SACRED CREATORS

Soulpreneur INTUITION LAB

Day 5: Your Sacred Intentions
with Chris-Anne & Becca Berggren

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Intention is the starting point for manifesting.

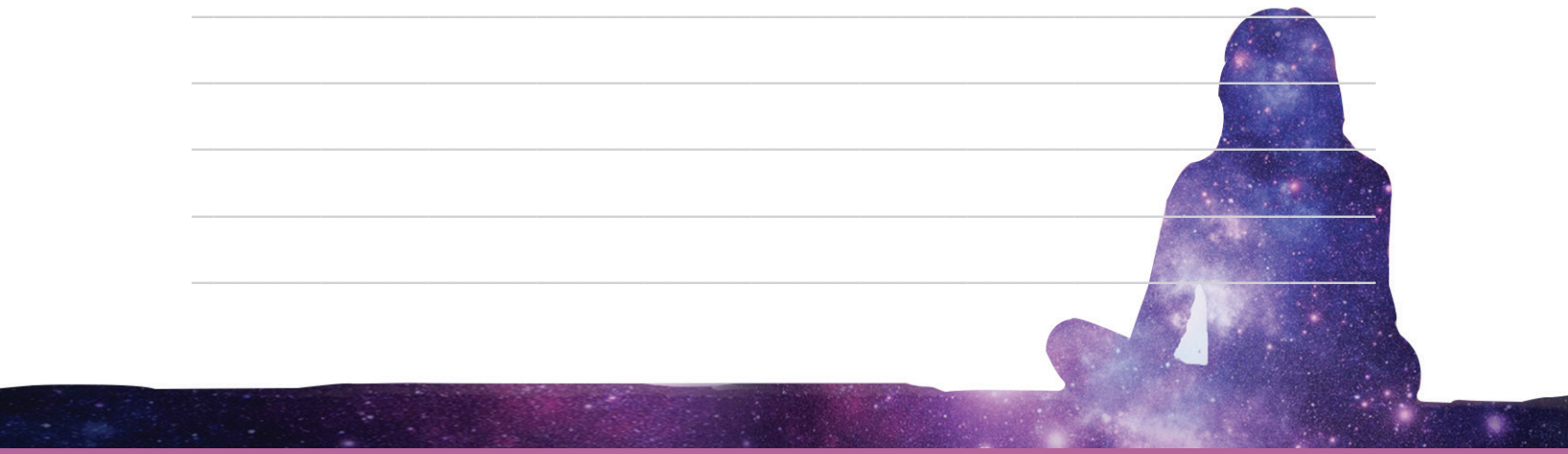
Matching clear intention with strategic, inspired action is the key to getting where you want to get quickly! And while building your business will take dedication, focus, and energy - you can help it along by holding an intentional vision of your future life. When you know where you are headed, it is much easier to get there, and it makes it infinitely easier to make your decisions along the way.
Here are 3 tips to power up your intention setting process:

1. Intention setting works better when you are in a positive mindset, and not experiencing "lack" or scarcity.

Before jumping into intention setting, spend a few moments to map out the things you are grateful for. Yep, gratitude. You've probably experimented with it before... and it's a powerful technique that we tend to forget. Write down a few things that you are grateful for before setting your intentions today.

FEEL into how wonderful those things are.
SEE them in your mind's eye, and FEEL them in your heart. State 3 things you are very grateful for today, out loud, and HEAR the gratitude in your voice

Today I am grateful for...



