

My Gratitude

My Intentions

I make all these intentions for the Highest Good of the Universe, myself and all people everywhere. So Be It and It Is So.

The Intention Process Information Sheet

Our thoughts create our world

- Saying our *intentions* out loud focuses our thoughts
- There *is* power in the spoken word
- Positive thoughts bring positive experiences
- Negative thoughts bring undesired experiences
- It's important to *trust and know* that the things we *intend* are coming to us because doubt will interfere with the manifestation of our positive *intentions*
- We always ask that in order for our *intentions* to come to us, they must serve the highest and best good for the Universe and the highest and best good for ourselves and others
- As we go around the Circle, we express our gratitude for *intentions* that have come to us and we state our new intentions
- The power of the *Intention Circle* arises from everyone supporting everyone else's *intentions*
- Clarity is important
- We eliminate such words as *trying, hoping, wanting, to be, and not*
- We say things in a positive way: for example, instead of saying that *I am not afraid anymore*, we say *I intend that I am courageous*
- We don't name sickness in our Circles: we see everyone in their Highest Light
- We say our *intentions* daily, and we gather together at least once a month
- We don't know *when or how* our intentions will manifest for us, we just know that they will!
- We always end our intentions with our seven favorite words - *So be it and so it is!*

Intenders of the Highest Good
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"Where we share or dreams, instead of our dramas"