

SETTING YOUR 2012 INTENTION.

The first step - Buy a journal or book or use your Lap Top to write down anything that resonates with you in terms of what makes you feel Good or something you have always dreamed of (by the way "Doubt is the killer of Dreams"), so please make sure you believe that you are deserving....as you are a shining beacon of light in the universe and if all is in alignment your Dreams can come to you.

From this categorize it under Relationships - work - recreation - family - community and anything else that is Important to you.

Record what comes into your mind when you think of what you are good at under the different categories.

Write down any familiarities to any of the above or any theme that may appear. What resonates or uplifts you the most when you read your words??

Is anything standing out?? If so you can set your intention from this. If not let it sit for a day or so and go back to it.

People often make intentions that really aren't resonating with them. It may be more of an ideal or something they have read rather than what excites and energises them when they think of it or write it down.

So now you have your intention...let's put it out there to the greater good so it can start on its journey to fruition.

I personally feel doing this via a meditation/visualisation first is most beneficial and then continuing this for a week, and finally letting it go (and I mean really forgetting about it unless it appears in your conscious mind to take action in regards to it). This is where synchronicity comes into play.

Find a quiet place to sit or lie down. Begin with slow deep breathing letting your body relax as you come into your essence. Let your eyes go inwards to your centre.

Begin to see yourself standing at the edge of a vortex of swirling coloured energy, step inside and begin to see yourself as your intention, see and feel yourself completely involved in this new way of being, having and doing exactly what you set out to do. See all the people involved and really feel that this is all happening right now inside of you. Soak in the abundance of receiving and being in this experience. Stay with it for a few moments.

Now bless it and send it outwards let go of it and forget it until such time as it is necessary, for you to put any energy towards it. Be aware of any familiar experiences beginning to evolve, thoughts feelings and people will remind you of it when needed.

*Be well
Cathie*