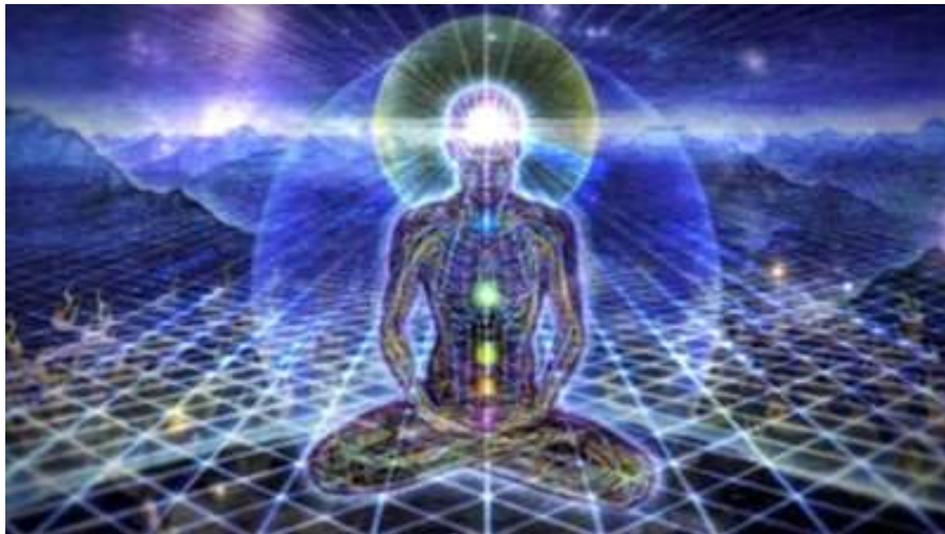


Engaging the Power of Manifestation

*Creating and Aligning Your Goals
Using Purge Declarations and
Intention Statements*



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and
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Engaging the Power of Manifestation

Table of Contents

<u>Welcome</u>	1
Unified Field	2
Nature Intelligences (Devas)	2
“Kid/Adult” Paradigm	2
Titles, Signatures, Dates	3
Closing Statements	3
<u>Purge Declarations</u>	5
Preparing to Purge	5
Writing the Purge Declaration	5
The Purge Process	6
<u>Intention Statements</u>	7
Before You Write Your Intention Statement	7
General Guidelines for Creating Intention Statements ...	7
“Kid-Check” the Language	8
Using Examples of Intention Statements	9
<u>Steps to Create in the Unified Field</u>	10
<u>Calibrating Your Intention Statement</u>	11
Exhibits	
<u>Sample Purge Declarations</u>	13
<u>Sample Intention Statements</u>	16
<u>Meet the Authors</u>	32

Engaging the Power of Manifestation

Engaging the Power of Manifestation

Welcome

You have the power to create the life you authentically want. There are many paths to this power. If you have found your way to this offering, welcome. Here, you will find tools to clarify and strengthen what you want to create in the world—for your life, business, family, etc.—as well as references to additional resources and examples of language you can adapt to your specific desires.

Some of the most powerful tools we have to consciously create the life we want are the purge declaration and intention statement processes. This offering outlines several steps you can use to easily eliminate from your conscious reality that which is blocking your awareness and the ability to manifest by drawing to you that which you wish to create.

While these processes work very successfully for many people, they are suggestions only. Please review this material with an eye for what will work best for you at this time. Feel free to use these exactly as they are or to adapt them to what will work best for you. There is no “right” or “wrong” path to manifestation. What is valuable is that whatever process you use allows you to focus and direct your intention. Trust yourself to know what is best for you at any given moment.

There are two aspects of the process outlined here:

1. Purge Declarations

Purge declarations are a critical part of the process of engaging your power to manifest what you want. These documents/letters declare what you wish to remove from your reality (both conscious and unconscious). This will open space in your beingness to create from an unencumbered awareness of what you wish to bring into your life.

2. Intention Statements

These statements clarify your thoughts, desires, and intentions into a concise, accurate written and/or visual reflection. This offers you immense power to manifest. Developing a clear intention and partnering with the parts of the Universe that create form consciously joins your desires with reality—amplifying your ability to create many times over.

Unified Field

The Unified Field is the source of all creation, containing a collection of every thought, word, and deed that has ever existed in the past, the present, and all future possibilities. This information is imprinted upon a subtle element of love that permeates and creates everything in the Universe. This is called the Akasha, which is a Sanskrit term meaning “primary substance.” It is also known as Heaven, the Book of Life, the Cosmic Mind, Universal Mind, the Eye of God, the Word of God, and the Akashic Records. This is where Nature Intelligences exist as the strings of creation—the Source of all that was, is, and will be.

Nature Intelligences (Devas)

Nature intelligences exist in the Unified Field as vibration. They are the part of the Universe that actually creates all form, whether we work consciously with them or not. Aligning our consciousness to partner with the nature intelligences is the most direct and powerful process we can use to manifest our intentions and visions. You are actively and consciously co-creating with Nature.

As soon as you decide to work on a particular project, manifest a dream, or write a purge declaration or an intention statement, a collection of nature intelligences coalesce in the Unified Field to bring that into reality. This collection is called a “Deva.” There are separate Devas for separate projects, intentions, etc.

“Kid/Adult” Paradigm

The Kid/Adult paradigm outlined in the “Who’s Running Your Life?” program is a critical part of this purge/intention/visioning process.

Your Kid self can create as powerfully as your Adult. The problem is, they will create based on the Kid’s need for safety, security, survival, and monitoring the goodwill of others. Your Kid cannot access the same parts of the Unified Field that your Adult can because their veils block access and vision of the range of options available to your Adult.

Your Adult has direct access to the Unified Field, without the filters and limitations of the Kid-self. Your Adult is the part of you who can create in conscious partnership with the Source of all that is.

Writing your purge declarations, intention statements, and/or creating vision boards from your Adult mind will drastically change what and how you manifest.

You can learn about the Kid/Adult paradigm by downloading the free [“Who’s Running Your Life?” ebook](#).

