

CLARITY HANDOUT for CREATING CLASS

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REFINING YOUR INTENTIONS

The Point: There are really only a few underlying root reasons that people want to create/manifest. Usually these needs boil down to the same 2 or 3 for each person. You have your favorites for most of your life; though they do change as you make developmental leaps.

Generally; these themes can play out in polarities; that is; the need vs. the shadow. Ex. Playing out the light and dark side of each chakra issue OR

Polarizing the chakras-all work (3); no play (2;4); want connection (4); but just engage in casual sex (2). Numbers relate to chakras.

Focus on intention; wish (left hemisphere)

- Get clear about your intention first
 - 1 theme or request at a time
 - Specific or General
 - Little pix vs Big Pix
 - Felt sensation only
 - Allow image to come to mind from UC (right hemisphere)
 - No intention (turning it over)
 - Nondual intention (it seamlessly fits into and yet builds on the present)
 - What is root issue..(even if turning it over)
- Ask questions to learn more like:
 - Why you want this? Keep asking repetitively “Why do you want this?” every time you come up with an answer.
 - What will change in you; your behaviors; your life; and your relationships as a result of this?
 - What are the results of not getting this intention?
- What are the recurring underlying root issues that are driving your intention:
 - 1st: Life or death issues; health or otherwise

 - 2nd: Security and safety; sexual satisfaction; attachment issues; shame; self-esteem; new model of change (healing no change or stagnation or end of the road); family and ancestral patterns; financial security; yin and yang balance
 - Shadow: insecurity; feeling unsafe; financial insecurity; shame vs pride; greed; lust; envy; gluttony; pride; sloth; rage; too much of either yin or yang
 - 3rd: Empowerment; identity/ place in the world in the world; “work identity”; self-expression;
 - Shadow: overwork vs no work; identity vs loss of identity; fame (what’s behind this ?); narcissism; ego enhancement

- 4th: Connection; aloneness and isolation; friends; community issue; love; mirroring; acknowledgment; appreciation; affection;
 - Shadow: disconnection; no community; alone time vs. connection time; relationship addiction; poor boundaries
- 5th: Truth understanding; knowledge; soul purpose; history and story issues; archetypal issues; karmic issues; soul connections; model of change of the soul ;
 - Shadow: dishonesty; ignorance or lack of taking time to know things; no purpose; evil; dark magic; over focusing; need to be right
- 6th: Grace; play; inventiveness; curiosity; intuition; flow; creativity
 - Shadow: voyeur; overly prying; no intuition; no grace or play; no creativity
- 7th: Forgiveness; acceptance of all parts of self and world(pairs with 2nd chakra); surrender; compassion; hope
 - Shadow side: curses; lack of self-acceptance and forgiveness; not able to surrender; world destroyer; genocide; suicide
- 8th: Healing; power over matter; creating; equanimity and de-magnetizing; nondual way (beginning); faith
 - Shadow side: destruction; difficulty maneuvering life or physicality; can't heal
- 9th: Evolution
 - Shadow side: devolution

FOR YOUR PRACTICE: STEPS FOR CLARITY

- Get clear about your intention and its form (see above)
 - 1 theme or request
 - Ask questions
 - Find the root of your wish
- Ask all chakras for input
- One symbol for intention alignment from all chakras to take into MOC