until you've finished your current morning practice and then set your intention. It can take as long or as little as you'd like, and it's up to you how long you want to spend savoring the experience. You might want to write it down in your journal or carry it with you on a piece of paper, so you can check in with it during your day and be able to note your observations. As you continue practicing this exercise, you can experiment with setting the same intention for more than one day at a time, or changing the intention every day. It's all for learning so let yourself be open to how you might be guided to do this.

Speaking of guiding, Let me guide you through an example of how you might set your intention. As I go through it with you it will take longer than it will for you to do this, but I want to give you an idea of what to do. Let's imagine that it's still early of your day, before you've gotten fully engaged with it. Maybe you notice your mind is relatively still, or maybe you notice that it's quite busy already. Take a breath, and let your focus go to any part of your body that it wants to, and as you do that, put all your attention on that body part, so that it requires your full attention and that inner dialogue fades into the background. Let yourself rest here for a moment in this quiet yet attentive field of awareness. Then choose a way in which you think it would be of value to you to connect with spirit or increase your consciousness. Perhaps there's a way of being that you'd like to express throughout your day, maybe you are looking for a feeling of comfort, or of being empowered, or of being at peace. Keep it simple. For instance, you might want to set an intention of being relaxed and calm when you're with people who you find difficult. Or you might set an example to be gentle with yourself.

Once you've set your intention, let it go. Let that power that makes the sun shine and the sky blue take your intention and make it into what will be for your highest and best good. Maybe you imagine yourself letting go of it as if you were blowing bubbles into the wind or turning your intention into a butterfly that effortlessly floats off on the breeze. Let yourself intentionally release any attachment to the results and allow it all to manifest as it will, knowing that you have made a request that the Universe is eager to respond to - all you have to do is notice what comes your way and how you respond to it. And finally, let Spirit handle the how of what you'd like to have happen. There's no need to go over any scenarios or figure out what your plan of action should be or how you should act. Just send your intention out with love, to love, and go on with your day.

That's it. Short and sweet. An invitation to Spirit. I'll look forward to hearing about your experience.

