

## Harness the Power of Your Mind.

### Intention + An Elevated Emotion = a New Energy!

Identify an “Intention”... being mindful of your intention as part of your meditation practice is believed by Quantum Scientists to increase the chances of turning your intention into Reality.

Now bring your intention to life with an Elevated Heartfelt Emotion - without this your Intention is like a flat line on an EKG!

#### The Specific

### Intention I am setting for myself

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What is my Greatest Intention?

What do I desire to Create as I move forward with my life?

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What is the Elevated **Emotion** I expect to feel once I have achieved my Intention?

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Next choose a **Symbol** that will remind you of your intention when you think of it. Here’s why: Occasionally a meditation will ask you to visualize this symbol as you think about your intention.

*Example:* A letter of the Alphabet might work well as a reminder for you.

Or an everyday symbol like a heart of dollar sign. Or a symbolic object from your everyday life – car, pet, photo, whatever best helps you to quickly bring your intention to mind.

Note below the symbol that will remind you of your intention:

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