Engaging the Power of Manifestation

Titles, Signatures, Dates

We recommend putting a title on each purge declaration and intention statement. This title holds the energy of the declaration and intent.

We also recommend you sign and date your declarations and statements, further adding power to the process.

Closing Statements

At the end of each purge declaration or intention statement, we recommend you find a closing phrase to tell the Universe you are putting this in its capable “hands” to act on.

Below are some examples. Try these on and find a closing command that feels right for you.

- Right be.
- So be it.
- Blessed be.
- And so it is.
- Amen.

Undermining Your Own Manifestation Goals

Let's say you go through all the steps to purge resistance and/or blocks to manifesting your intention. Then you write a stellar intention statement, calibrate it, and read it out loud routinely. Then, nothing happens. What now?

First, look for invisible post scripts (PS's). For example: After your purge declaration, you write and calibrate an intention statement that describes the perfect job or vocation. Then, unconsciously you say to the universe “Yeah, but nobody will hire me for this kind of job.” The Universe will “hear” that PS and negate your intention.

Similarly, when the Universe co-creates your intention, avoid saying or thinking **“I can't believe it worked.”** Again, the Universe responds to your intention. Your words and thoughts are an extension of that.

***You get to what you focus on.
Make sure you stay focused on what you want.***

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Getting Help Writing Your Intention Statements

Intention statements are tools to consciously align the elements in the Unified Field to manifest in your reality. That requires you to personally get clear about what and how you want to manifest.

After you get quiet, collect your thoughts, and clarify your focus, draft your intention statement. If you feel you want help, this is the time to ask a trusted source to review it and give you feedback. Be sure to run any and all suggestions from someone else through your filters and make sure it is in alignment with your true intention.

The power of these statements is undermined if you just copy someone else's statement, simply use one of the examples in this package without amending it for your specific intention, or if someone else writes your intention statement for you.

Writing Intention Statements for Someone Else

There is one instance when you CAN write and/or read an intention statement for someone else.

In the event someone you are closely bonded to cannot write or read their own intention statement, you can do so on their behalf WITH THEIR CONSENT.

For example, Joan's 34-year-old son, Mark, had a stroke. He was hospitalized and his outcome was uncertain. With Mark's permission, Joan wrote and calibrated an intention statement for Mark's health and wellbeing—affirming a complete recovery from the stroke. Again, with Mark's permission, Joan read his intention statement on his behalf every day until Mark recovered enough to do decide if he wanted to do so on his own.

“By banishing doubt and trusting your intuitive feelings, you clear a space for the power of intention to flow through.”

Wayne Dyer

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Purge Declarations

Purge declarations are the first step to engage the power of manifestation. This begins with an exploration of the conscious (and often unconscious) thoughts, beliefs, and assumptions that no longer serve you and may be an impediment to manifesting your desired outcomes.

Preparing to Purge

When you write a purge declaration, you want to understand the depths of the energy you desire to eliminate. Before you attempt to purge this energy, give yourself the space and the time to fully connect with it.

It is best to do this exercise when you can create some quiet time, away from distraction. Turn off your phone, the tv, whatever causes distraction. Put on soft music if that will help to bring you some calm. Have a pen/pencil and a note pad handy.

As you begin to focus on what you desire to purge, begin to make a list of people, situations, things, and/or circumstances that calibrate any anger, fear, anxiety, shame, or guilt. Write down everything that comes to mind about that given situation or energy you wish to purge.

Continue adding to this list until you are sure you feel you have the list complete. At this point, begin to formulate your declaration to the energy. If it is about a particular person or persons, address the declaration directly to them, as if they were face to face with you. If the energy is not a person, write to the energy as if it were a person.

Writing the Purge Declaration

Write the declaration, keeping in mind everything you put on your list, and do not hold back. If you feel the need to curse it, then do it. Yell at the energy, admonish it, do whatever you must to empty yourself of everything you want to express. Don't hold back. This is your moment to release it all.

Once you have completed the declaration, use a statement that declares:

“I hereby release this energy, never to be returned.”

Additional language is contained in the Exhibits section of this document.

Engaging the Power of Manifestation

The Purge Process

Once written, it is time to fully purge the energy by burning a paper copy of the declaration.

- Begin by centering yourself.
- Read the purge declaration out loud, sending the vibration of your voice into the paper you are holding.
- Feel yourself empty of these energies, resentments, pain, frustration, etc. as you make your declaration.
- Go outside and burn the paper copy of your purge declaration*. Observe the fire as it consumes all the vibration you declared. Observe your body, mind, and energy field as these impediments are deleted from your reality.
- Once the fire has completely transformed all you purged, release the ashes to the earth.

*Please note: Burning the purge declaration is of absolute importance in completing the purge. It is best to burn these letters outdoors--so the energy is not left "hanging" around your personal space.

If you have your document stored on my computer, be sure to delete it from your files BEFORE you burn the paper copy. Holding these documents in electronic form blocks the power of the purge process.

Return to the purge declaration process routinely – anytime you want to eliminate from your body, mind, emotions, or energy field what which no longer serves you.

Examples of Purge Declarations

In the exhibits section of this document, you will find a blank template for purge declarations and samples of purge declarations. Use these to stimulate your own purge process.

Next Steps

Now that you have purged from your beingness the impediments to your intentions, you are ready to begin the intention statement process.

[Intention Statements](#)

Now that you have purged the impediments to manifesting your desires, it is time to begin the intention statement process. This is where you will declare to the universe, in present time, specifically what you intend to manifest.

Before You Write Your Intention Statement

Begin this process by becoming clear about what you want to create. One option is to do a meditation/visualization. Quiet your mind. Connect to the Unified Field in any way that works for you. Ask for guidance as you formulate a “picture” in your mind of what you want to create. Imagine it has already manifested. “See” it in your mind. Visualize all issues/components of what you want to create: money, space, people, time frames, etc. Visualize the details: How is abundance coming to you? How does it feel? Who else is a part of this vision? Where are you? How are you relating to the space/people/events/etc.?

