

Intention Writing Exercise

It's important to set your intention when you want to create a relationship. But the "normal" way of doing it isn't quite powerful enough. If it were you'd already be with him right? In this intention setting we're going to take it to the next level.

In order to create something in your physical reality you must first create it in your energy field.

So take some time to close your eyes, drop in and imagine your ideal relationship.

Now write it all down. Everything you want in a partner.

Now read through your list. If you had all of that in a relationship, how would it make you feel? Would it make you feel revered, supported, loved, joyful, etc...?

Make a list of all the ways you would feel once you had this relationship.

Now choose the 5 most important qualities to you and assign a color to each one

Quality

Color

Close your eyes and drop into your column of light. Now choose the first one. Maybe it's support. Imagine the color that you've given to support. Imagine that color running up and down your column of light. Feel the vibration of being supported. Imagine how you would feel in your body if you knew without a doubt that you were fully supported.

Now repeat with each of the qualities.

Do this on a daily basis. Give yourself the experience of feeling and moving all of these qualities through your energy field.

The stronger this becomes within you, the easier it will be to attract the relationship that reflects those qualities back to you.

Enjoy!