



THE ART OF SETTING INTENTIONS

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WHAT'S THE DIFFERENCE BETWEEN RESOLUTIONS AND INTENTIONS?

- Resolution: *Lose Weight*
- Intention: *I choose to find ways to enjoy being active and healthy*
- Resolution: *Be more organised*
- Intention: *Create spaces that allow peace and happiness to flow freely*

By setting intentions we are programming our minds with positive mantras and affirmations that return the life experiences we seek. Positive self-talk guides us in how we want to live and engage the world. Setting intentions is not something we should only think about once at the beginning of the year, like a resolution. It is something that we should repeat to ourselves daily to ensure we don't stray from our path and are always checking in to make sure that our thoughts and our actions are in line with our intentions.

HOW TO SET INTENTIONS

Intention setting without contradiction, hidden agendas, conflict or ambiguity is one of the most powerful forces in the universe. Everything that happens in the universe begins with intention. By setting an intention, you are thinking about how you want to live, engage in the world, and get the most out of your life while looking towards the future. When you lack intention, that's when you may stray from your path, or feel like you're lacking focus in your life. We all know that setting your mindset with a positive outlook can return positive life experiences. Below is how to set your intentions.

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1. Find a quiet place to still the mind and get to the core of what you want to manifest

It is ideal that when we plant the seed of intention that we are in a restful space where your awareness remains focused on what you are trying to manifest. Intentions are much more powerful when they come from a place of contentment rather than if it arises from a sense of 'lack' or 'need'. A great time to do this is before or after meditation, especially first thing in the morning.

2. Develop a positive intention as a clean phrase

Before you state your intention it's important to think about a few things:

- *What is it that I really seek?*
- *Is it this or something else?*
- *Is it based on want or sense of lack?*
- *What would make me a better version of myself?*

Questions like these will help you turn negative phrased aspirations into positive goals. For example, instead of focusing on the need for more money your intention could be 'Prosperity flows through me and my needs will be met with ease and grace'. This has turned something potentially negative into a positive statement that doesn't actually focus on needing excess and promotes peace and love.

3. State and repeat your intention, let it act as a reminder.

State and repeat your intentions out loud. Our voice is an incredible tool that helps to secure our state of mind. Writing our intentions down is always a fantastic way to manifest them into the world around us. Place your written down intentions throughout your home space to ensure it acts as a reminder to keep your thoughts and actions in line with your intentions.