

## V. Integration/The Third Eye

### B. Intention

#### 1. Intention

Choose one of the techniques below that best suits your audience.

Option One (General):

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

Option Two (Yogic):

- Go deeper into the Third Eye, the mysterious command center and let it carry out your intentions, prayers and affirmations.
  - Hold your intention firmly and clearly with deep feeling and faith.
  - Establish it at the altar of your heart.
  - Repeat your intention with the conviction of it being received by the Sadguru that guides you from darkness to light.
  - Know that you are established in that part of your being where your intentions are actualized and fulfilled with effortless ease.
  - In the Third Eye you are empowered to create what you pray for, visualize, and affirm.
  - Your prayers and intentions are carried out at the deepest core of your being.
  - Feel your intention is now being assimilated and adopted by all levels of your body and your being.
  - Completely integrated, totally digested and fully actualized.
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