Don’t worry about sorting out Kid/Adult at this point. Use this as a freeform process—a brain-drain.

Once you have a “picture” in your mind about what you want to create, brainstorm by making a list or create a “mind map” or a vision board that represents your vision. If you are working on a very broad area of focus, break your lists into categories (see the example of the Sander’s family statement included in this material). If you have several areas that are not related, you may want to create separate intention statements for each one.

General Guidelines for Creating Intention Statements

After you become clear about WHAT you wish to create, begin drafting language that reflects those desires. Use whatever language authentically reflects who you are and what you want. In particular:

- Be **specific**. The Universe responds to ambiguity with ambiguity. The more specifically you define your desires, the more specific the results will be.
- Always use **present tense**. Write your intention to affirm that it is happening NOW.
- Include how you want your manifestation to **feel**, as well as what you wish to create.
- Use only **positive statements**. Avoid focusing on what you don’t want.
- Include everything you desire—**aim high**.
- ALWAYS end with **“My reality easily and gracefully reflects this or better.”** This consciously releases your attachment to the outcome and lets the Universe handle the details. There might be something better out there for you. You want to free up the Universe to allow the flow of what is in your highest light. (Suggested language for the end of each intention statement is in bold in the following section “Using Examples of Intention Statements.”)

[Engaging the Power of Manifestation](#)

An intention statement can be a few sentences, as long as it is specific. Be aware of feeling overwhelmed by the process of writing an intention statement. That usually is an indication your Kid is in charge and cannot get clear. Relax. Tell them you've got this. Go back to your visioning process, get clear on what you, the Adult, authentically wants to create. If necessary, do the purge declaration process again.

“Kid-Check” the Language

After you have drafted your intention/vision statement, put it aside for a short while. Let it “stew.” When you come back to it, “Kid-check” your language. Is it specific, neutral, present tense, grateful, and positive? If not, revise the language to bring it into alignment with your Adult’s intention.

Avoid letting your Kid set your path—their focus is limited. The focus of your Adult has unlimited potential and power—in alignment with what your Soul knows is the most desired path for you right now. In the book “Who’s Running Your Life?” there are several recommendations for checking the “Kid’s” language.

You will be happier with the results if your Adult is the one manifesting your future. The outcomes of using Adult language to create your intention statement are powerful, specific, and truly represent living in a state of trust—trusting that the Universe has your back at all times and everything that happens ultimately happens in your best interest.

Recognize the power of the words you are using and be sure you are focused on what you really want to create.

“The ancient Vedic texts known as the Upanishads declare, “You are what your deepest desire is. As is your desire, so is your intention. As is your intention, so is your will. As is your will, so is your deed. As is your deed, so is your destiny.” Our destiny ultimately comes from the deepest level of desire and also from the deepest level of intention. The two are intimately linked to each other.”

***— Deepak Chopra,
Synchrodestiny: Harnessing the Infinite Power of Coincidence to Create
Miracles***

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Using Examples of Intention Statements

The Exhibits section of this document offer several examples of real-life intention statements. The names and details have been changed to protect the privacy of the individuals who wrote and calibrated the statements.

Use these examples as guidelines to inspire the most powerful language you can use to write your own intention statements.

As a review, be sure to follow these suggestions:

- Always state your intention in present tense.
- Focus on what you want (avoid language about anything you don't want to create).
- Be specific, clear, and purposeful—aim high!
- Kid-check your language. Make sure you are asking for what your Adult wants (following the Kid/Adult paradigm outlined in the “Who’s Running Your Life?” program).
- Release your energetic attachment to exactly how and what happens. Trust yourself, your Soul, and the Universe.
- As events occur and/or your intention changes, revise the language and recalibrate the statement in the Unified Field. Stay in the flow. Take in new information and adjust as desired.
- As appropriate, revisit the purge declaration process.
- End each intention statement with a version of the following. Feel free to amend this language to what works best for you.

“I let go of all conscious and unconscious resistance, discomfort, limiting thoughts and beliefs, emotional, and physical fatigue. I release my attachment to the outcome. I am connected to my highest light source and I trust in the truth of the highest light reality.

I am safe. I have unlimited energy and guidance.

My reality easily and gracefully reflects this or better. Right be.”

- Last tip: ***HAVE FUN!!!***

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[Steps to Create in the Unified Field](#)

Below are general guidelines about how to create your intentions (adapted from the work of Deepak Chopra). Use this to help you clarify your intentions, gather support, and release attachments.

1. **Access the Unified Field**

Use whatever process you are most comfortable with to consciously connect to the unlimited Universe (meditation, prayer, etc.) You can do it as simply as breathing and asking Pan to come forward to help you manifest your intention. (Pan is the CEO of the nature intelligences--the part of the Universe that creates all form.)

2. **State Your Intention**

Read your intention statement out loud. Recognize the power of your words to create. Your voice carries vibration. Read your intention with conviction and passion.

Stay true to your intention by **telling no one unless they are closely aligned with you and your intention.**

You can amplify your intention by telling those who **ARE** closely aligned with you and your intention. Be sure they can truly hold space for you without attachment to the outcome.

This allows those who are aligned with you to support you, while avoiding others who may unconsciously poke energetic holes into your intention.

3. **Let Go of Your Attachment to the Outcome**

Release any attachment to what, how, or when things happen. You have asked for "this or better." Resist the temptation to tie the Universe's hands. Relax and trust the Universe has your back.

4. **Let the Universe Handle the Details**

Things will fall into place at a pace your Soul knows is in your best interest. Live in a state of trust and let it happen. Put actions in place that support the Universe in manifesting your intention—and look for course corrections as they come up.

Engaging the Power of Manifestation

[Calibrating Your Intention Statement](#)

Once you are comfortable with the content and language of your written intention statement, it is time to ask the Deva of your intention to align the elements of the Unified Field to manifest your desires.

Here are some simple steps you can use to calibrate your intention.

