

# Kundalini Bodywork Online

## *Intention and Embodiment*

### **Part 1:**

## *Intention and Embodiment*

Setting clear intentions are essential before practicing Kundalini bodywork.

As we take old dense energy, information and trauma out of the body we need to put fresh energy and information back in, otherwise we are depleting our life force.

The breathwork we are learning is teaching us to first let go of energy and then later

- bring in new fresh energy, chi and prana
- embody new feelings (*energy vibrations and frequencies*)
- transmute negative energy into positive
- sublimate positive energy

But we have to go one step at a time. In its entirety this course gives us the knowledge to change our vibration and to do this well formulated intentions are essential.

We revisit intention setting using the 'Polarity Framework' to identify traumas and issues that we wish to transform, but for now let's simply find an intention and energy that we want to embody after practice.

It is really helpful to go through this exercise multiple times, setting and working with a new intention each session, month or new moon per se, and ALWAYS reading your intention out-loud before starting a self-practice session.

I suggest printing off a dozen or more of pages 7 & 8 and filling them out over the duration of this course or longer.

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### Intention setting guidelines

1. Little to no grammar
2. Not about being clever or articulate
3. It's about the vibration and meaning(s) behind the words
4. A child should be able to understand you and what you want
5. The words should make your heart light up and smile inside
6. At your worse you should feel this is '**a passion worth suffering for**'
7. Controversially: avoid intentions for peace or freedom  
Asking for freedom and peace generally means we want to escape something, so instead we should ask ourselves
  - freedom to do what? and make this our intention
  - or what do I want freedom from? and then turn this into a positive
8. An intention should always be positive with no negative connotations or mention of what we do not want

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**The following is an example of coaching someone through an intention setting exercise. This was done via WhatsApp/text messaging with voice calls in-between. The process of writing it down and *feeling into the words* is very important.**

Fill in the blanks

I EMBODY.....  
BECAUSE I WANT / DESIRE .....  
I GIVE BACK TO THE WORLD .....  
THROUGH MY EMBODIMENT OF .....

HERE IT IS

I EMBODY....freedom  
BECAUSE I WANT / DESIRE ...pleasure  
I GIVE BACK TO THE WORLD .....  
with love flowing through me  
THROUGH MY EMBODIMENT OF .....  
freedom and love

Good start, here is some feedback: Blanket terms like love or pleasure are too broad so rarely helpful: love is everything so we need to be more precise, asking ourselves is this self-love, conditional love, romantic love, or love for family, friends or even unconditional love.

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The intention I AM LOVE can sound great and yes you are love, but love can contain everything, so what in love (*what in everything*) do you want to focus on right now?

Only writing pleasure, leaves the question: pleasure in what? and writing freedom and pleasure is similarly not understood by your subconscious mind, it can interpret this as anything, for example:

*Chocolate gives you pleasure so do you want your subconscious mind to give you the freedom to eat as much chocolate as you like, gaining weight!? and if this is what you wanted, how would your subconscious know it?*

We need to be more precise and specific so that we can embody our intentions with the help of both our subconscious and higher-self.

Ultimately you already have freedom, so we need to ask what we want freedom for and make this our intention otherwise it's likely that freedom has a negative connotation for us as there is something we feel unhealthy and restricted by, instead of desiring freedom we should work out what is restricting our freedom and why, and how we want to feel once this is removed this. There is a great chapter about this in my book 'War, Peace & Freedom', I'll send it over and we also go much deeper into this when we work with the 'Polarity Framework' later.

Let's try again

I EMBODY.....

BECAUSE I WANT / DESIRE .....

I GIVE BACK TO THE WORLD .....  
THROUGH MY EMBODIMENT OF .....

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THANKS. HOW'S THIS ONE

I EMBODY.... self love

BECAUSE I WANT / DESIRE ...to create  
more beauty in the world, feel pleasure  
and raise above drama

I GIVE BACK TO THE WORLD ..... through  
creation and unconditional love  
THROUGH MY EMBODIMENT OF .....self love

Loads better. Raise above drama is still a negative so try to write it down as how you will feel after you have raised above drama.

What you write should make your heart open and feel exited. The giving back to the world does not have to be a big thing, like you already know your life purpose and mission, it can be small. If we allow our mind to write down our biggest aspirations and part of us does not feel ready, like we need more time before we can 'love the world unconditionally', or create our 'dream business', it creates pressure and we close our heart, feeling unable to give and then the intention does not work even if it is what we *should* do or are working towards. An intention like

*I GIVE BACK TO THE WORLD ..... by hugging trees in public places  
THROUGH MY EMBODIMENT OF ..... tree-love*

is totally fine if it makes your heart happy and feels achievable, how you give back to the world needs to be an achievable thing. Equally this could just be giving back to the world by talking to old people or smiling on public transport. Trusting yourself that the more you do this work the more you can give back to the world with ease and if your life purpose is already identified or not, you can start to receive a full YES in your body for your intentions to truly embody them.

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Almost there, let's try again

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OKAY I HAVE IT NOW AND YES WHEN I READ THIS ONE I LIGHT UP  
AND CAN FEEL THE YES IN MY BODY

I EMBODY.... Self love

BECAUSE I WANT / DESIRE ...to create  
beauty in the world, feel pleasure in my  
body, connection with others, and to be  
graceful and in alignment with my  
higher-self

I GIVE BACK TO THE WORLD ..... by  
sharing my positive thoughts and desires  
even if they hurt and trigger others  
THROUGH MY EMBODIMENT OF .....  
self love

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I EMBODY.....

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BECAUSE I WANT / DESIRE

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I GIVE BACK TO THE WORLD .....

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THROUGH MY EMBODIMENT OF

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