

WAVE GOODBYE TO IDD

JOURNEY FOR THE ADVENTUROUS SOUL



**SANDY
HOUNSELL**
SET YOURSELF FREE



PUT PURPOSE IN
YOUR WORDS

ANXIETY FREE

sandyhousell.com



INTRODUCTION

Setting Intentions to create a more fulfilling life is much more positive than wishful thinking. Setting intentions creates a powerful energetic thread that just simply grows stronger and stronger the more we apply loving intent. Even our thoughts become intentional. We act with intent. Outcomes are therefore 'intended'. That thread now charged with positivity and focus starts to weave its magic. It flows through the universal consciousness finding and creating avenues that lead to fruitful outcomes.

Applying intentions brings about:

- positive outcomes
- being in the driver's seat
- focus and motivation
- self awareness
- relationship with self

STEPS TO SET INTENTIONS

STEP 1 | Write a list of positives that you want in your life and a list of things you want to let go of.

This not only creates balance, energetically, but it helps to shift the blocks that are in your way. You are letting the Universe know that you are willing, not just to receive, but also to help yourself discard the negative in your life. Great trade-off! Of course you could just stick to a 'desire list', but why not get help to shift the old stuff that hinders your overall wellbeing at the same time!

Example: Positive list of intentions:

- Have more time for self development and pursuits
- To be more organised

- Develop confidence and feel secure in work and relationships
- Spend more quality time with my children
- Feel unconditional self love and self acceptance
- Set boundaries on my time
- Friends who will respect and honour who I am
- Regular time out for reflection
- Improve existing relationships -(open and effective communication, feel supported, work together more in harmony, feel heard, understand each other better). This can be with your partner, siblings, parents, children or relatives



STEP 2 | Perform some small action to get things rolling

When you ask for something that feels way out of reach, like a raise of pay for example, or a career that will take you on a path of your dreams, baby steps are necessary to help move you closer to build confidence in the possibility. Prepare yourself by seeking out opportunities. Make an enquiry about training that will lead you to that dream of a career, build a list of people to connect with that can get you into the right circles etc. Taking small actions may lead to that raise in pay. Of course, if you are already doing that and the raise is not forthcoming, and doesn't look as if it ever will, simply ask the Universe to open a new door that will lead to fresh pastures - to a career that will be fulfilling and self nurturing; one where you will feel appreciated and justly rewarded.

STEP 3 | Visualise your intentions

You can further embellish your intentions with a vision board and make it so that whenever you look at your board, you are immediately uplifted and filled with enthusiasm. Don't worry if you don't get everything down at first, as you can always add to your lists as things come to mind. Pinterest is great for creating vision boards.



STEP 4 | Create a list of intentions of things that you wish to let go off

Such as:

- Disorganisation
- Insecurity
- Fear of letting go
- Situations that are not fulfilling.

YOUR LIST IS READY SO WHAT NEXT?

Now it's time to present your intentions to the Universe. Sit quietly and meditate or connect to the Universe with a prayer. Maybe you have a favourite that you often use, or connect with a rose in your heart chakra. Use whichever way you feel the deepest connection. See before you or imagine a brilliant white ball of light and step into the centre of the light. Breathe it in to your body and allow it to flow out of you back into the surrounding light. You are connecting to your divine Self, your Soul, hence to Source. Present the list and ask that what you ask for, you receive with love and grace. Imagine all that you are requesting is provided to you; that you have it already. Play in the scene that you are creating. Feel yourself in that new life enjoying every moment. Breathe it in, feel it and make it real by turning up the colour and the sounds. Play in it and enjoy it! Feel gratitude for what you are creating and receiving easily bringing your future to you without the struggle.



You can do this weekly or daily. Go by how you feel or are guided. Be open to what you are shown and what is presented you progress, giving you further insight to help you let go of negative thoughts and become a Creator of your own world instead.



*Intentional thinking is **much** more powerful than wishful thinking!*

**SANDY
HOUNSELL**
SET YOURSELF FREE



**Soul Connection Healer, Mentor, Clinical
Hypnotherapist**

"As a soul connection healer I specialise in helping ambitious, professional women experience emotional liberation creating real balance and harmony in their relationships, so they can achieve unlimited success in both their professional life and their love life"

I am really passionate about helping people live a life without fear or any limitations.