1. Access the Unified Field.

Use any process that allows you to connect to source. Center, still your mind, and ask to be connected to the Deva responsible for what you wish to manifest.

2. Read your intention statement out loud.

Read your intention statement out loud with conviction and passion. You are creating vibration with your voice that transmits your desires directly into the Unified Field, where creation begins. ***Make it count!***

3. Calibrate with the Nature Intelligences

In this step, you will sit quietly in meditation as the nature intelligences vibrationally align your intention in the Unified Field to bring it into reality.

Ask: ***“How much time is required to complete this calibration?”***

If you know how to muscle test, do sequential testing to determine how many minutes nature desires for this step (usually between 5 and 30 minutes). If you do not use muscle testing, use whatever method works for you to intuit the amount of time required to complete this step. If in doubt, plan on 20 minutes.

Set a timer for the time identified by nature for the calibration period. Relax in a meditative state while you focus on your intention.

At the end of this calibration period, bring your focus back to the moment. Note any insights, stories, images, feelings, or questions you became aware of during the calibration.

4. Appreciations

Thank the nature intelligences for their support by stating:

“I wish to release all nature intelligences from this calibration now with gratitude and appreciation for their support.”

Go on with your day. Trust what is in your highest light is being put into place on your behalf. Release your attachment how or when these manifests. Trust the Universe.

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5. **Regular Practice**

Frequently (as much as daily), read your intention statement out loud. Do so with conviction and passion, recognizing the power of the vibration of your words “recharges” your intention and helps you to maintain your partnership with nature to co-create your intention.

6. **Revising the Language/Recalibration**

Intention statements are “living” tools used to create. With time, circumstances may change or you may obtain new information that affects your intention.

Notice where there are changes you desire in your intention statement and revise the language to reflect what you want. Then, ask if it needs to be calibrated again. If so, follow this same process to “re-calibrate” your intention statement.

7. **Pay Attention and Take Action**

Action is a critical part of the success of this process.

Once you’ve gotten clear about what you want to create and you’ve calibrated your intention in the Unified Field, it’s time to act when opportunities arise in alignment with your intention statement. Lighting a candle, reading your statement, meditating—all these things help to align your intention. It does not replace the need to take positive action in the direction of your desires.

Look for opportunities from the Universe to manifest what you have identified—then take the leap! Get help from a coach or consultant if you need it to develop action plans that will help you manifest these intentions in the real world.

Remember, this is a living, organic process. Things may change in your life that affect your intention. Simply work consciously with nature to refocus.

Lastly, relax. You’ve got this. Have fun!

“Whatever you vividly imagine, ardently desire, sincerely believe, and enthusiastically act upon... must inevitably come to pass.”

Paul J. Myer

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EXHIBITS

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## Sample Purge Declaration

### **Purging Joe Smith**

I write this declaration to my soul, to my spirit guides, to the Universe, and to you, Joe Smith. I declare that right here, right now, I permanently and completely sever all obligations, and agreements to be connected or bound energetically in any way.

I have allowed you to verbally abuse me, treat me with disrespect and take advantage of my loving nature. You have lied to me, deceived me, and played an integral part in damaging my self-worth and self-esteem. I forgive you so that I may fully release this energetic connection between us, knowing full well that I played a part in allowing you to have this control over me.

I forgive myself, for not recognizing and accepting my own power, the power to speak my truth and defend my integrity. While I forgive, I shall not forget that no one can harm me lest I allow it to be so. With this knowledge and understanding I stand before the Universe in full declaration that I am worthy, I am capable, I am a divine spark of creation.

I hereby release all energies, obligations, shame, guilt, low self-worth, low self-esteem, anger, and fear, NEVER to be returned, fully awake and aware that these energies no longer hold any power over me in any way. I am open, receptive, and responsive to the living spirit of truth and accept nothing less than light, love, and peace in my life forever more.

And so it is.

---

Name

---

Date

## **Engaging the Power of Manifestation**

## Sample Purge Declaration

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Purging Co-Dependency

I write this declaration to my soul, to my spirit guides, to the Universe, and to you, the energy of co-dependency, I declare that right here, right now, that I permanently and completely sever all obligations, and agreements to be connected or bound energetically in any way.

I alone am responsible for allowing YOU, the energy of co-dependency to rule my life. While I may not have been aware of what I was allowing into my life, I claim responsibility, for I alone can remove you from my life.

You have surrounded me, caused me to be self-critical, caused me great shame and guilt. You have given me opportunity to ignore my own feelings and needs. You have made it an imperative in my life that I focus on pleasing others, afraid of disappointing others at the expense of my own happiness and self-worth. You have caused me to play the role of perfectionist, becoming critical of others, nagging, and controlling, hiding my own feelings of lack and limitation.

You have created the space for me to make intimacy, open communication, and trust very difficult. I have allowed you to make intimacy with another, simply a physical act, missing out on the beauty and the depth of unconditional love.

You have given me great opportunity to absorb other people's feelings, making me very assertive and difficult to set boundaries. In the end, you have controlled my life in a manner that negatively impacts my mental health, my physical health, my finances, and my personal relationships.

I have come to this moment, right here, right now, that I am awake and aware of the power I hold to change my life. I forgive myself fully and completely for allowing YOU, the energy of co-dependency to run my life. In this moment of self-responsibility, I hereby declare that I fully release any and all obligations and agreements with this energy, past, present, and future. I am fully aware that it is my birthright to be free of this encumbrance and live a life of love, peace, and prosperity. I fully accept a life filled with happiness, love, peace, and friendship. I am capable, I am worthy, I am deserving of love both in the giving and in the receiving.

I hereby release YOU, the energy of co-dependency, never to be returned.

I also release all energies, obligations, shame, guilt, low self-worth, low self-esteem, anger, and fear, NEVER to be returned, fully awake and aware that these energies no longer hold any power over me in any way. I am open, receptive, and responsive to the living spirit of truth and accept nothing less than light, love, and peace in my life forever more.

And so it is.

