

INTENTION RITUAL

Circle of Life Groups – by Rebecca McLean

GENERAL

- Enough candles for everyone in your group including yourself and 1 more candle for the center of the table that holds the Collective Intention of the group.
- Colored glass candles can be found in the Hispanic section of your grocery store for about \$1.00 each. You can also use small candles in glass containers.
- If candles aren't appropriate for the space you're in you can use colored touchstones.
- Small box of wooden kitchen matches. (they are easier to use)
- A couple of ashtrays to place on the table for discarded matches.
- Multi colored Index cards and pens.
- A pretty cloth is optional for creating a feeling of an Altar

IN ADVANCE

- The session before you would email this or describe this to the participants in the previous session.

“Please bring a picture of something that is symbolic of what your intention is for your life. This can come from a card, a cut out from a magazine, or a photo of you, or something that is symbolic for you. It could be a symbol rather than a picture, like a talisman, or feather, or stone, etc. Choose some kind of image or symbol that reflects what you want to experience in your life, or how you want to feel, or what you want to be or express. Or choose an image that symbolizes the kind of support you need to fulfill your intention.”

“For example, if you wanted to be more spiritually connected, something that reminds you of that connection – a religious figure or something from nature. If it's finances or resources; something that reminds you of abundance-gold coin or a picture that expresses the lifestyle you want.”

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THE SESSION

Optimally the group has just had a brief break (bathroom, stretch) before you start.

There are index cards on the table too so please take one and write down your intention & affirmation when you return to your seat.

I hope all of you have brought your picture or image of something that is symbolic of what your intention is for your life. If not, that is absolutely okay- you can describe what it is with your words.

On the table are candles (or touchstones) and I'd like each of you to choose the color (or choose one) that speaks to you.

Put on peaceful music and you might like to say: *I invite you all to take a Centering Breath to unite and focus us in the present moment. Together, just take a few breaths, observing it flow in and out.*

THE INTENTION RITUAL BEGINS:

Tell them as you light the one candle in the middle:

"In the middle of the table is one candle that represents the Collective Intentions of this group. Lets try to make circle with your candles around the center candle."

"One by one you will come up to the table and, state why you chose the color candle or the color touchstone you did (if all the candle are the same color you don't need to say this), what your symbol represents to you, and then read or state your Intention & affirmation."

"Right after you state your Intention & affirmation... The group will say "And so it is, or So be it, Blessed Be, or if you would like us to say a something else please let us know your preference..." as you light your candle from the Collective Intention candle."

"Please return to your seat and the next person will come forward."

AFTER EVERYONE HAS FINISHED:

- Have everyone do a few deep breaths again asking them to focus their energies on all the Intentions.
- (Optional) Stand, hold hands in a circle while saying/doing any of the following:
 - Blessed Be / Amen
 - Chant the sound of Aum (Om) 3x.
 - Do some kind of victory sound as they raise their arms upward together (like a sports team)
 - Clap
 - Any creative idea you and/or your group has