

Where Intentions Begin

Eluña Noelle

- 00:00:00 Sing to me always, O great spirit, sing through me, sing through me. Oh great mother, sing through me, sing through me. Holy.
- 00:00:22 Spirit, sing through me. Spirit, sing through spirit. Sing through me. Your spirit. Sing through me. Sing through spritzing through me. Holy spirit, sing through me. Spirit, sing through spirit.
- 00:00:44 Sing through me always. Spirit, sing through me. Spirit, sing through spirit. Sing through me. All I.
- 00:01:05 Hello, everyone. Happy New year. Thank you so much for being here. It is really a gift to share this day with you wherever you are in the world, whether it's your morning or perhaps your afternoon or evening. Thank you very much for being here. For those of you on YouTube who are streaming with me, I wish you could be here in this beautiful chat in the zoom room, but it's beautiful to be able to join all of you today.
- 00:01:33 Thank you very much for supporting this community, because everyone who is here is a member of the circle, and it is. And it continues to be. It has been and continues to be a delightful and very surprising gift to be a part of this community with all of you and I, I feel like I cannot express my gratitude enough that we get to gather in this way thanks to technology, and also just thanks to each of you for wanting to be here and wanting to contribute to your own, your own evolution, but also the evolution of our beautiful planet and our beautiful human family.
- 00:02:17 So thank you very much for joining. This is our first live event of 2026, and it seems so beautiful that we would be starting with a meditation. That is certainly the way that I well, I start each and every day with a meditation, and it's a beautiful way to start this year.
- 00:02:37 And I told myself that I wasn't going to do this, but I here I go. I want to say a little something about. Intention. Because as we are starting this year. It is very natural and also quite powerful for many people to start the year with intentions.
- 00:03:06 It's it is a strong way to start your your day with intentions. And certainly when we start a new calendar year with intentions, we are allowing ourselves to move into a space where we are saying that we are letting some things go and we are moving forward in other ways, and of course an intention.
- 00:03:29 It only can move forward with the amount of passion that you put behind it. So in other words, to say this in a more complicated way, actually, because I want to explain what that means on a quantum level, the amount of energy that you put into an unintention a decision, a thought is equivalent to the amount of energy that you will receive back from that decision, action or thought.
- 00:04:06 And so unintention precedes any action, decision or thought. There is always unintention that comes before one of those three things. Whether you are conscious of it or not is another question. But that is part of the reason why we meditate is to become conscious of the unconscious.
- 00:04:32 And so that is actually what has come through for today, which I am very curious as to what this will look like. This meditation will look like. But what has come through is that it is very important to become conscious of our intentions, because there are many times when we act unconsciously.

- 00:04:52 And of course, we are unaware that we're acting unconsciously because we're unconscious. And until we become conscious, we will continue to make the same decisions. And those are not necessarily the decisions that are in our highest good, or are leading us toward the place where we are intending to go, because there's this unconscious intention that is actually stronger than the conscious intention that we have set for ourselves.
- 00:05:19 So I would love to go into that with you on this day. And we are just on the other side of a supermoon, a full supermoon in cancer.
- 00:05:41 So there are a lot of emotions, perhaps, that are ebbing and flowing And that is the other piece that I want to touch on is the tide, the ebb and the flow of life, the ebb and the flow of the natural balance of things.
- 00:06:04 So expansion and evolution, they come in tides. There's a low tide and high tide to our expansion, to our evolution. There is a low tide and high tide to our day of how much energy we have. There is a low tide and a high tide to different seasons of our life.
- 00:06:27 It's a very important, and I will say, delicate remembrance to have around evolution, that there is a high tide and a low tide. We do not want to consistently be in a space of high tide where there's always a lot of water and many waves, strong waves coming and lapping up against our shore.
- 00:06:54 That is that is part of our evolution. So that is certainly part of our process, can be part of our process in those moments when there is a very high tide and continuous waves, that is when it is our job to remain at the center, to become the stone upon which the waves are beating upon, to find that stillness, and somehow to find the peace that comes from being pummeled with ocean water.
- 00:07:32 There is a peace at the center that somehow is able to be your experience and your beingness in those moments, if you choose to find that place. And then when it is low tide, that is the time when, of course, all of the beautiful sea creatures come out.
- 00:07:57 The ones who were huddled away underneath the rocks waiting for the ocean waves to die down a bit. That is when they all come out. And the things on the bottom of the ocean that you normally can't see because of how much the water is there, they become visible. That is a metaphor, a reflection for you of your own inner work, of your own experience.
- 00:08:21 When there is a low tide in your own experiences, perhaps with mystical experiences. Just a low tide of evolution. Maybe it's slower. Whatever low tide means to you. It could be a slower time. It could feel very mundane. It could feel like there's not a lot of new. That is a time to visit.
- 00:08:42 What is there Already what already exists in that place that you can find beauty in. Rather than keeping your head above the ground and looking out around you to see when where the waves, where's the excitement? Instead of looking for that, looking right beneath you at your feet, looking at the treasures that have been underneath that water that you just couldn't see with all of that energy present beforehand.
- 00:09:17 That is how we excavate and understand our inner world in the deepest ways, to experience the inner world as a stationary stillness and peace. To cultivate that when there is a lot of energy. And then, on the other hand, when there is very little energy to be seeking and discovering what is inside.
- 00:09:41 So. it is the beginning of this new year, and you may find yourself in one of those two places of a low tide or high tide. You may feel like I 2025, just bled right into this year, and I really can't notice a difference. You may be on the other side where you say, wow, there is so much more energy.