Name

Date

Engaging the Power of Manifestation

Sample Purge Declaration

~~~~~

### Purging Negative Effects of COVID-19 Vaccination

I, \_\_\_\_\_, write this declaration to my Soul, to my spirit guides, and to the Universe.

I declare that right here, right now, I permanently and completely sever all obligations and agreements connected or bound energetically in any way to negative effects of the COVID-19 vaccine I received \_\_\_\_\_.

Specifically, I purge from my physical body and energy field any and all fatigue, soreness, fever, and/or related symptoms of discomfort.

I hereby release all energies, obligations, shame, guilt, low self-worth, low self-esteem, anger, and fear—NEVER to be returned—fully awake and aware that these energies no longer hold any power over me in any way.

I am open, receptive, and responsive to the living spirit of truth and accept nothing less than perfect health, light, love, and peace in my life forever.

Right be.

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Signature

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Date

## Sample Intention Statements

The following pages offer several examples of real-life, successful intention statements. The many of the names and details have been changed to protect the privacy of the individuals who wrote and calibrated the statements.

Use these examples as guidelines to inspire the most powerful language you can use to write your own intention statements.

As a review, be sure to follow these suggestions:

- Always state your intention in present tense.
- Focus on what you want (avoid language about anything you don't want to create).
- Be specific, clear, and purposeful—aim high!
- Kid-check your language. Make sure you are asking for what your Adult wants (following the Kid/Adult paradigm outlined in the “Who’s Running Your Life?” program).
- Release your energetic attachment to exactly how and what happens. Trust yourself, your Soul, and the Universe.
- As events occur and/or your intention changes, revise the language and recalibrate the statement in the Unified Field. Stay in the flow. Take in new information and adjust as desired.
- End each intention statement with a version of the following:

***“I let go of all conscious and unconscious resistance, discomfort, limiting thoughts and beliefs, emotional, and physical fatigue. I release my attachment to the outcome. I am connected to my highest light source and I trust in the truth of the highest light reality.***

***I am safe. I have unlimited energy and guidance.***

***My reality easily and gracefully reflects this or better. Right be.”***

- Last tip: ***HAVE FUN!!!***

## Engaging the Power of Manifestation

## Sample Intention Statement

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Samantha Roads Health and Well-Being Intention Statement

I, Samantha Roads, am strong, healthy, alive, vibrant, and thriving.

In support of my optimal health and vitality, I affirm the following:

- I take all actions and precautions to remain completely healthy pure and whole.
- I exercise every day while being gentle with my body. I get a full night's sleep every night and awake refreshed and energized.
- All medications, supplements, and associated modalities are integrated into my body with ease and grace, continuing to keep my body healthy and thriving.
- I maintain normal bodily functions and feelings of well-being, vibrancy, and aliveness.
- My nervous, circulatory, respiratory, immune, digestive, urinary, reproductive, endocrine, lymphatic, skeletal, muscular, and integumentary (skin) systems function optimally. Each of my body's systems work independently and collectively to maintain my health. Any and all systems that may be out-of-balance are easily restored to optimal health.
- My appetite is strong and I enjoy all of my favorite foods, while maintaining my ideal weight.
- My energy level is high and remains that way.
- My mind is sharp, clear, calm and assured.
- I am guided by physicians and practitioners who offer relevant and useful suggestions regarding all treatment options and positive outcomes. I am powerfully supported by all my health care professionals and those offering associated modalities.

I let go of all conscious and unconscious resistance, discomfort, limiting thoughts and beliefs, emotional, and physical fatigue. I release my attachment to the outcome. I am connected to my highest light source and I trust in the truth of the highest light reality.

I am safe. I have unlimited energy and guidance.
My reality easily and gracefully reflects this or better.
Right be.

Name

Date

Engaging the Power of Manifestation

Sample Intention Statement New Job/Vocation

~~~~~

### Sarah Hill's Vocation

*Vocation is the place where our deep gladness meets the world's deep need.*  
– Frederick Buechner

My vocation brings me a sense of purpose and satisfaction. My heart speaks in my vocation and I am spiritually fed by the work I do. I BELIEVE in my work. My skills are put to good use. I offer my creativity, I am productive, and I help solve problems. I am an integral part of the success of the organization. I enjoy the people I work with because they believe in what they do, and they value my role on the team. My personality is appreciated, and people enjoy working with me. My work provides opportunities for growth and self-development. I am building my skill set that will propel me to more lucrative and satisfying work. My work builds a foundation for my new life, where I am confident, financially independent, secure, and autonomous. I feel peace. I feel whole. I am happy.

My physical work space is calm and peaceful. It is well lit, preferably with natural light. I have my own work space. My work space and the larger work environment is clean, well-organized, and beautiful. I see other people regularly. The atmosphere is laid back. I am self-managed. My coworkers and supervisors are easy to work with, supportive, and respectful.

I earn \$80,000 or more annually. My commute is less than 20 minutes, or I am comfortably compensated for a longer commute. I work 30 to 40 hours per week on a regular schedule from Monday through Friday during daytime hours, ending at 5 pm or earlier. My weekends are free. My schedule accommodates my family life and I am supported in taking any time off I may need for them, i.e., sick days, doctor appointments, school closings, etc. I have a secure afterschool care schedule for the children with plenty of support. If necessary, I can bring my children to work.

I enjoy my workday and I am able to leave it there at the end of the day. I appreciate the time away from home and I am excited to see my children at the end of the day. I am a powerful and positive role model for my children, showing them what an authentic, loving, heart centered parent is. I am modeling strength as a mother, a woman, and a citizen. I instill strong values and morals in my children by living an enlightened, aware life.

I let go of all conscious and unconscious resistance, discomfort, limiting thoughts and beliefs, emotional, and physical fatigue. I am connected to my highest light source and I trust in the truth of the highest light reality.

I am safe. I have unlimited energy and guidance.

My reality easily and gracefully reflects this or better. Right be.

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Name

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Date

**Engaging the Power of Manifestation**

## Sample Intention Statement Sale of Real Estate

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Sale of 431 Main Street, Smithtown, NC 42893 Intention Statement

The property at 431 Main Street, Smithtown, NC 42893 is sold.

