

# HOLDING SPACE FOR MANIFESTATION

## Steps for Setting Powerful Intentions

Intention-setting is part of an energetic dance. This is the dance of co-creation. Its steps include holding a clear, unencumbered space within you for the possibility of manifesting your dreams and desires. The better defined the path and choreography, the easier the process. Powerful intentions are like trees: they emerge from rich soil, rooted deep beneath the surface, rising up to bear fruit. They need strong roots. To have intentions bear fruit you must first ‘nurture the soil’. This includes clearing undesirable blocking beliefs that entangle and slow their growth.

The feminine energy that holds space for the intention to be seeded is your *attitude*. This is your personal perspective or How You Show Up for yourself and your sacred dream. Though your intention may have been inspired by external wants or needs, its growth and development begins within.

Like any dance, learning to finesse the steps takes some practice. Unlike repeating soccer drills or piano scales, this routine is meant to be approached with an attitude of curiosity and joy. Try different things. See what works. Ultimately, establish a practice of sitting quietly with each intention statement for 8-10 minutes. (see *How to Set an Intention* p. 25)



### 1

#### Intention energy needs a clear space to expand

##### Maintain an attitude of open-hearted acceptance

- ♦ Be receptive; foster flexibility and allowing
- ♦ Release expectation, judgement, attachment
- ♦ **Remember:** Your intention result may not look the way you think it should

Setting potent intentions is a heart-centred practice. A key to producing powerful results is to allow yourself to move out of your head and into your heart. Practice quietening your thinking mind and instead sink into a felt sense of gratitude, joy or love.

# 2

## Intention energy is naturally magnetic

### Set and hold a positive tone

- ♦ Always craft your intention with the language of what you DO want ~ It may be easy for you to begin by thinking about what you don't want, and then focus on the positive
- ♦ Make your statements helpful, supportive, constructive
- ♦ **Remember:** What you focus on expands

The overall tone of the intention statement must be positive. It always seeks the best or highest outcome for all parties involved, no matter what your subjective feelings or opinions may be.



# 3

## Intention energy wants clear direction

### Refine your intention statement with definite timing

- ♦ State your intention in present tense – as if what you desire already exists
- ♦ Make it persistent – consistent, constant, lasting
- ♦ **Remember:** The natural fluidity of intention needs parameters

Because the nature of intention energy is fluid, it needs boundaries. Think of it as setting parameters around a source of infinite abundance. Because universal energy can take any form, it's helpful to specify what you want it to be without making the limits so restrictive that the flow of possibility is prevented.



# 4

## Intention energy requires that you remain open

### Be grounded and alert to opportunities to step into Inspired Action

- ♦ Maintain a trusting heart, clear mind and relaxed body in the spirit of surrender
- ♦ Embrace your ability to take steps toward your desired outcome
- ♦ **Remember:** You are an empowered co-creator partnered with an infinitely abundant, benevolent universe

Notice how much attention is placed on 'how' you show up for your intention as compared to what action you take to 'make something happen'. Rather than force or push, stay grounded and allow opportunities to flow toward you. Then each action you take becomes inspired rather than careless or haphazard. When you are open-hearted and relaxed, going with the flow of 'what is', you are naturally aligned with universal energy, fully supporting the fruition of your intention.

# HOW TO CRAFT AN INTENTION

## Fostering Intentional Language

Speaking the language of intention really makes the difference between wishful hoping and manifesting with clarity and precision.

Be attentive to the language you use when setting intentions. Language is powerful magic. Think in terms of incantations and the way they hold the energy of your intention. Always choose supportive, positive, win/win language when crafting your intentions.

Supportive Language	Unsupportive Language
Abundant	Get Better
Complete	Will Improve
Consistent	Less of ____
Free	Must have
Happy	Sometime
Healthy	Wish / Hope

Intentional language can also act as a tool to help you seek out and shift negative language patterns that stem from blocking beliefs. These beliefs typically come from cultural or familial expectations rather than from your own inner wisdom. A good adage to consider is to not 'believe everything you think'.

Beware of your various blocking belief statements – use your powers of observation to watch for these types of phrases in your speech or self-talk. Never use them within your intention statements.

I can't	Life doesn't work that way
It never	Definitely / Absolutely
They always	It's so unfair
That's how I am	I'm not ____ enough

Once you've devised a draft intention statement, step away from it for a little while, even just a few minutes. When you return, ask yourself these questions:

- ◆ *How does my intention statement make me feel?*
- ◆ *Does my intention statement land with authority or seem ungrounded?*
- ◆ *Am I practicing self-doubt or cultivating self-trust with this statement?*

# How To Set An Intention

**T**his section could really be called: *How to Establish a Powerful Intention-setting Practice*. Like repeating a particular set of dance steps, the more often we replicate the same pattern in our intention practice, the more easily we internalize the choreography. Until suddenly the steps have become second nature, part of our body knowing.

