

UNWHOLESOME INTENTIONS:

detrimental to well being,
downer energies that leave us
drained

- criticism and judging
- worry and fear
- naming or not feeling our feelings
- tuning or blocking out
- gorging behavior
- avoidance
- irresponsible actions
- righteous anger
- controlling
- holding on to negativity
- giving your power to pain
- self doubt, I'm not good enough
- resentment
- comparison
- shame
- projection
- revenge
- putting our needs ahead of others

ADDITIONS:**WHOLESOME INTENTIONS:**

beneficial, leading to harmony and
happiness

Classic right intentions from the
dharma:

- 1) Intention to renunciation. This is the willingness to let go of our point of view, of needing to be right or to be in control
- 2) Intention to good will. The willingness to keep our hearts open, to not shut anything or anyone out.
- 3) Intention to do no harm. The willingness to refrain from words or actions that will be hurtful, knowing they will boomerang back.

- acceptance
- compassion
- seeing ourselves in others
- seeing others in ourselves
- empathy
- love, kindness
- forgiveness
- connection
- gratitude

ADDITIONS: