

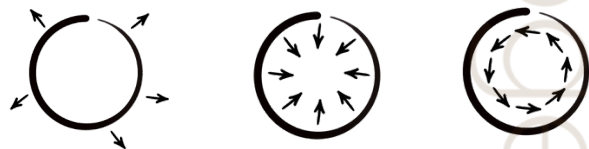


Intention & Intuition

Resources require 2 important elements of knowledge and awareness to work best. Most of the resources we teach are mental techniques designed to help you use your brain in novel ways. Because of this, they become most effective when used with the correct intention in an intuitive way.

Intention: This is **the knowledge aspect** of the resource. When using a resource, it is helpful to know 1) the ways it is **designed to work** (release, relief, or recharge), 2) what it is **designed to target** (thoughts, emotions, pain, ect.), and 3) what networks related to the brain's innate capacity towards protection or healing it engages.

Intention is the focus and direction the resource requires to work best.



Intuition: This is the **"felt sense"**, or overall experience of how the resource can work. Because resources are intended to target specific networks and their capacity in our brains that **are less instinctively used**, often it requires using our brains in a **new and unfamiliar way**. Like trying to learn to use a new limb, these novel networks and brain systems can't just be explained, **they have to be felt.**

Practicing for yourself and also hearing how others use/experience the resource are all helpful aspects of developing an intuitive sense of how the resource can work for you.

Being able to identify the **intention** of a resource will help focus the skill in the correct direction. Practicing, sharing what you notice, and discussing with others are all important parts of figuring out **intuitively** how it works best for you. Some resources will be more instinctive to you (maybe you even have been using a resource without knowing that's what you were doing). **Learning to trust yourself**, your feelings, and instincts are a large part of how we **start to heal from trauma.**

Trauma so often results in **overwhelmingly intense feelings** that seem **untrustworthy** OR a **total disconnection** (ie. dissociation) from all feelings and sensations. Because of this, trust is not always something that happens without effort and work, but the **resources** taught as part of trauma therapy **are building blocks** which can help **encourage that trust to develop and grow.**