- 00:10:04 So wherever you are. Is perfect. It is perfect. And it is a matter of discovering why you are there to just experience it. And then the why becomes clear. To be fully present. And then all of the truth reveals itself to you.
- 00:10:28 So. With this particular meditation. We are going to go into Your inner world. That is what's going to happen. I don't fully know what you will discover, of course, and I don't know how you will be guided in that inner world, but that is where we are going to go.
- 00:10:58 Now there are I have seen and experienced different people just have a different response to this type of inner work. Some people are very comfortable, very familiar, going very deep inside and meeting different parts of themselves. Other people, it is it is a brand new experience.
- 00:11:21 You may have never done something like this before. And so just knowing that, I really invite you to be tender with yourself for the rest of the day or the evening, whatever it is that you have after this meditation finishes to just be tender and to really be sensitive and aware that you have just uncovered something, you are going to have uncovered something within you.
- 00:11:48 Whether you can give it a name or consciously explain what it is that you uncover, there is something that you are going to touch into that either you haven't touched into for a very long time, or maybe never consciously. So just be aware of that. Know that as you go through your day, that that's something that you will be sitting with.
- 00:12:12 I, I certainly always encourage you to have always a blindfold or some kind of eye mask, because it allows you to really go very, very deep. When there's no external light coming into your eyes, your, your, your inner world becomes very real. So I always encourage you to have that for meditation and also a journal and a pen, just so that when you come out of the meditation, there are times when it is, there is something profound that has happened that has come through you, that is is you want to get it while you're still kind of in that half awake, half asleep place, just like remembering a dream.
- 00:12:51 But it's a it's a meditation experience, a meditative or astral experience that you're having. So if you would like to gather those things, I welcome you to do so.
- 00:13:14 And. The other piece of this. Is this is going to be just a little different than, but maybe they're all a little different. So perhaps that goes without saying.
- 00:13:34 This will be a little different than some of the other meditations, because I would like to take a moment at the end. To to express and share some some prayers, really.
- 00:13:57 And just to take a moment, it will be an individual in a way. Wow. There's a little bit of nervousness there. Interesting. This came up for me last night, and I actually I started crying when I thought about doing this with you all. So I know that there is some power behind this.
- 00:14:23 And I, I think I know my, my group, I think I know my community that I can say the word prayer and no one is going to be offended. But if prayer doesn't work for you, then that is absolutely okay. Whatever word you wish to use. Please use that. But I would like to share some prayers because you are going to get in touch with during this meditation.
- 00:14:47 You're going to get in touch with your inner self and these under this, this self that unconsciously creates intentions for you. Again, I don't know what that means fully, but that's what you're going to experience. So once you have a relationship with that being, now, you have the opportunity to very consciously set intentions because you have just met the one who is unconsciously setting intentions in your life.
- 00:15:17 And I want to use that very ripe opportunity when you have just received a lot of power and energy back to you because you have met this being, I want to use that that opportunity to set some intentions or prayers for for yourself and then for the collective.

00:15:42 So there's no need to prepare for that in this moment. I, I know and I trust your heart so much. I know that you already know what your prayers are. Your soul already knows. And what's more, it is given before it is even asked.

00:16:04 It is simply a matter of being very conscious of how you are, of how and who is setting your intention within you. So that's what I would like to do to when, when we're closing this, this meditation. So just know that I always I tend to, I should say, invite you to lie down at the end of a meditation.

00:16:25 So if you and this, this meditation, I'm being guided that that would be helpful. It allows your entire nervous system to recalibrate to what has just happened, to the changes that have just been made within you. So if you have space to lie down just to go on your back at the end for just a few minutes, then I, I will invite you to do that when the time is right.

