

Intention Circle Guidelines

When it's your turn in the circle, say:

"I'm grateful for _____"

"I intend that _____"

"I see a world where _____"

"I intend that, in order to manifest, all my intentions must serve the Highest Good of the Universe, myself, and everyone everywhere."

"Are you with me?"

All respond, "YES!"

Say, "So Be It."

All respond, "And So It Is."

Everyone says, "It is Done. It is Done."

It is Done."

Example

- I am grateful for all the things I have manifested recently.
- I intend that I am open to receive from both expected and unexpected sources (say as many intentions as you like).
- I see a world where we are all living in peace and prosperity.
- I say that, in order to manifest, my intentions must serve the Highest Good of the Universe, myself & everyone everywhere

So be it and so it is. It is done!

Intention Process Information Sheet

Our thoughts and words create our future

- Saying our intentions **out loud** focuses our thoughts.
- There **is** power in the spoken word.
- Positive thoughts and words bring positive experiences.
- Negative thoughts and words bring undesired experiences.
- It's important to **trust** and **know** that the things we intend are coming to us because doubt will interfere with the manifestation of our positive intentions.
- We always say that in order for our intentions to manifest, they must serve the highest good of the Universe, ourselves and everyone concerned.
- As we go around the Circle, we express our gratitude for intentions that have come to us and we state our new intentions.
- The power of the Intention Circle arises from everyone supporting everyone else's intentions.
- Clarity is important.
- We eliminate such words as **trying, hoping, wanting, to be** and **not**.
- We say things in a positive way: for example, instead of saying "**I am not afraid anymore**", we say "**I intend that I am courageous**".
- We don't name sicknesses in our Circles: we see everyone in their Highest Light.
- We say our intentions daily, and we gather together at least once a month.
- We don't know **when** or **how** our intentions will manifest for us, we just know that they will!
- We always end our intentions with our seven favorite words: "**So be it and so it is!**"

We share our dreams instead of our dramas

Intenders of the Highest Good

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