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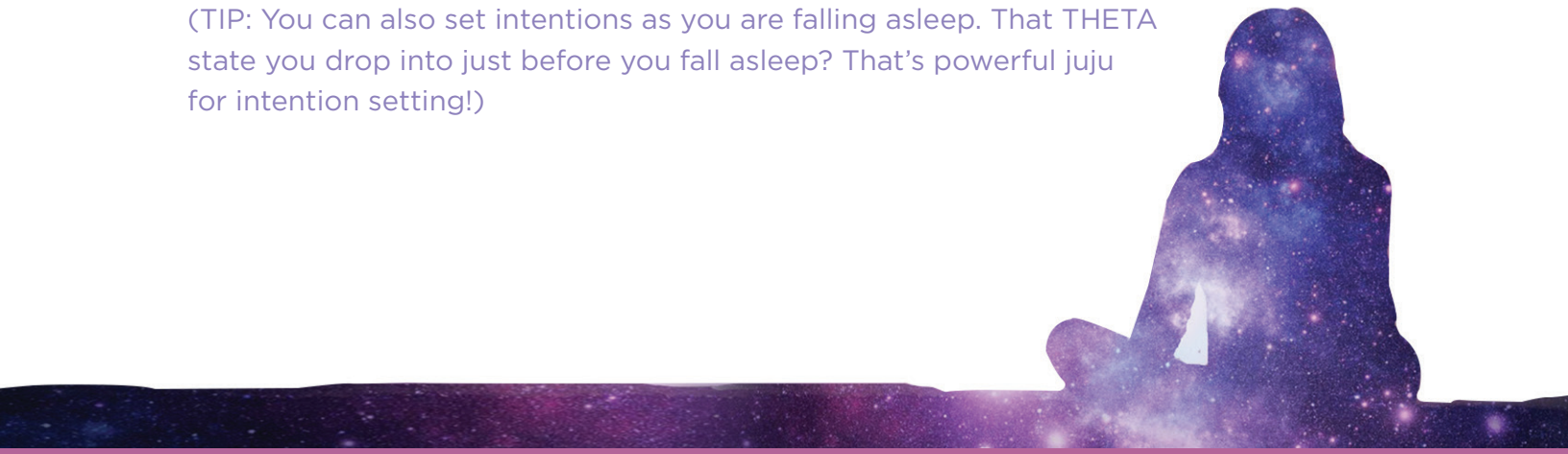
Before the universe can line up all the magic, vibrational waves and energy needed to bring your dream to life on this physical plane, you need to be able to clearly state *what it is* that you want. Today we will practice FEELING into what we want, and getting clear on where we are headed.

During day 3 of the lab we used meditation to get us into a flow state so that we could FEEL into our dream client relationship. While you did that exercise, you were creating your *own* idea of how your dream client will be. In that moment, you were also sending a powerful message of INTENTION out into the universe.

2.Meditative States set the stage for powerful intentions

Getting into meditation is one of the best ways to plant seeds of intention. Beyond the chatter of every-day life, beyond your busy to-do list, beyond your logical landscape... lies the land of quieted ego and simple stillness. This "gap" of stillness is an amazing place to set intentions free. Seeds planted during this meditative state tend to take hold much better. They root easier and they grow into beautiful realities. You can spend a few moments getting into your meditation - guided or otherwise - and then make a shift towards creative visualization, where you literally create the inner-vision of how you want your life to be. If you want your life to FEEL calm and peaceful, spend some meditation time creating a mind's eye sacred space in nature, in a spa, or some other place that helps you to feel relaxed. If you want to feel more confident, you can practice FEELING that courage and confidence while you are meditating. The mind's eye is a powerful tool for setting these emotions into your system.

(TIP: You can also set intentions as you are falling asleep. That THETA state you drop into just before you fall asleep? That's powerful juju for intention setting!)



3. *Trick your brain by visualizing and feeling*

Our amazing brains have the same neurons fire when we experience something, and when we imagine that we are experiencing it. Your brain does not know if something is real or imagined, so by spending time imagining something to be real - you are influencing the brainwaves (vibrations) that your brain sends out into the world. You are influencing your *vibration*.

Place your hand on your forehead and imagine your life the way you want it to be.

Call in all the big guns here. All the feels. Pull out your emotions, sounds, sights, the scenario.... your heart should flutter a little and you should feel joy or excitement in your heart when you do this - if you don't, maybe you need to think a little bigger!