00:16:53 So for now, please find a comfortable seat for yourself. You can close your eyes. Letting your body relax.

00:17:19 Slowing down and deepening your inhales. Slowing down your exhales. Softening the body.

00:17:45 Relaxing the belly. Softening the face. The jaw. Your neck.

00:18:13 Allowing your awareness to move inward. Dropping away from the mind. Draining away from the head. Let your awareness drop.

00:18:35 Move into your heart.

00:18:59 Feeling your heart center. Let the body relax even more.

00:19:26 Feeling the energy of your heart.

00:20:07 Aware only. Of your heart. The center of your chest.

00:20:31 Feel this energy.

00:20:53 Allow your awareness. To move deeper into your heart.

00:21:34 Feel the energy. Within your heart.

00:21:54 Feel the love in your heart.

00:22:26 Feel more of this love.

00:22:52 And move deeper into your heart space.

00:23:29 Enter the temple of your heart. Feel the energy in this sacred place.

00:24:06 Feel the love. The comfort. The care.

00:24:34 The kindness.

00:25:11 Feel the peace In this place. The soft stillness of peace.

00:26:40 Remember this feeling.

00:27:01 The soft stillness of peace. It is within you always.

00:27:54 From this place of peace. Invite the one Who sets intentions unconsciously within you to come forward.

00:28:20 Now. Invite this part of you. To be present. In your temple of peace.

00:28:59 Notice. Both energies are present at the same time. The energy of peace. And the energy this part of you carries.

00:29:25 Notice the energy of this part. What is the energy?

00:29:46 Identify it.

00:30:11 Hold both of these energies in your heart. The energy of this unconscious self. Is information for you to understand.

00:30:38 An aspect that is unconsciously directing your life.

00:31:10 This unconscious part that is present with you. Will become more conscious as you interact with it.

00:31:33 As you come to understand it. As you bring it closer to you. And embrace all that it is.

00:31:57 The peace that you carry in your heart. The love that you have will allow it to transform.

00:32:24 Ask this part of you. What it fears. What is it afraid of?

00:33:07 Remember the answer. And ask this part. What does it need to feel safe?

00:33:29 To feel loved.

00:34:05 Remember the answer. Ask. The part of you that is peaceful.

00:34:28 Ask the center of your heart what you can do to make this other part of you feel safe and loved.

00:35:23 Remember the answer. And offer this to that unconscious part of you. Now.

00:36:08 If you are able to see inside what this part looks like. How old this part of you is. The clothes that this being is wearing.

00:36:29 Take note. Observe this part of you in detail.

00:36:52 Continue to sense and feel the energy of peace. And the energy of this unconscious part.

00:37:35 Gaining information of yourself.

00:38:15 Invite this unconscious part to speak to your heart. When it is in need.

00:38:48 Offer. The safety and the love that it requires. In the moments that it calls upon your heart.

00:39:17 Each time it shows up. You become conscious of it. And you embrace it and love it even more.

00:39:51 Each time that it comes up, you learn the pattern that it is exhibiting. Gaining wisdom. Learning yourself.

00:40:14 Learning how to undo the pattern. While embracing and loving the pattern into wholeness. Embracing and loving this unconscious part.

00:40:38 Consciously.

00:41:09 Remember the answers it gave you to the questions you asked. Remember the answer your heart gave you.

00:42:13 Returning your awareness to the peace within you. Giving your love and gratitude to this part of you that came forward today.

00:42:45 Allow it to be beside you, to learn from you. In this moment. How to consciously set intentions. From a place of peace and love.

00:43:21 Allow the energy of peace to once again fill your heart space. Your inner temple.

00:43:50 The soft stillness filling your heart center.

00:44:29 Allowing your heart energy to grow with your awareness. Bringing more energy into your heart.

00:45:15 Bringing in the energy of gratitude. Grateful. For this moment of peace.

00:45:42 Grateful for the air entering your lungs. Grateful. For the body you have been gifted in this lifetime.

00:46:20 Grateful for this connection. Here and now. In your heart. Grateful for the gift of another day.

00:46:52 Grateful for this mysterious and miraculous life.

00:47:17 From this place of fullness. State. One intention for this year. A prayer for yourself. For only you.

00:47:47 What do you declare into your life for this year?

00:48:20 Feeling the gratitude of this intention. Knowing that it has already been given before. You have asked.

00:48:55 And for your physical body. How do you wish to bless your physical body this year?

00:49:37 Feeling the gratitude of this expression. What do you bless your heart with this year?

