

Clarifying Intention: Ways to Connect

Mindful Moments~ Short
“Check In” with One’s Inner
State to Clarify (1) One’s
intention in a given situation
and (2) The source of that
intention.

Close Eyes, Breathe
Deeply, Focus Inward

“What Do I Want In This
Situation?”

“What Emotion Is Driving
What I Want?”

The Way Of Trees

Suggested For~

Depression/Anxiety
Impulsivity
Existential Angst...

Ways to Connect~

Be found by trees
Touch/Lean on trees
Stand With, “listen”
Soulfulness

The Way Of Water

Suggested For~

Depression
Guilt and Regret
Emotional Healing

Ways to Connect~

Soulfulness
Touch, Hear, Drink, Watch
Releasing Rituals
Cleansing Rituals

The Way Of Wind

Suggested For~

Depression
Emotional Baggage
Over-thinking and Worry

Ways to Connect~

Visualizing Pain/Thoughts
Engaging in Blending
Releasing Rituals
Cleansing Rituals

The Way Of Clouds

Suggested For~

Rigidity (Anger Control)
Tunnel Vision
Anxiety

Ways to Connect~

Comfortable Posture
Engage in Blending
Let Mind Drift with
Clouds
Soulfulness