This house is purchased “as is” for \$375,000.00 and the buyer is excited and happy to own this home now.

All inspections for the house are done quickly and require no further actions or repairs. The buyer has cash or is pre-qualified for a loan. Financing is easy, quick, and complete.

Margaret O’Malley, the real estate agent, sells this house quickly, efficiently, and professionally as agents with Miller Realty.

I close on the house as soon as possible.

The house is in perfect shape inside and out. The new owner is free from any physical/structural challenges with 431 Main Street property. The devas of this building and the land support the new owner on all levels, especially with the changes being made to this home. All renovations go well, they are fast and easy; the city is very cooperative with the new owner.

I let go of all conscious and unconscious resistance, discomfort, limited thoughts and beliefs, emotional, and physical fatigue. I release my attachment to the outcome. I am connected to my highest light source and I trust in the truth of the highest light reality.

I am safe. I have unlimited energy and guidance.

My reality easily and gracefully reflects this or better.

Right be.

Name

Date

Engaging the Power of Manifestation

Sample Intention Statement

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### Opening Channels of Creativity Intention Statement

I, Gerald Powers, in contemplation and grateful appreciation to the Devas of my health and well-being, my spirit guides, and to the Universe in general, am excited to be fully experiencing the manifestation of my desires to open up infinite channels of creativity in my life.

I resonate fully with the work I am doing in creating beautiful abstract pieces of art, using ink and water. My skills are constantly improving as my creativity expands.

I effortlessly come up with beautiful designs to create furniture that are both functional and beautify—not only to myself, but to those who are drawn to it. I am constantly learning new woodworking and building practices and developing my craft.

I am exceedingly thankful for the ability and opportunity to easily tap into my creative abilities to write about subjects that resonate within me and am equally grateful that those who read my work are inspired and touched deeply.

I release any and all limiting, negative, or lack energy. I fully realize that I am a divine spark of light living a physical experience. It is my birthright to call forth all the abundance the Universe has, and I accept it in gratitude and appreciation.

And so it is.

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Name

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Date

## Engaging the Power of Manifestation

## Sample Intention Statement Workshop/Retreat/Conference

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The Wholeness Retreat

November 2 – 4, 2020 ~ Charlotte, NC

Intention Statement

The Wholeness Retreat is created and facilitated by Karen Wilkerson and Maria Smart. The facilitators work seamlessly together to create a warm, safe, collaborative healing environment where every program participant is held, supported, and encouraged toward healing.

The program content is organic, well-planned, fluid, responsive to the needs of the participants, and easily executed. This offering is attended by 10 women who enroll at least 5 days before the event begins on November 2, 2020. The marketing and promotion of this program are easy and highly effective. The women who are seeking this healing experience find their way to us effortlessly and timely. Each of the 10 participants are happy to pay \$500 to participate in this experience and are eager to enroll. Our expenses are minimal and this proves to be financially successful for each collaborator. Record keeping and financial management are easy and effective.

The participants and collaborators coalesce to create a highly effective, wholistic, loving, supportive, and healing experience for everyone involved. The collaborators respond to the participant's greatest desires for healing and support for each woman and the group to grow and heal. Shadow is transformed into light. Understanding and insight are readily available. Peace and love fill everyone involved in this effort. Each of the participants engage fully and enthusiastically in their own healing journey and in support of the other participants. They develop bonds of healing and kinship that serve them during and after the program is concluded.

The Devas supporting this effort fully support this program and bring it into reality, drawing the 10 participants to the journey, and holding each of the collaborators and participants in love to promote healing in their highest light. Any fears the participants currently hold related to their healing are soothed by the opportunity to participate in this program. Each participant is met where she is and gently encouraged to successfully transform her pain and fear into strength and wholeness.

We let go of all conscious and unconscious resistance, discomfort, limiting thoughts and beliefs, emotional, and physical fatigue. We release our attachment to the outcome. We are connected to our highest light source and we trust in the truth of the highest light reality.

We are safe. We have unlimited energy and guidance.

Our reality easily and gracefully reflects this or better. So be it.

Name/s

Date

Engaging the Power of Manifestation

Sample Intention Statement Relocation

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### **The Sander's Family Move to Scotland Intention Statement**

Mary, Gregory, and Barbara move to Scotland on or before August 15, 2017. The move is easy, joyful, effortless, celebratory, and fun. Nothing is forgotten, left behind, or missed.

#### **Sale of House**

On or before July 31, 2017, Gregory and Mary accept an offer of \$645,000 or more for the house at 701 Alto Street, Phoenix, AZ. The house is sold fully furnished.

The buyer/s currently have cash or have funding approved and available immediately. If the buyers have the house inspected, the inspector reports that the house is in good condition and not in need of any further repair. The buyers are pleased with the condition of the house itself and desire or require no further repairs or improvements. Their offer on the house is easily and effortlessly completed and they purchase the house and its contents and furnishings.

Mary and Gregory settle on the house and have the funds from the house sale available to them in Scotland on or before August 31, 2017.

#### **Visa to United Kingdom**

The sole-representative visa request for Gregory Sanders (with Mary and Barbara entering as his dependents) is approved and granted by the United Kingdom High Council on or before August 6, 2017. The visa process (including all interaction with Kathy Peirce and the High Council) between now and the approval is easy and effortless.

#### **Traveling**

All travel from Phoenix, AZ, to Edinburgh, Scotland, for this move is smooth, easy, fun, trouble-free, and enjoyable.

#### **Financing**

All monies required for the move or any portion of the move of Mary, Gregory, and Barbara to Scotland is available and easy to access. There is plenty of money to pay for school, pay off all bills and debts, pay for all moving expenses and travel, to pay for living expenses while we are in Scotland, and for any other purpose we deem appropriate.

