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## SAMPLE CHAPTER

### Set Your Intent to Your Heart's Desires

Thoughts manifest positively or negatively when charged by your emotions. It is important to decide what really resonates with your emotional Heart's desires. State it. Write it. Affirm it. But most of all, feel it! Then, take the necessary, intentful steps to bring ideas into action.

Emotions can carry little obstacles, or "fear factors," that block your positive manifestations. Your mind may say, "I believe I am now ready to let go of trying to control the way this situation turns out," and your emotions say, "Are you kidding? If this does not go the way I expect, I may get really hurt!" You may feel emotionally ready to create, while your mind is stuck like concrete, locked into past thinking that keeps you stagnant.

Why do we do this to ourselves, and what can be done about it?

Little by little, you can overcome the emotional obstacles and stop manifesting the direct opposite of your true intent. Paying careful attention to your emotional patterns is a good start.

Many times, you may become emotionally paralyzed because you have been hurt before, usually more than once. You are hurt by others and by your own actions and behaviors, in the past and in the present. Thoughts and feelings are projected into the future that pain is going to happen again. Your intent may be to move on, but your fearful thoughts, words, actions, and feelings sabotage the new affirmation.

The solution and bottom line is that you need to be acutely aware of your thoughts and feelings in the present moment. Whatever energy vibration your thoughts and feelings have, a like vibration will be attracted. Energy attracts like energy. Remember, thoughts alone will not create the life you want to live. Your emotions and feelings must be aligned with your thoughts. When setting your intent, really allow yourself to feel what you want. Be creative, imaginative, and think about it. Then feel it as if it is happening right now.

You have been conditioned from birth to think like your family, friends, society, and the world. You accept others' belief systems because of the early memories and energies carried within from when you were very young. As an adult, you readily tune right into these systems out of habit. The messages and accompanying feelings may or may not resonate with your own heart's messages from within, but you put up with this because you may not have known a better way until now.

Everyone has a sweet, creative, brilliant center in the present moment that waits for an outlet for its own expression. As you grow and mature, so does your Knowing-heart, and the only one in charge of it is you! Your heart, the emotion and feeling center of You, in connection with your spirit, can free you. All you have to do is listen to your inner truth, which, by the way, may be unlike any other person's truth. Let it speak to you. Learn to tell the difference between a good feeling and a bad feeling. The spirit-heart feels good, right, comfortable, free, safe, and happy. Living in the Spirit-Heart is our natural state of being!

Follow this kind of inner prompting and over time you will see that everything begins to go your way. You may notice life flows more easily. You are more peaceful. Difficult people and situations begin to fade away, or they simply do not affect you in the same way. Now you are attracting love and the natural, positive, accommodating flow of the Divine within and around you. Everything you set your intent for **MANIFESTS!**

Remember, Love always brings you back to the power of the present moment. The present moment always brings you back to Love.

Note

With more practice empowering your feelings, your thoughts and affirmations can be charged with the Higher vibrations of your emotions.

Setting your intent and manifesting your desires becomes easier.

### **MEDITATION SAMPLE:**

The Basket of Higher Consciousness

Begin by calling on Great Spirit, Woman Spirit to assist you now in setting a sacred energy vortex in your room, all around you, above, beneath, and within you. Imagine a beautiful ball of divine light with sparkles of gold, silver, and opalescent colors over the top of your head. Breathe deeply and allow the colors to flow down through your head, releasing tension and relaxing all facial muscles. The light continues to move down through your shoulders into your chest. The light moves down into your belly. Every sound makes you go deeper as you breathe deeply. The light moves down your legs, down into the earth, connecting you to the Earth. Breathe in this Divine energy, and go deeply within yourself.

Find your most beautiful sacred spot, a natural setting of some kind, and allow yourself to sit comfortably in your sacred space. It is warm and beautiful, and you are completely safe here. Breathe in the essence of your sacred place.

Call upon a beautiful, radiant, sacred being, your guardian, who assists you in all matters for your Best and Highest Good. Feel this guardian with you now, sitting with you. Become one with this guardian. In the guardian's hand is a beautiful basket. The energy in the basket twinkles and sparkles. The whole basket glimmers with Divine Love, unconditional love, vibrations of higher consciousness. In the basket is an unlimited supply.

With your guardian, imagine yourself over the top of your home. With your guardian, generously sprinkle this beautiful Divine light all over the top of your home. Let it trickle down into the living room, bedrooms, all the rooms of your home. Let it fall over your furniture and other belongings. Let it clear the energy and raise the vibration level of your home. Sprinkle this light all over your yard, and over your car. Now sprinkle this light over your workplace. Imagine all the people in your home and at your work smiling and happy, sensing this beautiful vibration around them and within them. Now sprinkle this light over your friends and acquaintances. Let everything and everyone sparkle.

Now imagine the entire neighborhood covered and glistening, your city, your state, your continent, even the world. Just you and your guardian spreading these love sparkles all around from a bottomless basket of unconditional love.

Give gratitude to the guardian who has assisted you and to Great Spirit, and WomanSpirit. Know that when you are ready to come out of your meditation, you will feel blessed, vibrant, and renewed, and that you always carry this energy within you as it connects you to the Universe and all things.

And So It Is.