

V. Integration/The Third Eye

B. Intention

1. Intention

- Here your intention and your affirmations are actualized and fulfilled with effortless ease.

Now bring your intention into your awareness...

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- Repeat your intention now three times.....(pause)
 - If you do not have an intention, just remain silent and let spirit, who knows what is best, do it for you...
 - If you have self-defeating patterns or habits that are holding you back that you want to be freed from, make that your intention now.....(allow time).
 - Allow it to go to the deepest levels of recognition with no hesitation.
 - Know that your higher self recognizes, honors and accepts your intention.
 - Have faith and trust that it has been heard and is being acted upon by a higher power of the source within you.
 - There is no need for you to do anything about it...
 - Bring your attention back to the center between the eyebrows and feel all the energies of your body from all meridians activated, purified and balanced.
 - All channels are open and the life force is flowing freely, healing the body and calming the mind...open your heart and feel content...
 - Just experience (....pause...).
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