This co-creative dance we're in is a partnership with universal life force. Our role is to regularly show-up with an open heart ready to receive. This sounds super simple but can be quite challenging. After all, life's demands can easily get in the way. Holding a sacred space for yourself to regularly engage with intention-setting is vital to the success of the process.

## Set the Stage

Whether or not you are sensitive to your surroundings, the space you're in does impact you. Consider intention-setting like any other meditative or mindfulness-based practice. Begin by supporting your five senses in ways that feel calming and promote inner connection.

### Ask yourself:

- ◆ What smells appeal? You may wish to burn herbs, diffuse essential oils, etc.
- ◆ What sights help me focus? You may like to burn a candle, focus on a mandala, etc.
- ◆ What sounds calm me? You may prefer meditative music, chanting or silence.
- ◆ What tastes good? You may enjoy a warm, soothing drink beforehand.
- ◆ What feels familiar? You may prefer the same chair, cushion, blanket or shawl.

Any or all of these things help you to raise your frequency and become more receptive to the process of intention-setting.

## Signal the Energy Shift

Crafting powerful intentions comes in part from developing a strong intention-setting practice. As with any routine, repetition yields mastery. Regularly setting a specific time, sitting in the same spot, facing the same direction, using the same pillow, shawl, etc., all triggers cellular memory. When we signal the inner perceptions with outer actions it

becomes increasingly easier to move into that receptive frame of reference we need to experience effective intention-setting.

## **Come from Your Heart**

In our left-brain world academic thinking and scientific knowledge tend to take precedence over intuition and heart-based feeling. With intention-setting it can be helpful to practice getting out of your own way. Remember that the mind is designed to be receptive: like a parachute, it 'functions best when open'.

Using any heart-centering practice will enable you to maintain heart-centred focus throughout the time you sit with your intention. Once you feel well-connected into your heart space, say the intention statement out loud. Think of it like an incantation that brings weight to the statement.

## **Allow Yourself to Drop into You**

Going within sounds simple. And in fact, it is. But it can also be difficult. Moving into yourself isn't something our culture reinforces. Most parents didn't model it, school doesn't teach it, and our hectic adult lifestyle discourages it.

So, be patient with yourself. Let go of all your expectations. Move into a state of *allowing*. Be curious and alert. Soften and become the gentle observer without judgement. Open to the possibilities of what 'comes to you'. Notice sensations, images, feelings, sounds, memories, etc. Trust what you 'get'.

Distracted? That's ok. Call yourself back to the loving feeling in your heart. Remember: There's no wrong way.

## **Make it a Habit**

Any good practice requires just that, practice. Establish the steps that work best for you.

Once you have crafted your intention statement, set the stage and dropped into your heart, read your statement out loud. Observe what you see, hear, feel. Just notice. Journal any observations.

## Intention Examples

*My intention is that I am immediately, completely and permanently healed of all underlying causes of inflammation with all cells returned to their optimal order and functioning.*

*My intention is that I fully experience ongoing joy, fulfillment, and overall balance in both my personal and professional life.*

*My intention is that I receive guidance and inspiration with ease in all my creative endeavours.*

## WHAT INTENTION ISN'T...

### A Goal

A goal is typically something we move toward. In the game of hockey for instance, the focus is to 'score a goal' by maneuvering the puck into the opponent's net. Though goal-setting serves a purpose in many environments, it is best engaged *after* the intention steps have been initiated. Goal-setting is essentially a Masculine energy, linear in nature and primarily concerned with taking specific actions to attain an end result.

### Wishful Hoping

Wishful hoping is a state of mind and heart that can be characterized by lack of clarity and lack of commitment. It is a convenient way to daydream or maintain a non-committal position on a situation or relationship you may enjoy imagining but, whether out of fear, unworthiness, etc., you cannot truly feel or embody within yourself.

### Focused on Action

Our culture tends to be action-oriented, focused more on what we need to *do* in terms of planning, strategizing or problem-solving, rather than on our inner orientation. However, action is only one step in the intention-setting process, usually the *final one*.

### Fixed in Time/Space

An intention is essentially a frequency. Because we've been trained since childhood to only value what we can see, it can seem strange or confusing to entrust our dream to something not fixed in time and space that we cannot touch or measure. Be patient as you become familiar with the process. It takes some practice to be able to hold space for the energy of an intention.