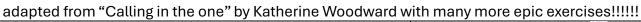
BOOST Your Power, Authenticity, and Communication! 🥍



### Verbalized Intentions

## Tell 3 people:

"I am standing for being a source of love in my life."

Encourage others to state these as well, and to pass it on!!!



### Women: 4

you have a special talent at getting men to say these things!! Try it with strangers!

Have courage and have faith and watch the magic HAPPEN.

### Other ideas:

- 1. I choose to be a wellspring of love in my life.
- 2. I commit to being a fountain of love in my life.
- 3. I strive to be a beacon of love in my life.
- 4. I position myself as a center of love in my life. 🔀
- 5. I declare myself a source of love in my life.
- 6. I dedicate myself to being a source of love in my life. 🙏
- 7. I align myself with the energy of love in my life.
- 8. I affirm my role as a catalyst for love in my life.
- 9. I activate myself as a reservoir of love in my life.
- 10. I embrace my identity as a source of love in my life. 🥰





### Guidance



This is guidance - asking this out loud and waiting for an answer from God:

- "What do I desire to be experiencing with my beloved?" 🝑
- "What do I desire to express to my beloved?"
- "What do I desire to create with my beloved?"
- "What do I desire to be contributing to my beloved? And to the world as a result of our union?"

## **Generative Questions**



- "I wonder what it would feel like to ..... (be, have, etc)"
- "How would it feel to ....

(Be healed, have security, fulfillment, etc)"

### Written Intentions



Write a future-oriented intention:

- "I am acting..."
- "I am being..."
- "I am generating..."
- "I am taking action to ... be .. act ... generate ..."
- "I am growing ...."
- "I am speaking ..."

Write it out. Share it with someone to boost your power! 4

# Inner Child Writing - 差 Opposite Hand Writing

Complete these with your opposite hand:

"Dear Mom and Dad,

- "I wish ..."
- "Why did you...."
- "Why didn't you ...."
- "Why didn't we ...."
- "I forgive you for ....."

Some ideas of childhood needs:

- Nurturing



- Basic Hygienic Care 🗐



- Basic Life Skills 🖶
- Consistency and Dependability



- Attention 🍑
- Encouragement of Your Talents 🔀

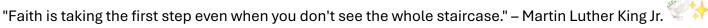


- Being Cherished



- Respect of Boundaries
- Unconditional Love







## Fears and problems writing

- Write at least 5 qualities of love, a loving higher power, or God.
- List problems and fears from the day and life.
- Ask what would love do in this situation?
- What can I let go of to create a greater sense of affinity in my life?
- What am I not yet seeing about the power I have to positively impact this situation?
- What can I learn from this experience that will help me become a more loving person?

## Intuition boost

- Name out loud: What you fear 🐸



- What you love



\*(Daily)\*

To BOOST your intuition!!

### **INNER CHILD Intentions.**



(To be spoken out loud to others - for the spiritual transformative effect)

- 1. "I am standing for being my own best friend and loving myself every day."
- 2. "I am standing for kindness in my heart and filling it with happiness." 😜
- 3. "I am standing for sharing my feelings and knowing it's okay to feel."
- 4. "I am standing for finding joy in little things that make me smile." 💝
- 5. "I am standing for believing in my specialness and celebrating who I am." 🍂
- 6. "I am standing for taking care of my feelings and being gentle with myself." 🍀
- 7. "I am standing for giving myself hugs when I need comfort and love."
- 8. "I am standing for being proud of myself just the wav I am." 🙌
- 9. "I am standing for being brave and trying new things with a happy heart."
- 10. "I am standing for filling my days with fun and love because I deserve it."

(More child – like themes)

1. "I am embracing my true self."



"I am a shining star, bright and true!" 🔆

2. "I am committing to my values."

"I am a brave little explorer, discovering my heart!"

3. "I am nurturing my wholeness." 🐶

"I am a big hug of love for myself!" 😤

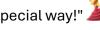
4. "I am opening my heart to self-fulfillment."



"I am a treasure chest of wonderful feelings!"

5. "I am standing in my power."

"I am dancing with joy in my own special way!"



6. "I am honoring my journey." 🔏

"I am a magic garden, growing all the best things!"

7. "I am choosing love and kindness for myself."

"I am a happy artist, painting my dreams!" 🧼

8. "I am creating a life that reflects my true

essence."

"I am a joyful song, singing my own tune!" 🎶

9. "I am seeking balance and harmony within."

"I am a cozy blanket, wrapping myself in love!" 阵

10. "I am allowing myself to grow and evolve."

"I am a little cloud, floating freely and happily!"

