

SET YOUR INTENTION AS DAILY-PRACTICE GOALS

VISUALIZATION TO GROW INTO FULL POTENTIAL

Anonymous

LIGHT GROWS AND TRANSFORMS ALL AS I TUNE INTO THE FOLLOWING VIBRATION

- 😊 *I live a life guided by mental/emotional wellness and embodiment of the spiritual qualities.*
- 😊 *I let go of all self-made suffering (fear, neurosis, attachment to material possessions, etc.).*
- 😊 *I feel all spiritual qualities and give from a non-ego based source.*
- 😊 *I maintain mental/emotional wellness by understanding myself as a conglomeration of elements; I am malleable with an indestructibly strong will and positive thoughts. I can give up and create whatever I want with the firing of will.*
- 😊 *I choose calm wellness through focus on the Divine and alignment with its highest intentions.*
- 😊 *I avoid triggering environments and surround myself with supportive functional environments. Activities are flexibly structured and at the same time spontaneously enjoyed.*
- 😊 *I choose to keep a balance between short/long term need of self and others.*
- 😊 *All areas of my life are simple, organized, and in control. I consistently clean, simplify, and organize to maintain a pure vibration in material reality.*
- 😊 *To compassionately nurture myself, I choose what makes my physical body feel consistently well; healthfully clean/warm, inside and out. I eat a flexible diet of fresh fruits, vegetables, grains, legumes, eggs, yogurt, and 2-4 servings of fish and chicken a week. I exercise for 45 minutes a day (running, basketball / strengthening, stretching, yoga).*
- 😊 *I have a healthy mental attitude/vibration.*
- 😊 *I generate a calm, clear, willing, positive essence through divinely centered awareness.*
- 😊 *I choose to maintain a healthy vibration through about an hour of methods a day (energization, prayer, meditation and other spiritual methods in the morning, evening, and within free times).*
- 😊 *I feel a steady flow of vitality, vigor, and newness.*
- 😊 *I consistently act on creative inspiration --- shaping abstract and concrete material (cooking dinner 4 or more nights, writing in evenings, gardening in mornings and weekends, making visual art occasionally).*
- 😊 *I engage in counseling and healing therapies to reprogram my mental and emotional trauma and remain calm and positive.*

😊 *During free time I regenerate by practicing spiritual methods, relaxing, writing, engaging in activities with friends, working on creative projects, enjoying time in nature, with music/massage/sauna, and occasionally letting loose in a healthy way (dancing, games, etc.).*

😊 *I am involved in healthy work that satisfies both my Divine passions and serves others.*

😊 *I am credentialed and fully prepared to fulfill the needs of a well-paying job that is financially stable and manageable stress-wise, allowing me to support family over the long-term. I manage money by keeping to a budget.*

😊 *I am aligned, disciplined, and persevering - lovingly and compassionately gratifying soul-desires and the Self only.*

😊 *I maintain motivated energy with the traction of a spiritual path and footing of Divine purpose. I choose to work until tired, using empty time to relax and sleep, saying remembrances before meals, and maintaining one-pointed focus on the Divine.*

THIS SEED IS PLANTED TODAY TO BENEFIT ALL.