

## Setting Intention with Power of 8

### General Guidelines

- Intention (or thought) + Elevated Emotions = New Energy (from Becoming Supernatural by Joe Dispenza)
- Energy follows our focus. For example, if we focus on our illness, even if we are asking to cure it, we empower the illness and all of its cultural references. It's more effective to focus on the desired outcome of health and vitality, rather than the absence of symptoms.
- It can be helpful to involve all of our senses as we imagine the person having already achieved the desired outcome and engaged in an activity s/he loves.
- We can use the numerology of 9 (mastery and completion) as we set intention: 3 thoughts + 3 emotions + 3 activities.

### For the Receiver of the Intention

- Choose a piece of music, about 10 minutes long, during the intention setting. A youtube link makes it pretty easy.
- Include a photo of yourself
- Post 3 intentions, 3 elevated emotions, 3 activities

## Example



### My intention is to...

1. Move my body with ease
2. Think clearly and multi-task
3. Experience greater energy, stamina and strength

### My intention is to feel...

1. Delighted
2. Light-hearted
3. FREE to explore and be my true self

### I imagine myself...

1. Downhill skiing on a great powder day, being in tune with the mountain
2. Hiking the Canyonlands, feeling confident and connected
3. Working on a documentary film, holding the camera steady, and feeling creative and resourceful

### Music

Whale Dreaming by Kamal (<https://www.youtube.com/watch?v=5AcnUV3moKA>)