

## THE POWER OF SETTING INTENTION

An intention is a guiding principle when working with Spirit. 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 to create everything you desire.

### ***SETTING INTENTION IS DRAWING A MAP OF WHERE YOU WISH TO GO***

**Why set Intentions?** It is the first step to embody that which you desire; our **INTENTIONS CREATE OUR REALITY AND IS THE DRIVING FORCE OF YOUR HIGHER CONSCIOUSNESS**. Without Intention, there is no road map with no destination in mind.

Your Intentions are closely tied to your personal thoughts and aligned with your vibration.

### **HOW TO SET 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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## 10 CLEAR INTENTIONS TO CONSIDER

- I intend to manifest happiness naturally
- I intend to respond first, and then react.
- I intend to witness Divinity in everyone.
- I intend to lead by example.
- I intend to be open to success and abundance.
- I intend to stop taking things personally.
- I intend to forgive others, and myself.
- I intend to love unconditionally.
- I intend to make meditation a more important part of my lifestyle.
- I intend to make someone smile every day.

## 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.

*“Intentions compressed into words enfold magical power.” ~Deepak Chopra*

## Set Yourself Up for Success Every Morning 10-Step Ritual

1. Create a Mantra – Tuning out negative thoughts, replacing them with positive Energy.



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2. **Share Your Intention with a Friend** – They will keep you on track and focused.
3. **Speak Your Intention Out Loud to Yourself** – Owning Your Intention by Changing the Vibration
4. **Create a Ritual** – Rituals hold meaning connecting our Human Existence to our Higher Self.
5. **Meditate** – Helps you to hear Spirit by using the Universal Law of Listening.
6. **Practice Gratitude** – Changes the vibrational frequency instantaneously into more focused, intentional inspired action.
7. **Ask for How you Want to Feel when Manifestation, then Let It Go!** – Trust that the Universe will provide you with what is best for your Soul.
8. **Remind Yourself Daily** – Keep the Energy flowing and is a great reminder to your Human Experience.
9. **Feel Your Intention** – When you FEEL the Energy you are sending out to the Universe your Deepest desires, the Universe understand vibrations, and will handle the rest.
10. **Write it down the Night Before** – Writing down your Intention imprints the vibrational Energy in the fabric of the 5D matrix resonating over all space time.

My prayer is that you really use this as a guide and make your Intention Setting Ritual YOUR OWN! I want you to OWN it. By performing daily Intention Setting, you co-create with the Universe, and they will prove to you that there is nothing out of your reach! Nothing! Take this to heart and monitor your thoughts.

*Create an Intention that aligns with your heart's desire and watch for the Universe to send you signs that "You're Getting Warmer!" – Love the Universe*

***Ask the Universe, it's NEVER too big! – Suzanne S***



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