

How to Create an Intention
For Walking a Labyrinth
From the Legacy Labyrinth Project

What is an Intention?

- “Intentions are thoughts, directed with energy that seem to have the power to change our world.” Lynne McTaggart, *The Intention Experiment*, (2007)
- Collective intentions can be profoundly powerful. They help you get out of yourself and walk for “the other”. They help us enter into a sense of “Oneness”.
- Intention work is all about energy being transmitted in, and through the energetic field.

What is Heart Coherence?

- Heart Coherence is a state of balanced harmony between the heart, mind, and body.
- To achieve heart coherence before your walk, focus attention on the heart, breathe slowly and deeply, and summon a positive emotion.
- When summoning a positive emotion understand, the wording of the emotion is important, experiencing the emotion behind the intention expands the energy of the intention for healing self and others.
(DON'T JUST SAY IT, FEEL IT. BE HEART CENTERED!))

WHEN WE WALK, WE ASK THE LABYRINTH TO HELP US AMPLIFY THIS ENERGY

The Process

- Write your intention ~ connect with your intention, word and emotion, before you walk. Begin in heart coherence.
- Walk the labyrinth in a state of heart coherence. If needed, stop, refocus, take a deep breath, and reconnect with the emotion of your intention.

- When you reach the center of the labyrinth, generate the feeling of what it will feel like when your intention is manifest, and believe it is already done.
- Release the intention into the energetic “Field”
- Leave the center when you feel ready.
- Walk out of the labyrinth in contemplation, be present to whatever emerges.
- Feel free to journal or discuss with others after your walk.

To learn more: LegacyLabyrinthProject.org