

## Holding Light on our Core Beliefs/Shadows When Holding Intentions for the New Year

In Reference to Dec 30, 2014 Blog Post: [“When Setting Intentions Alone Can’t Seem to Stick and On Making Soup...”](#)

When looking at your past year and thinking ahead at your new year and all that you would love to “be” or “do” this 2015, I invite you to:

1. Center yourself in presence. Consider giving yourself undivided attention and prep time to really dive deep into yourself. A bath, yoga, meditation, silent walk, whatever supports you in clearly devoting time to yourself.
2. Bring up your 2014 quick mental review or thoughts for 2015, maybe focus on anything that feels unsettled, incomplete, or “not right/good/\_\_\_ enough.” You have one?
3. Don’t “think” just yet. Go into your body. Track the sensations. Just visit yourself. Deeply. (It’s often called a [“felt sense”](#) when we can bring awareness to what our body is asking us to focus our attention on, before associating any meaning to it.)
4. Stay in curious dialogue with this part of you that feels something. Engage now with the mind and let yourself name what it is feeling. Tap into the rainbow of intensity and emotions that you are truly feeling, from mild to intense; from guilt and shame to fear, anger, resentment, despair, discouragement, frustration, annoyance, even accepting and naming “numbness.” See here for a feelings list.
5. Now check within yourself if you are running with any of the biases or stories you are holding towards yourself, others, or “Life.” They often appear as the 4 D’s of Disconnect:
  - Diagnosis (judgment, analysis, criticism, comparison);
  - Denial of Responsibility (blame, finding faults or “can’ts” );
  - Demand (“shoulds”);
  - Deserve (justifications of either punishments or rewards) -

*Marshall Rosenberg, PhD – Nonviolent Communication: A Language of Life*

6. Journal a stream of all these unfiltered thoughts for yourself to read again later. This is your safe space. Go at it. Let yourself actually fully hear it and revel in it. Or ask a safe person to record it for you as you speak.
7. Listen even more deeply to the core beliefs behind these thoughts. They are convictions, deeply anchored beliefs, often shaping your “identify,” or the “agreements” that you have made with yourself , probably very early in your life. They often start with “I’m ...”
8. If you criticize yourself for even having that core belief, try and challenge it by adding, “I’m telling myself a story that I’m...” or even “I’m hallucinating that ...”. See if any part in you reacts with “but, it’s true!” Hold that core belief – maybe it’s a new deeper one - with care and attention.
9. Now practice some empathy poker with Needs/Value cards (like [these](#)), or go for some in-depth empathic journaling, or get some empathic support from a friend. Try and find all those needs that this core belief in you is attempting to meet. Make a list of them.
10. Stay with them! These are the hidden treasures that are longing for your attention and, if unconscious, will slow down or derail some of your best efforts and intentions.
11. When you are ready, see if you can bring up the memory - or imagination - of these needs being fully met. Let yourself feel all that comes up. Take a whole bath of that. This step can’t be repeated enough. Maybe use it as your next few meditation practices.
12. Bring them to your awareness more often in your life, and especially as you look ahead your next seasons, projects, desires ... and see about holding them ‘as well as’ all the other needs/aspirations you are so longing to meet for yourself.

*This exercise has been re-adapted by Mali Parke, CPC from the ‘Beauty of the Needs’ work by Robert Gonzales, a Certified Trainer with the Center for Nonviolent Communication. Mali Parke is a certification candidate as of January*

*2015 and is looking forward to supporting you through individual coaching. Also see upcoming events and offerings.*