

MINDFUL INTENTION SETTING

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JOURNEYING WITH PURPOSE: ANCHORING YOUR JOURNEY

Embarking on an intentional psychedelic journey can be transformative, offering new perspectives, a chance to heal psychic wounds, free yourself from paralyzing ruminations, and catalyze personal growth.

However, even profound peak experiences can lack coherence without a clear, focused intention. Imagine traveling to a bustling metropolis in a foreign country (Tokyo, for instance) without planning an itinerary, booking a hotel, or learning basic Japanese before your trip.

Will you have a fantastic experience? Most likely. But you might miss out on life-changing experiences without research beforehand. Preparing and setting an intention before entering an altered state is that research.

Intention-setting for a psychedelic journey is different from goal-setting.

It involves consciously creating a meaningful anchor that grounds your experience and can help you interpret your experience at the journey's end. In this guide, we'll help you craft a powerful and centering **intention** with sound advice and some practical tools.

After completing this guidebook, feel free to reach out to me at emberintegration.com or via email at david@emberintegration.com. I'd love to assist you in designing an intention that aligns with your growth journey.

MIRROR, MIRROR: SELF-REFLECTION BEFORE YOU SET AN INTENTION

Even if you have a concrete intention from the outset, taking a moment to assess where you are in your life will benefit you.

Are there any areas in your life, history, thoughts, or emotions that feel imbalanced?

Consider the following questions, each covering different areas of your life that may provide a structured approach to exploring and connecting with your inner self (and your relation to others and your community) before you write a single word of your intention.

REFLECT ON YOUR PHYSICAL BODY

Your **physical state and health** can significantly impact the trajectory of your journey. Take a moment to reflect on how your body feels and identify any areas you'd like to explore or strengthen.

- **Take a moment to reflect on your breathing patterns.**
Do you notice any areas of tightness, or do you feel a sense of ease and expansion when you breathe? If you feel tightness, consider the possible sources and whether you'd like to explore them further.
- **Notice nutritional patterns such as inconsistent eating habits**
How might they affect your mood and mental clarity? Are you nourishing yourself well? If not, ask yourself why.
- **Assess your sleep quality**
Note inconsistent patterns that may indicate imbalances in your physical and mental well-being. Reflect on the reasons behind poor or inconsistent sleep.
- **Pay attention to areas of your body where you experience stress or tension**
Where do you feel fear or anxiety or some other negative or concerning emotion? Do you feel it all the time? Does it have anything specific to tell you? Consider setting an intention to identify the underlying causes of this tension.

MENTAL AND EMOTIONAL LANDSCAPE

Understanding your emotional and cognitive state can help you set intentions aligned with your **mental wellness** goals.

- **Intellectual Engagement**

What activities stimulate your mind? Are there areas of curiosity or learning you want to pursue through your journey? Is something holding you back from engaging in new intellectual or creative pursuits? Is that something to explore?

- **Emotional Processes**

Assess your emotional landscape. Are there any **repressed or suddenly out-of-control emotions (like anger)** or recurring feelings you'd like to address?

- **Reflect on your dreams and subconscious patterns.**

Have any symbols or themes repeatedly appeared in the weeks preceding your journey? Dreams can serve as potent messengers, conveying concerns, ideas, or warnings from your subconscious. By delving into dream elements, you can gain profound insights and integrate them into your intention.

SPIRITUAL CONNECTION

Many people discover that psychedelics enhance spiritual awareness and connection to something transcendent. You might consider this an opportune time to delve deeper into these connections.

- **Do you have a religious or spiritual background?**

If so, were those experiences positive or negative? Is there anything specific you'd like to understand or gain clarity on regarding your spiritual beliefs?

- **Identify aspects of life that resonate with you and feel sacred or meaningful.**

Consider exploring these elements further on your spiritual journey to enhance your understanding and connection.

- **Are there rituals or traditions that give you a sense of grounding and stability?**

Consider incorporating these practices into your journey to help you stay focused and centered.

CONNECTION WITH OTHERS

Your relationships often reveal insights into existing behavioral patterns, both positive and harmful, and guide you toward areas of personal growth.

