

Exercise – Intention Setting

You have to care how you feel! You have to want to feel good more than anything else.

A good way to put this into practice is to say to yourself this Abraham-Hicks intention

“Today, wherever I am going, no matter what I am doing, it is my dominant intention to look for things that I am wanting to see. It is my dominant intent to see my world through the eyes of source. To connect with the fullness of who I am.”

When you set this intention, it can affect your mood and attitude. It is a good practice to do this before you walk into any situation. It is a way a pre-paving the way. Think about how you want to be. Think about the clarity that you want before you do that next thing. The demeanor that you want to have. And if you don't get there, don't do it. Pre-pave yourself into alignment before you perform the actions of your life experience. And before you know it, you will come to the place where you will be unwilling to proceed in any behavioral pattern whatsoever without first accomplishing alignment with source.

Say to yourself –

“I go nowhere without who I really am. My Inner Being goes everywhere I go. My Inner Being is always with me. We are a team. I am the total me. I am complete. I am full of myself. I never have a conversation with anyone unless I am full of myself. I am satisfied in my life and eager for more. I love this life experience. I love allowing source to flow through me. And Now I am going to selfishly get to feel what it feels like to be the vortex through which source flows.”

You are always the vortex, but when you know it and tune to the frequency, so you get to feel what source feels as source flows through you, that is what Joy is.