

Cat Chatter

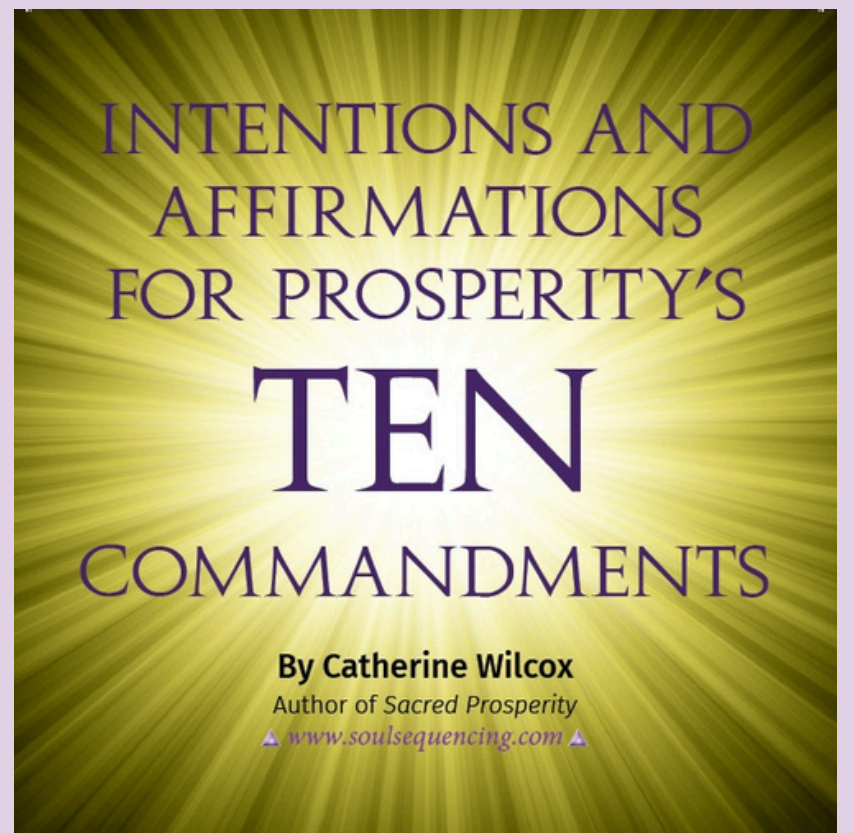
By Catherine Wilcox

HAPPY NEW YEAR!

I'm still always amazed at how my life today reflects intentions I set years ago. A good example of that for me is when I set out to trim down to a healthier weight. For a year my "I am" affirmation was "I am thin." Those words resonated between my ears when I desired a dessert or an extra pat of butter. They still do almost twenty years after my weight loss of fifty pounds.

Affirmations/intention setting manifestation statements work! It still astonishes me how a simple thought/desire followed by an "I" statement gathers energy of success like a snowball gathers snow when rolling around until the desire appears. Don't believe that? Look around. Everything, trip, possession, etc. you have was first the result of a thought. Best to watch all the words one speaks as "I am broke" has just as equal a power as "I am rich."

Affirmations work! Learn the art of setting your affirmations (and it is indeed an art) with our card series, The Art of Intention Setting. Small, concise guidance's that can be easily stored bed-side in case one forgets the powerful ideas The Art of Intention Setting flashcards teach.



AVAILABLE ON AMAZON



SOULSEQUENCING.COM