- **Take some time to reflect on your close relationships.**
Are there any areas where you'd like to work on healing, forgiveness, or understanding?
- **Consider your connections to communities or groups.**
Are you seeking to strengthen your community ties? As you embark on your journey, you might explore enhancing these communal ties.
- **Reflect on how you balance giving and receiving support in your relationships.**
Intentions to nurture your relationships or allow yourself to receive more support can be healing.

CRAFTING YOUR INTENTION: HOW TO PREPARE

Setting clear, positive intentions is a powerful way to align your actions with your values and aspirations. Focusing on intentional growth can cultivate a greater sense of purpose, clarity, and direction.

FIND A QUIET SPACE

To begin, find a calm, distraction-free environment where you can fully engage with the intention-setting process. This setting helps create a sense of stillness and allows you to focus without interruption, enhancing your ability to reflect deeply.

CENTER WITH BREATH

Use deep breathing exercises to center yourself. Inhale slowly, hold, and exhale fully, releasing thoughts of the past or future. This technique grounds you in the present moment, clearing mental clutter so you can approach your intentions with focus and clarity.

SENSE YOUR PHYSICAL BODY AND ENERGY

Shift your attention to your physical body and energetic state. Notice any sensations, tensions, or areas of warmth or relaxation. This step fosters a deeper connection with yourself and encourages you to approach intention-setting from a place of self-awareness.

INVOKE COMPASSION AND (IF IT RESONATES WITH YOU) ANCESTRAL SUPPORT

Approach this process with compassion, allowing yourself to acknowledge any struggles or uncertainties with kindness. Additionally, if it makes sense for you, invoke the support of ancestral energy or a sense of connectedness to those who came before you. This grounding technique reinforces stability and a sense of belonging.

EXPAND INTO HARMONY AND OPENNESS

Feel a sense of harmony within yourself, opening your heart and mind to your intentions. Embrace a readiness to set goals that align with your values and true desires. This openness creates a positive foundation for setting meaningful intentions.

FINALLY RECALL YOUR KEY REFLECTIONS

After grounding yourself with meditation, take a moment to reflect on the insights you gained earlier about your physical, mental, and emotional well-being, as well as your connections to your family, friends, community, and the broader environment in which you reside.

Reflecting on significant themes or areas of emotional investment from previous self-reflections helps refine your focus. Identifying these essential themes will help you keep your intentions aligned with your core values.

MEDITATIVE GROUNDING EXERCISE

Before drafting your intention, here's a meditation you can use following the guidelines above if you feel comfortable doing so.

1. FIND A COMFORTABLE SPACE

- Sit or lie down in a quiet place where you feel at ease.
- Close your eyes or soften your gaze.

2. FOCUS ON YOUR BREATH

- Take a deep inhale through your nose, filling your belly with air. Hold for a count of four.
- Slowly exhale through your mouth, releasing any tension. Repeat for a few cycles.

3. GROUNDING IN THE PRESENT MOMENT

- Feel the surface supporting your body—whether it's a chair, the floor, or the earth.
- Imagine roots growing from your body into the ground, anchoring you securely in the present.

4. CONNECT WITH YOUR HEART

- Bring your awareness to your chest and your heartbeat.
- Place a hand over your heart if it feels comfortable, imagining warmth and compassion radiating outward.

5. INVITE SUPPORT

- Visualize support from ancestors, loved ones, or an infinite source of wisdom surrounding you.
- Allow yourself to feel held and supported in this moment.

6. SET YOUR FOCUS

- Reflect on the themes we've discussed—emotional integration, connection, expression, and self-compassion.
- Ask yourself: What is my deepest desire for growth or transformation?

DRAFTING YOUR INTENTION: REFLECTIVE QUESTIONS TO SHAPE A CLEAR INTENTION

After centering yourself, these reflective questions may help you begin composing your intention. Keeping in mind all of your previous reflections, ask yourself:

WHAT DO YOU WANT TO BRING INTO YOUR LIFE?

