

The Soul Guide to Pillar 6



The Power of Intention

***A Spiral Path Guidebook from the
Medicine Wheel of Wellness***

By Simple Earth Rebel

Pillar Overview

The Power of Intention

Intention is the silent architect of your life.

It whispers before the words.

It steers the unseen currents.

It is vibration wrapped in thought.

What you intend—not what you say, not even what you do—is the seed from which everything blooms.

Intentions carry frequency.

They shape perception.

They ripple outward and inward, shaping your nervous system, your field, your reality.

You do not need to control the world.

You only need to clarify the signal you're sending to it.

Intention is not force.

It is focus.

It is trust.

It is alignment with the energy of becoming.

Embodied Practices

1. Morning Intention Setting

- Place your hand on your heart.
 - Ask: “What energy do I choose to carry today?”
 - Speak your intention aloud, simply and clearly.
- Examples: “I choose clarity.” “I move with compassion.” “I trust my timing.”

2. Intention Anchor Object

- Select a stone, bracelet, or token to carry with you.
- Infuse it with your intention through breath or spoken word.
- Use it as a reminder when you feel off-center.

3. Visualization Breath

- Inhale with the vision of your intention already fulfilled.
- Exhale with the phrase: “It is already becoming.”
- Repeat slowly for 3–5 minutes. Let the feeling expand.

Reflection Prompt

- What am I unconsciously intending through fear or doubt?
- What would I like to align with more deliberately?
- How would my life shift if I infused my actions with conscious, loving intention?

Affirmation & Closing Whisper

*“I do not chase—I align.
I do not control—I co-create.
My intention is the quiet key that
unlocks new worlds.”*

You are not here to push against life.
You are here to aim your energy
like a sacred arrow
and trust it knows the way.