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## **Moving Our Possessions**

All of our property is shipped within days of our departure and arrives at our door in Scotland safely and undamaged within 4 weeks after it ships. The entire process is easy. All administrative and customs-related issues are smooth and effortless on our part. We fit all our boxes and belongings in the 200-cubic feet allotted. We have no additional fees or charges beyond the \$2,555.00.

## **Our Home in Edinburgh, Scotland**

Mary, Gregory, and Barbara love our new home in Edinburgh, Scotland. The home is quiet, in a location that we love and enjoy being in. We furnish our home soulfully, beautifully, inexpensively, and comfortably. We complete furnishing and decorating the home quickly.

## **Transportation**

Gregory and Mary's GMC Yukon sells for \$12,000 or more. It sells by September 30, 2017. Gregory and Mary purchase a car they love that has room for the whole family, runs well, and is in great condition when they are ready and want to. They have the money to purchase the car whenever they want.

## **Our Lives in Scotland**

Barbara loves her school and is very comfortable there. She has wonderful teachers who understand her and are helpful to her learning process. Barbara manages her academic load easily, joyfully, and without stress. She develops wonderful friends quickly and is very happy.

Mary, Gregory, and Barbara each and collectively have a blessed, happy, and joyful life in Scotland, filled with creativity, empowerment, love, and good health.

Gregory finds balance in his life; physically, emotionally, mentally, and spiritually. His work feeds his soul and supports the family abundantly. When he is ready and wants to, he develops a wonderful group of patients and works the hours he wants so that he stays rested, well, and connected to himself. He continues to be creative in his life's work in ways that bring him great joy and fulfillment.

Mary and Gregory's relationship continues to flourish and blossom at the deepest levels of love, partnership, and harmony. Our daily lives together are harmonious, loving, joyful, extremely fun and stress free. Our communication with each other is clear, concise, kind, loving, and easily understood. Our connection with each other and with spirit is and remains powerful, exhilarating, and deeply fulfilling. Mary and Gregory continue to grow together and individually through spirit and the human condition into the fullness of ourselves. Through the deep connection with ourselves, each other, the energies and beings of Scotland, we are fully prepared for the big transition of this planet as she births into a new golden age. Mary and Gregory are deeply connected with their roles during and after that great birth, continuing to grow and flourish. Out of our partnership are born many

## **Engaging the Power of Manifestation**

creative projects that touch many people's lives in positive and loving ways. We set a foundation on which many people can come and participate in these projects.

Mary is healthy, happy, and fulfilled in all aspects of her life. Mary is completely fulfilled while the uniqueness of her gifts to life blossom and are expressed each and every day in many ways. She touches the lives of those she encounters with her essence.

Mary, Gregory, and Barbara are accepted and loved by the local community and have as many friends as they want. They have wonderful, joyful, and loving experiences throughout their lives.

Gregory and Mary are members of the Council of Twelve, a community of individuals who have been called to Scotland to create a community as we are guided once we all come together.

### **Rosie (our dog)**

Rosie departs on a plane from Phoenix, AZ, with Barbara and Mary on November 28, 2017, and arrives in Scotland on November 29, 2017. She is safely taken through customs, is approved to enter the United Kingdom, and arrives at our home in Edinburgh, Scotland, later that day.

Rosie meets all requirements for approval to enter the United Kingdom without quarantine under the PETS guidelines. The entire process is easy and hassle-free for Rosie and all personnel involved.

The trip is easy and comfortable for Rosie. She is well cared for by all airline personnel and attendants involved. She knows she is coming to be with us and handles the trip well.

### **Support from Universe**

We are constantly aware that the Universe supports us at all times. This awareness makes all processes and procedures associated with this move easy and joyful for all individuals involved.

We let go of all conscious and unconscious resistance, discomfort, limiting thoughts and beliefs, emotional, and physical fatigue. We release our attachment to the outcome. We are connected to our highest light source and we trust in the truth of the highest light reality.

We are safe. We have unlimited energy and guidance.

Our reality easily and gracefully reflects this or better. Right be.

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Name

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Date

## **Engaging the Power of Manifestation**

## Sample Intention Statement Workshop/Retreat/Conference

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Who's Running Your Life When You Are In Love? *A Journey to Authentic Intimacy for Couples*

Intention Statement

This program explores the nature of authentic intimacy for couples in the context of the Kid/Adult paradigm.

All participants are:

- Couples inspired and willing to explore authentic intimacy with their committed partner
- Significantly engaged and committed to the personal work necessary to move past their Kid's veils and limitations to become aware as fully actualized Adults
- Understand and resonate with the principles in WRYL and the Kid/Adult paradigm
- Willing to be vulnerable, honest, open, and strong in the face of change
- Open to explore a full range of options for their relationship without preconceived attachment or investment to what authentic intimacy with their partner looks like
- Happy to invest the time and financial resources necessary to complete this program
- Fully committed to the process, including all assignments in and out of group
- Willing to share openly with their partners and the group as a whole
- Eager to shine a light on their personal growth as they explore their relationship

Structure

- Six sessions, three hours each, every other week, on Saturdays
- Attended by 5 couples (10 participants)
- Facilitated by: Marie Severs and Thomas Miller
- Location: 123 Main Street, Asheville, NC

Private Facebook Group

- A private Facebook group is available for participants to engage with each other--share insights, experiences, and pose questions for feedback and/or exploration from the group.
- Every Wednesday, by the end of day, participants may tag the facilitators in a specific post asking for feedback or insight. The facilitators respond to all specific requests posted in this forum by end of day the following Friday.

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All participants experience the growth and objectives they intend as part of this intensive. Their experiences easily and gracefully support their loving partnerships.

I let go of all conscious and unconscious resistance, discomfort, limiting thoughts and beliefs, emotional, and physical fatigue. I am connected to my highest light source and trust in the truth of the highest light reality.

I am safe and have unlimited energy, guidance, and support.

My reality easily and gracefully reflects this or better. Right be.

Name

Date

Sample Intention Statement Non-Profit Organization

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### **My Heart Sees You Intention Statement**

The mission of My Heart Sees You (MHSY) is to provide caring touch and gentle seated massage to underserved people.

