



## Intention Setting Guide

When it comes to psychedelic preparation, intentions play a foundational and supportive role. Think of intention setting as part of your preparation tool belt. Intentions are a way of being in active communication with the medicine (or psychedelic). Keep in mind that all medicines are extraordinarily intelligent. They are co-creative forces that you can enter into dialogue with, and intentions and prayers are the language of ceremony. So use this opportunity to speak your intentions, focus your prayers, and hold a vision for the highest unfolding of your life. The medicine, your intentions, your prayers, your set and setting, all of these threads weave together to form the tapestry of your experience.

Drawing upon the metaphor of river rafting for the psychedelic journey, think of intention as the **ores of your boat**. They can help guide the overall direction of your journey, acting like a **compass** and helping you steer along the way. Sometimes we need to know when to put the ores down and allow ourselves to be carried by the natural flow of the current. Other times, if the current is getting a little rough, we may want to reach for those ores to help us through those moments.

The process of intention setting is a way to help you. Intentions – like life – are not fixed in stone; they are fluid and dynamic, and we can learn how to go with that flow and hold them lightly. We set intentions before embarking on the journey, and then we push off the shore, traveling down the river, trusting that whatever unfolds for us, is exactly as it should be, and we are strong and soft enough to greet it head-on.



## Intention Is Where You Place Your Attention

Intention setting informs what we pay attention to, where we shine our light of awareness, and what we look for on the journey. At times, we may know why we feel called to sit and journey with medicines. At other times we need a little more support in cultivating clarity.

Use the rest of this guide to explore what's alive for you and what's possible when it comes to setting intentions that you serve your life, your transformation, and your healing. The below sections include inspiration for intention setting.

### Attitude / Mindset/ Beliefs

- I'm ready to connect to a more authentic part of myself
- I'm ready to forgive myself for all the harm I've inflicted on my body
- I'm ready to let go of limiting beliefs, specifically:
- I'm ready to reveal the hidden ways I self-sabotage
- I'm ready to shift into a more positive perspective of life
- I want to take myself less seriously and explore a more playful part of myself
- I want to open my creative channels
- I'm ready to align with a deeper sense of purpose
- I want to learn how to trust my intuition



## Physical, Mental & Emotional Well-Being

- I'm ready to sharpen my mind and improve my focus and concentration
- I'm ready to enhance cognitive flexibility
- I'm ready to feel more emotionally stable and grounded
- I want to improve my physical health
- I want to become more resilient in the face of change
- I'd like to make meditation a regular part of my routine
- I want to deepen my meditation practice
- I'm ready to quit smoking, and identify as a non-smoker, and I'm calling in all the support possible
- I'm ready to adopt healthier habits

## Healing

- I'm ready to heal from this particular trauma that unfolded in the past, and I'm ready to re-write the story around it.
- I'm ready to heal my relationship with my body (food, my father, etc.)
- I'm open to a deeper level of healing I don't even know is possible yet
- I'm open to finding forgiveness for:
- I need support through this grieving process:
- I'm ready to explore this aspect of my shadow:
- I'm ready to explore this feeling of guilt and shame and let it go



## Relationships & Connection

- I'm ready to heal my relationship with:
- I want to cultivate stronger relationships with my family/friends and feel more connected to others
- I'm ready to heal this part of myself that wants to self-isolate
- I want to heal the relationship I have with my body/family/friends
- I'm ready to feel more connected to a greater power or life-force
- I'm ready to heal my relationship with money and abundance
- I want to deepen my relationship with Spirit
- I want to improve my marriage
- I want to learn better communication skills
- I want to cultivate a deeper relationship with this earth and spend more time in nature
- I'm ready to feel more connected to Nature

## Creativity

- I'm ready to explore new outlets of creativity in my life
- I'm ready to open creative channels
- I'm ready to learn how to tap into flow states
- I'm ready to expand my capacity to create
- I'm ready to overcome my fear of offering my gifts to the world
- I'm seeking clarity around what my unique creative gifts are
- I want to connect to a deeper sense of inspiration
- I want to discover what is truly inspiring me



## Career, Self-Development & Fulfillment

- I desire to become more productive in a way that feels meaningful
- I'm ready to explore my legacy work
- I'm ready to overcome procrastination
- I want to learn how to learn more quickly
- I'd love to procrastinate less
- I'm ready to get unstuck and more motivated
- I want to relate to my professional life in a different way
- I want to feel a greater sense of contentment in life
- I'm ready to gain clarity on the direction of my life
- I want to more deeply connect to the vision I'm holding for my life
- I want to spend more time doing the things I love

## Contribution & Giving Back

- I want to connect to the prayer and vision I'm holding for the healing of this earth and for humanity
- I want to get more clear on what my unique gifts are, what my legacy work is, and how to share them with more people
- I'm ready to become more generous



The good news is that you simply can't get it wrong or "do it wrong" because at the end of the day, it's all just one big loving experiment.

We experiment with an open, curious mind, lean in with a loving heart, and we learn from the experience and simply adjust accordingly for next time.

**Pick one, two or three intentions, either from the above list or creating your own. Write them down as specific as possible. Make sure to frame them in the "positive," focusing on what you do want, rather than the "negative," focusing on what you don't want. For each intention, ask yourself**

**WHY?**

**Why is this intention important to you?**