

# INTENTIONS

## The most centred and freeing way to create abundance

"I don't know how (insert your intention here), I just know (repeat your intention again), because i have decided (state your intention again)."

### How to create an enriching intention

- 1. Body Intelligence:**
  - The body must be in a relaxed state.
  - It's easy to activate when we first wake up or are about to fall asleep.
- 2. Heart Intelligence:**
  - The heart feels full.
  - To activate, feel compassion, gratitude, and joy.
- 3. Mind Intelligence:**
  - The mind is open.
  - Try closing the eyes and take deep breathes in through the nose, and out through the mouth.
  - Focus on the breath
- 4. Spirit Intelligence:**
  - Energy is in Theta state (before getting out of bed, or right before sleep)
  - You can also induce a Theta state with binaural beats.

**With these 4 ingredients, you are not forcing, pushing, or controlling. You are calm, creative, imaginative, and warm towards what you want!**

**And let the universe do the rest!**

