

Fulfill your Intentions: Gather from Heaven & Earth Intention Ritual

By Rebecca McLean

Intentions are about what you *really want* – at the core or heart of your being. Intention comes from *within*. It is what you want to want to feel, or be or experience.

Now bring your conscience awareness to your intention-*My intention is (fill in the blank)*

Intention Ritual

Begin by creating sacred space. Clean or clear area and create an uninterrupted space (turn off phones) Gather needed supplies: your water, aromatherapy, incense, etc.

1. Prepare your altar or ritual place using something from nature, a photo, or symbol.
2. Use movement if desired. Yoga, Qigong, open hands reaching upward – gathering or centering and opening your body and mind to receive fresh new life force energy and blessings. Breathing practice for 2-3 minutes.
3. Purifying by using the essence of plants by burning sage (called smudging), incense or essential oils / aromatherapy. Some ways to use essential oils is to rub a small amount of essential oil into your palms and palm gently over your face, head and heart. Or make a spray mixing essential oils and water.
4. Ring a bell or chimes, gong a bowl, drum, rattle, chant, sing or listen to music. Use sound as a clearing and centering vibration & bringing your attention to the present moment. Allow yourself to resonate with a beautiful sound or frequency.
5. **Invocation:** Using yours words to call forth and connect with Divine presence. Next, take some deep breaths in and out and bring your awareness down to your heart. Imagine for a few moments you are breathing in and out of your heart. Take this time to express gratitude to God / Source for, any form of support you received from the intention you set previously. Or express anything you are truly grateful for and keep your awareness on the feeling of gratitude.
6. Next state your intention out loud (for the day, week). State also your affirmation. Best if you can write them down somewhere you will see it (index card).
7. Light a candle, to bring light, fire, energy and illumination to your intention.
8. **Key** – Now visualize yourself with as much detail as possible, as if you were truly there in this moment, with your intention fulfilled.
9. **Most important-combine 9& 10.** *Feel* your visualization. Feel what you would feel if it was already done. Imagine you have already received what you want. How would you feel? This is a real key to success of fulfilling your intention. Resonate, focus, feel and be a “vibrational match” for what you want.
10. In advance, thank God / Source that your intention is already being met and fulfilled, and you look forward to seeing the evidence unfold in your life.
11. Now drink your sacred water. You may choose to tape a message or put an image on your water bottle or glass, one that you want imprinted on the water. Drink the water, which will carry your message and infuse and permeate the cells throughout your whole body. Gratefully receive the cleansing and renewing water (our bodies are over 80% water) as it creates a positive, healing message in your body and mind.
12. Choose a way to close: such as a prayer and blessing to all beings.