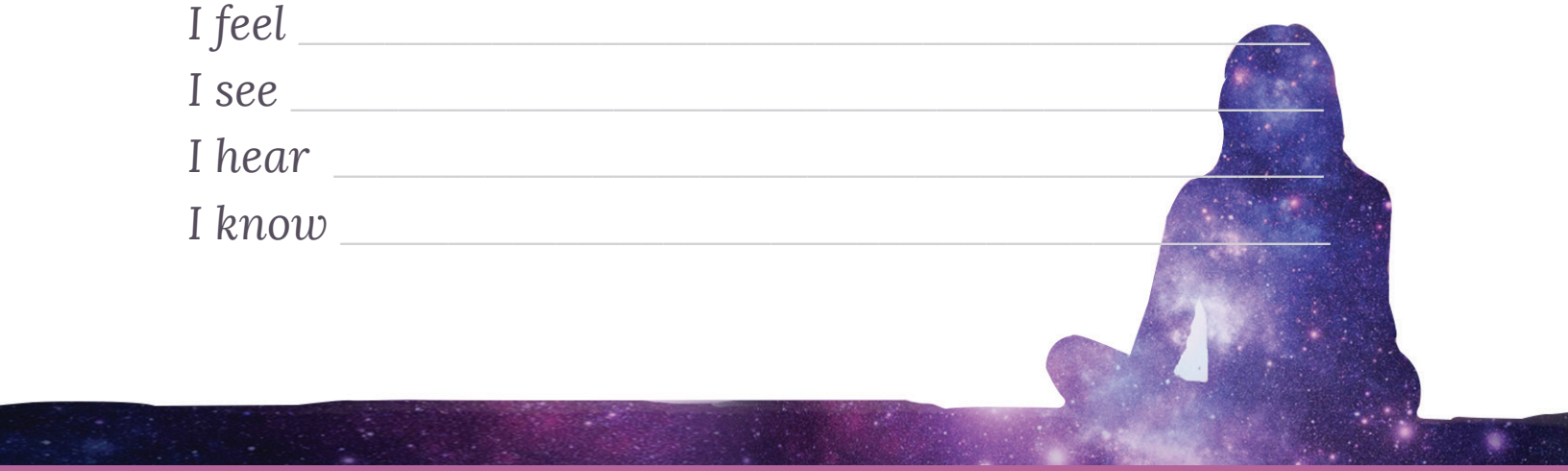
SPEAK OUTLOUD how you are feeling in your future state. Try to go through your senses as you imagine your future life. When you place your hand on your forehead you activate acupressure points, and they signal the brain to send blood to all three areas of the brain: The reptilian (ancient) brain, the limbic brain and the neo-cortex at the front. The front area of your brain is where you process creative thoughts and focused thought... and by doing this you activate all areas of your brain as you visualize your future. This simple technique speeds up your ability to embody your vision and believe it to be real. As you are visualizing with your hand on your forehead, cycle through your intuitive senses.

I feel _____

I see _____

I hear _____

I know _____



INTUITION LAB *Day 5 Worksheet*

What intentions do you have for your life in 3 weeks?

Write down any visuals, feelings, sensations, sounds and/or knowings. What plans do you have? What goals do you want to hit? What steps may you take to get there?

After you write your notes down, try closing your eyes, placing your palm on your forehead, and try to imagine exactly what this will feel like when you've successfully reached these goals.

INTUITION LAB *Day 5 Worksheet*

What intentions do you have for your life in 3 years?

Imagine the very best dream life for your self. Where would you be in three years? And what will it feel like when you get there? Write down any visuals, feelings, sensations, sounds and/or knowings. What goals have you hit? What steps did you take to get there?

After you write your notes down, try closing your eyes, placing your palm on your forehead, and try to imagine exactly what this will feel like when you've successfully reached these goals. (Or, do this during meditation!)