

# Intention Empowerment

instructions

## About The Intention Empowerment

The Intention Empowerment is a special energy to help create positive intentions. Intention is different from “attraction.” Attraction implies a passive interaction with the world, where you “attract” things based on your mood and thoughts. Intention is more active. It is about using the power of your mind to improve your life and lift up the energy of the world around you.

This empowerment helps shift your energy to make it easier to create what you want.. It is not a guarantee and it cannot change the free will of others, so it is a good idea to work with an intention that is about you and what you can control in your personal sphere of influence.

For example, let's say you are unhappy with how your boyfriend treats you. Try the proactive statement: “I intend to have a positive, supportive romantic relationship” rather than “I intend for so-and-so to treat me better.” It may be that your relationship will improve, or, you may be guided to end the relationship and start a better one with a more appropriate partner.

## To Activate

This empowerment is meant for personal use and not for use with clients. It is very simple to use:

Go into meditation and connect with your higher self. Focus on your intention. Then ask your higher self to energize your intention with the 2009 Intention Empowerment.

## Share Your Intentions

If you wish, you can share your intentions with others to benefit from group energy directed at your intention. You can do this by creating an intention support group. You can also share your intentions online at The Intention Project website:

<http://www.intentionproject.com>

## To Attune Others

Connect to your higher self, and then the higher self of the recipient. Ask to connect to the “Intention Empowerment” energy. See it as a golden ball of light.

Use your traditional attunement method if in person to send the ball of light into the crown chakra.

Via distance, imagine the person in front of you as you send the ball of light to the recipient.

There is no time-limit or limit on re-attunements.

This energy can be freely shared with anyone, and it is also OK to charge for providing a personalized attunement if you offer attunements as part of your Reiki practice.

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