

LIGHTNESS OF BEING SPIRITUAL TOOLKIT 1 SETTING INTENTION BLUEPRINT

SETTING AN 'INTENTION' IS THE ACT OF STATING WHAT YOU INTEND TO ACCOMPLISH THROUGH YOUR THOUGHTS & ACTIONS. IT IS A COMMITMENT WITH THE UNIVERSAL ENERGIES TO WHAT YOU WANT THE JOURNEY TO BE ABOUT. IT IS A ROAD MAP TO CREATE ALL THAT YOU DESIRE AND MORE!

MAKE IT A HABIT TO SET YOUR INTENTION PRIOR TO WORKING WITH SPIRIT. AN INTENTION IS A 'GUIDING PRINCIPLE', IT TRULY IS THE ROAD MAP THAT IGNITES UNIVERSAL ENERGY, THAT IS WHERE THE MAGIC BEGINS. INTENTION IS THE STARTING POINT OF ALL DREAMS.

INTENTION IS THE CREATIVE POWER THAT FULFILLS ALL OUR NEEDS. WHEN YOU USE THIS POWERFUL TOOL, YOU HARNESS THE POWER OF INTENTION. INTENTION IS YOUR 'CALLING CARD' TO THE UNIVERSE.

USE YOUR SETTING INTENTION BLUEPRINT, WRITE ONE DOWN EVERY DAY, AND OVER THE TIME, YOU WILL SEE HOW EACH INTENTION EVOLVES. CREATE YOUR ROADMAP, SO THE UNIVERSE KNOWS YOU ARE READY TO RECEIVE.

"INTENTIONS COMPRESSED INTO WORDS
ENFOLD MAGICAL POWER." ~DEEPAK CHOPRA

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SETTING INTENTION IS DRAWING A ROAD
MAP OF WHERE YOU WANT TO GO

→ dream →

STEPS FOR SETTING INTENTION

→ believe →



STEPS FOR SETTING INTENTION



SLIP INTO THE GAP - ONE OF THE MOST EFFECTIVE TOOLS WE HAVE FOR ENTERING THE GAP IS MEDITATION. MEDITATION TAKES YOU BEYOND THE EGO-MIND INTO THE SILENCE AND STILLNESS OF PURE CONSCIOUSNESS. THIS IS THE IDEAL STATE IN WHICH TO PLANT YOUR SEEDS OF INTENTION.

VISUALIZE THE PROCESS AND THINK ABOUT HOW YOU'D LIKE TO FEEL - WHEN YOU'RE FIRST STARTING WITH INTENTION SETTING IT CAN BE HARD TO FIND THE RIGHT WORDS OR FEELINGS. WE'RE SO CONDITIONED IN OUR SOCIETY THAT FEELINGS ONLY OCCUR BECAUSE OF CIRCUMSTANCES. HOWEVER, THAT DOESN'T HAVE TO BE TRUE. IF WE SET THE "VIBE" FIRST, THEN THE CIRCUMSTANCES WILL OCCUR IN A MORE MEANINGFUL POSITIVE WAY.

CHOOSE A CRYSTAL TO INFUSE WITH YOUR INTENTION - WHEN YOU HOLD IT REPEAT YOUR INTENTION. EVERY TIME YOU PICK UP THAT CRYSTAL OR LOOK AT IT REMIND YOURSELF OF THAT INTENTION.

JOURNAL YOUR INTENTION - YOU CAN DO A FULL JOURNALING EXERCISE ABOUT YOUR INTENTION OR SIMPLY WRITE IT DOWN SOMEWHERE IMPORTANT EVERY DAY SO YOU CAN SEE IT AND FEEL THE ACT OF WRITING IT.

RELEASE YOUR INTENTIONS AND DESIRES - INTENTION IS MUCH MORE POWERFUL WHEN IT COMES FROM A PLACE OF CONTENTMENT THAN IF IT ARISES FROM A SENSE OF LACK OR NEED. YOUR HIGHER SELF KNOWS THAT EVERYTHING IS ALL RIGHT AND WILL BE ALL RIGHT, EVEN WITHOUT KNOWING THE TIMING OR THE DETAILS OF WHAT WILL HAPPEN.

LET THE UNIVERSE HANDLE THE DETAILS - YOUR FOCUSED INTENTIONS SET THE INFINITE ORGANIZING POWER OF THE UNIVERSE IN MOTION. TRUST THAT INFINITE ORGANIZING POWER TO ORCHESTRATE THE COMPLETE FULFILLMENT OF YOUR DESIRES. DON'T LISTEN TO THE VOICE THAT SAYS THAT YOU MUST BE IN CHARGE, THAT OBSESSIVE VIGILANCE IS THE ONLY WAY TO GET ANYTHING DONE. THE OUTCOME THAT YOU TRY SO HARD TO FORCE MAY NOT BE AS GOOD FOR YOU AS THE ONE THAT COMES NATURALLY. YOU HAVE RELEASED YOUR INTENTIONS INTO THE FERTILE GROUND OF PURE POTENTIALITY, AND THEY WILL BLOOM WHEN THE SEASON IS RIGHT.