00:50:20 Feeling the energy of gratitude in your heart. Knowing. That this is how you receive.

00:50:59 And what do you bless your mind with this year?

00:51:40 Feeling gratitude for this blessing.

00:52:03 What do you bless your soul with this year?

00:52:35 Knowing as you bless your soul. You bless all of life. And all of you.

00:53:00 Feeling grateful for this blessing. Allows you to receive this blessing.

00:53:37 For our human family. Every heart all over the world. What do you bless each being with this year?

00:54:17 Feeling the gratitude of this blessing in your heart.

00:54:48 And for our beloved earth. Feeling the heart of our planet in your heart. What do you bless our earth with this year?

00:55:36 Feeling the gratitude of this blessing. Knowing that it has been given before it was even asked. Feeling grateful.

00:56:01 For our creator. Feeling grateful to know. You are one face of the divine.

00:56:28 You are one expression of infinity. You are one thought form lovingly dreamed up in the mind of God.

00:56:59 Can you feel gratitude? For that? To be Lovingly dreamed up in the mind of God.

00:57:26 To be loved into existence. From the heart and mind of the creator.

- 00:57:48 Feel this love and this gratitude. Remembering that you too can love anything into existence.
- 00:58:47 Continue to feel your heart. Slowly, gently. Allow yourself to lie down with this energy in your heart.
- 00:59:26 Allowing yourself to relax and to drift away. To let go. And drift away.
- 01:03:08 Remember. Remember what you experienced. Remember.
- 01:03:35 Remember what you felt. What you saw. What you learned.
- 01:03:57 Remember as you come back to your body. To your breath. And in time. Coming back to this shared space with all of us.
- 01:04:25 Taking a moment for yourself to journal anything that you wish to write down. Taking a moment of silence with just yourself.
- 01:05:56 Making any final quick notes for yourself to come back to. Final strokes of your pen or pencil. Taking a final breath for yourself.
- 01:06:29 Before we close, I want to just share a few things. That experience of going inward and inviting a part of you that is unconscious to come forward and asking the questions that we did is a it is a skill to do that alone.
- 01:06:55 But it is also a tool that can be used to understand yourself, to understand the patterns that are exhibiting themselves within you. It is a way of bypassing the analytical mind and the stories of the mind, to really get to the heart of why something is showing up in your life repeatedly, and why a certain emotional pattern is showing up within you repeatedly.
- 01:07:31 So I encourage you to use that tool, and there may be a time for me to go more in depth with that as a practice. But for now. Knowing that is something that you can call on within yourself.
- 01:07:53 And the gifts that you have given to yourself. They are in fact, gifts for all of life. Excuse me.
- 01:08:13 There is a teaching and I do not want to misspeak of the lineage of this teaching. So if you wish to look this up, I encourage you to, because I cannot. I don't want to misspeak. There is a teaching about living for for you and how what we do, I do believe it's Buddhism, but I could be mistaken.
- 01:08:42 We live for ourselves and the things that we do are for us. But when we devote those acts for all of life. We live for a greater purpose, for something beyond our self, and it allows these unconscious parts of us to be brought back into wholeness, to be included again in our heart, because they to learn what it is to be selfless.
- 01:09:19 When we are very stressed or live in a stressed way, the only thing that our mind is really capable of is focusing on the self. Because stress is an indication that there is a danger and as a biological life form, in one sense, this biological life form is going to look out for itself to make sure that it can continue to stay alive.
- 01:09:45 And that means that all of the attention and energy gets put back just on the self and how to keep itself safe. So when we become more peaceful, when we enhance the feeling of peace in our hearts, and when we devote our day to day activities, every mundane task when it is devoted to all of life, there is a sense of reverence that we are filled with, and we begin to learn what it truly means to live selflessly, as all of the rest of life does as God lives.

- 01:10:29 No ego. Simple humility. So these gifts that you gave to yourself today have come from a place of wholeness, of gratitude. And know that as you give to yourself from that place of wholeness, your cup overfloweth.
- 01:10:55 And all of life is nurtured by it. That is all that I wish to remind you of. Thank you very much for allowing me to guide you in that.
- 01:11:17 It was very deep. My heart is. Very full. Full of feeling. I am going to see you all very soon at our next live event. The date for that can is on our website, of course. And in the circle.
- 01:11:38 It is next weekend that I will be seeing you, and I am very much looking forward to that. Until then, please do be tender with yourself and be in joy. That is my prayer for all of life to experience peace and joy this year.
- 01:12:03 May you also be blessed with that. And until I see you again, may you remember your magic today. Bye for now, everyone.