Identifying Your Intention

The process of iRest begins with wholeheartedly acknowledging your deepest Intention for your practice. Your Intention is particular to you and to each particular practice, and lends support to your realizing your deepest Heartfelt Desire. Your Intention for today’s practice may continue on into future iRest sessions, or change as you discover ever-emerging themes that underlie your desire to engage the practice of iRest and realize your Heartfelt Desire.

Tips:

- Keep your wording positive
- Be concise and specific
- Phrase your Intention in the present tense, as if it is already true.

Examples:

“I am alert and awake throughout my practice of iRest”
“I welcome and nourish feelings of well-being”
“That I welcome and face my fear of…”
“I welcome and inquire into my core belief of…”
“I welcome my inner child and spend time nourishing our relationship.”
“I spend time inquiring as to how I abandon myself, while learning how to set my limits and say “No” and “Yes” when I really mean “No” and “Yes”

The mind’s tendency is to move from object to object, never resting for more than a few milliseconds. iRest is a form of mindfulness training wherein your mind regains its natural ability to be alert, focused, and attentive. This, in turn, strengthens your ability to engage self-inquiry, healing, and connection with your innate ground of well-being. Then, your mind and body will naturally relax, and self-understanding and healing will naturally unfold.

Creating your Intention

Write down your Intention for today’s practice, using the present tense, as if it’s already true:

_________________________________________________________________________________
_________________________________________________________________________________
_________________________________________________________________________________
_________________________________________________________________________________
_________________________________________________________________________________

Keep the paper and make changes as you like.