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IMPORTANT POINTS TO REMEMBER



KEEP IT POSITIVE - YOUR CHOSEN INTENTION SHOULD ALWAYS BE POSITIVE, UPLIFTING, AND ALWAYS IN THE PRESENT TENSE. YOU WANT TO REFRAIN FROM USING ANY NEGATIVE WORDS.

MAKE SURE IT CAN EVOLVE - MAKE SURE YOUR INTENTIONS CAN EASILY BE ADJUSTED. YOU SHOULDN'T DRASTICALLY ALTER YOUR INTENTIONS OR GOALS TOO FREQUENTLY. THE GOAL IS POLISH AND ENHANCE.

WRITE IT DOWN - WRITING DOWN YOUR INTENTIONS IS A POWERFUL SELF-REFLECTION TOOL THAT ENSURES THAT THE THOUGHTS YOU HAVE WILL RESULT IN THE REALITY YOU WANT TO LIVE.

AIM FOR SHORT-TERM - ONCE YOUR INTENTION IS SET, BE SURE TO USE IT IN YOUR MEDITATION. START YOUR MEDITATION WITH A FEW DEEP BREATHS AND OBSERVE THE STILLNESS WITHIN. AFTERWARD, BRING YOUR AWARENESS TO YOUR HEART AND SET YOUR INTENTION.

NO EXPECTATIONS - SET YOUR INTENTION AND LET GO OF YOUR EXPECTATIONS. TRUST THAT EVERYTHING WILL UNFOLD AS IT IS MEANT TO. LETTING GO ALLOWS SPACE FOR ALL POSSIBILITIES.

GRATITUDE - FOCUSING ON GRATITUDE WILL HELP YOU SEE YOUR INTENTION FROM A POSITIVE, CONTENTED PLACE, RATHER THAN A PLACE OF NEED.



INTENTION = THE ART OF ASKING THE UNIVERSE
MEDITATION = THE ART OF LISTENING TO THE UNIVERSE

Grateful



inspire

ARCHANGEL MICHAEL PRAYER



ARCHANGEL MICHAEL AND THE 5TH DIMENSIONAL TUBE OF LIGHT. I REQUEST THAT YOU PLACE THIS TUBE OF LIGHT OVER ME IN THIS LIFETIME, IN ALL LIFETIMES, ALL PLANETARY SYSTEMS, ALL SOLAR SYSTEMS, ALL ALTERNATE WORLDS, ALL ALTERNATE UNIVERSES, ALL PARALLEL WORLDS, ALL PARALLEL UNIVERSES, AND ALL SPACE AND TIME BY THE FORCE AND GRACE OF THE DIVINE CREATOR OF ALL THAT IS.

I ASK YOU ARCHANGEL MICHAEL TO USE YOUR SWORD OF LIGHT TO COMPLETELY CLEAR ME OF ALL ATTACHED ENERGIES AND ALL NEGATIVE ENERGIES FROM MY CELLULAR MEMORY.

I ASK THAT YOU TRANSMUTE THESE ENERGIES UP THROUGH THE 5TH DIMENSIONAL TUBE OF LIGHT TO THE 5TH DIMENSION, SO THEY CAN BE TRANSFORMED INTO THEIR HIGHEST FORM OF LIGHT. SHOULD I HAVE ANY ATTACHED ENERGIES THAT DO NOT WISH TO GO TO THE LIGHT, LEAVE ME NOW AND GO SOMEWHERE SAFE WITHIN THE UNIVERSE WITHOUT HARMING ANYONE. CLOSE UP MY AURA TO THE INFLUENCES OF ALL BEINGS EXCEPT OF MY HIGHER SELF, THE GOD CONSCIOUSNESS, MY GUIDES AND TEAM IN SPIRIT.

GENTLY CLEAR ME OF ALL THAT NO LONGER SERVES ME, SO THAT I VIBRATE AT THE HIGHEST FREQUENCY OF ABUNDANCE, LOVE, AND MY TRUE SPIRITUAL POWER. OPEN MY HEART TO THE VIBRATION OF THE COSMIC CHRIST-CONSCIOUSNESS.

I ASK THAT YOU INFUSE ALL VOIDS WITHIN MY BEING WITH UNCONDITIONAL LOVE AND LIGHT. I AM RECEPTIVE TO THIS CLEARING & HEALING.

