



## Clearing Workbook- Set Your Intentions

Throughout this course you will learn to use your magic aka energy. This magic is what you hold within. As you begin to utilize all your energy, body, senses, mind and gifts you will start to master your own energy. The more you master your own energy the more you will start to see rapid changes and rapid materialization. Are you ready for the fun?

### **Intention is everything**

Intention is the highest frequency of light and it is used to create, morph, shift and change energy. When you set intentions you are creating change at an energetic and quantum level. Since everything is energy, everything holds a consciousness of its own and with your intentions you can change all levels of consciousness/energy.

How do you set intentions?

There are many ways to set intentions. You can speak them out loud, say them in your mind, feel them in your heart, visualize them, write them down, etc. The important thing to remember is to make your intentions pure. They have to come from a pure, loving space because that is who you are. If your intentions are made from fear, lack, unconscious beliefs then that will create a block. This is why it's important to go deep into the emotions and beliefs of your intentions to see what the energy behind the intention is.

Let's try it! Let's set your intention for this course.

**What would you like to learn?**

**What would you like to clear?**

**What would you like to receive?**

**What would you like to accomplish this summer?**



Set as many more intentions as you are guided. Feel free to share them in our google classroom page!