Reflect on what you wish to create in your life, framing your desires positively. For instance, you may focus on intentions like “feeling safe,” “achieving financial security,” or “cultivating loving relationships.”

WHAT PERSONAL CHARACTERISTICS AND FEELINGS DO YOU DESIRE?

Imagine the emotional and mental state you aim to achieve at the end of your journey. How will you think, feel, and act? This question helps clarify the qualities and attitudes you want to cultivate, such as peace, resilience, or optimism, aligning your intentions with how you want to experience life.

WHAT OBSTACLES OR OLD PATTERNS MAY HOLD YOU BACK?

Identify any limiting beliefs or behavioral patterns that could hinder your progress. Recognizing these obstacles is a crucial step in the intention-setting process, as it allows you to acknowledge and release outdated mindsets that no longer serve you.

HOW WILL YOU TRACK PROGRESS AND RECOGNIZE MILESTONES?

Consider how you will measure your progress and identify signs of success. Tracking personal milestones reinforces mindfulness and allows you to celebrate achievements along the way, making the journey rewarding and reinforcing your commitment.

MEDITATION FOR GROUNDING YOUR INTENTION

After you've crafted your intention, consider meditating on it to anchor it if it feels comfortable to do so.

1. CENTER YOURSELF

- Close your eyes and take three deep breaths, inhaling calm and exhaling any lingering tension.
- Let your body soften and relax, feeling supported by the surface beneath you.

2. VISUALIZE YOUR INTENTION

- Imagine your intention as a radiant light at the center of your chest.
- See the words of your intention before you. For example: "I let go of the past and embrace the present with calm, joy, and positivity. I cultivate openness and connection with others."
- Picture this light expanding with each breath, growing brighter and more vibrant, radiating outward into infinite potential from your heart.

3. SEE YOUR DESIRED STATE

- Envision yourself living your intention
- Imagine the profound sense of peace or accomplishment you'll experience when you successfully integrate your intention into your daily life.

4. RELEASE WHAT NO LONGER SERVES YOU

- Now, visualize anything holding you back—past experiences, insecurities, or tension.
- See these obstacles as shapes, colors, or weights. Gently imagine them dissolving or floating away, releasing them into the light where they burn up in the light of your intention

5. AFFIRM AND ANCHOR

- Return to your intention: see the words of your intention before your eyes
- Feel the warmth of this affirmation in your heart, as if it's becoming part of you.

6. CLOSE WITH GRATITUDE

- Thank yourself for showing up and embracing this moment of growth.
- Take a final deep breath, feeling grounded and at peace.

NEXT STEPS: HOW TO HOLD YOUR INTENTION BEFORE JOURNEYING

Physical preparation can significantly enhance the effectiveness of your intention. Consider incorporating grounding activities such as **meditation, journaling, or gentle movement** to connect with your body and mind. Here are some practices to explore:

- **Journal:** Jot down your intention and any thoughts or reflections that arise in the weeks before your journey.
- **Mindful Breathing and Movement:** Practice breathing techniques while reflecting on your intention. You can also incorporate mindful movement into your daily routine, such as walking in nature or engaging in a yoga practice.
- **Visualize yourself positively engaging with your intention** and the positive outcomes that will follow. It's normal to feel nervous on the day of your journey, but reflecting on your intention positively as the day approaches can help you confidently enter the journey space.
- If you're seeking some guidance, I offer help preparing an intention and integrating psychedelic experiences into your life. You can contact me at **emberintegration@gmail.com**

CLOSING THOUGHTS ON INTENTIONS AND PERSONAL GROWTH

Crafting an intention for a **psychedelic journey** goes beyond merely choosing a goal—it's about creating a guiding principle for self-exploration, healing, and growth. Reflecting on your mental, emotional, spiritual, and relational needs prepares a fertile ground for insights to emerge.

If you'd like support in crafting or refining your intention, consider connecting with [Ember Integration](#). We'd love to help you design an intention aligned with your personal growth journey. [Contact Ember Integration](#) or email david@emberintegration.com for professional guidance on setting and integrating your intentions.