Caring touch conveys physical and emotional safety. It says we are kin, I see your humanity, rest for a while. We believe in the power of touch to convey connection, compassion, relief, and presence. We know we all are connected to and responsible for each other as kin. We see and experience the inherent worth and dignity of all people. We receive as well as give. We collaborate with local agencies that support underserved people and with the people who are underserved. We grow organically as we learn from the communities what they need and want. Through this work, we tip the scales of power toward our common humanity, toward empathy, toward hope.

We do this by training massage therapists, body workers, energy workers, and non-bodyworkers to serve those who need their skills the most. The training is done before any person puts their hands on anyone. Topics include dealing with trauma; boundaries; fears/discomforts; what it means to be in service to another; self-care; contextualizing poverty, homelessness, aging; moral underpinnings of the project; touch protocol; consent; health and safety protocols. There is a component of debriefing and support. We have a qualified staff person who is dedicated to supporting our body and energy workers, non-bodyworker volunteers, and our trainers. We have qualified staff who conduct the training and provide aftercare support for our body and energy workers and our non-bodyworker volunteers. Our training is powerful and empowering. We provide this training to schools and conferences that work with body and energy workers.

MHSY works with universities and colleges, medical practices, massage therapists, nonprofits, and others to study the effects of caring touch on people who are underserved and on the people who serve them through caring touch. We have a qualified staff person who is dedicated to this program.

We accept students of any age who are interested in our work and want to serve in some capacity. Our intern application and interview process is vetted and continues to be vetted for bias and discrimination. We have a qualified staff person who is dedicated to this program.

MHSY is a nonprofit. We raise all the money required to accomplish our goals with ease and fun! As we raise funds, we raise consciousness. We work in collaboration with other nonprofits and for-profit businesses. We trust in abundance for everyone. We

**Engaging the Power of Manifestation**

raise enough money to do the things we want to accomplish. There are individuals and organizations who are deeply committed to the mission and vision of MHSY and who generously support us financially without conditions or hidden agendas. I eagerly welcome this material and energetic support, which is easy to obtain and maintain. We have a qualified staff person who is dedicated to our financial health and sustainability. We also have support staff for this staff person.

The work culture is open minded, open hearted, and diverse. I hire people of color, people of differing sexual orientations, people who are transgender, people who have physical disabilities, people who have criminal records, people with diverse religious and nonreligious perspectives. I hire the best people for their positions.

I feel positive energy from all MHSY staff members! People are proud to work at MHSY and believe in the mission. The body and energy workers are compassionate and centered as they work with our clients. Our clients feel centered, loved, seen, and relaxed after their body work. They look forward to their massage appointments. They adopt the body workers as “theirs.” Our presence in different communities affects the energy in those communities positively. I am energized by my work and the work of MHSY. I feel gratitude and pride and a sense of accomplishment.

The hiring process is transparent. The hiring process is vetted and continues to be vetted for bias and discrimination. I believe in inclusion. I provide training opportunities for staff to understand and reckon with systemic racism, classism, sexism, ableism, etc. I hold space for people as they come to terms with their privileges and encourage them to find ways to fight the systems. We pay attention to language and the ways it can hurt people even unintentionally.

I allow people to try new ideas, new skills, new ways, and to fail. I lift them up, dust them off, and encourage them to try again when they do fail. I listen for understanding, to hear their words, spoken and unspoken. We celebrate our collective and individual successes. Everyone is valued just as they are.

MHSY pays a living wage and better. We provide benefits to the staff. We provide health care plans which include dental, eye health, and mental health. We provide paid family leave, vacation, sick time, holidays. We offer retirement plans and make matching contributions. We also pay for staff members to volunteer their time with other nonprofits during the work day. I am paid enough money to do the things I want to do in my life.

I lead a team of wonderful, creative, loving people who do the best work they can to make our mission sustainable and a reality. I am the best leader I can be in support of their work. I stand up and am the badass, creative, fearless, loving, intelligent, supportive person and leader I know I am. I create the work environment I wish I had.

## **Engaging the Power of Manifestation**

The following positions are available and easily filled with just the right person:

|                             |                                    |
|-----------------------------|------------------------------------|
| Executive assistant         | Trainers and aftercare supporters  |
| Social media director       | Bodyworkers for humans and animals |
| Storyteller                 | Director of Finance                |
| Director of Development     | Bookkeeper                         |
| Grant writer                | Creative Director                  |
| Community Outreach Director | Director of Research               |
| Volunteer Director          | Writers                            |
| Human Resources Director    | Director of Interns                |
| Director of Support         |                                    |

I make connections and relationships with powerful and connected people in Asheville, Buncombe County, western NC, NC, the southeast, the United States, North America, the world, and the Universes to make MHSY a sustainable and influential nonprofit.

MHSY has offices downtown. The offices are clean and new with a contemporary style. There is abundant free parking for staff and visitors. We effortlessly pay the rent without shorting any of the budgets for programming, training, fund development, etc., and staff salaries and benefits.

I easily meet and recruit board members for MHSY. In fact, our board is one of a few boards people want to be on. We have a waiting list. Our board application and interview process is vetted and continues to be vetted for bias and discrimination. We have an onboarding process with mentors accompanying new board members for the first six months.

It is also easy to recruit body and energy workers and non-bodyworker volunteers to offer caring touch and gentle seated massage. When people hear about our organization, they want to be part of the change we advocate for. The application and vetting process to become a hands-on volunteer is transparent. The onboarding process and volunteer handbook and policies are vetted and continue to be vetted for bias and discrimination.

I am a thinker, leader, writer, and creator. I work to understand how to be in my Adult as I think, lead, write, and create. I go into the unified field to support the strength and power of MHSY. I access the unified field as I talk about the vision and mission of MHSY to people who are the resources or can connect me to resources: money, staff, board members, ideas, physical facilities, thinkers, academics, students, bodyworkers, nonprofit leaders, business leaders, spiritual leaders—any and all resources we want.

I support, encourage, lead, listen, speak, present, hold, love, discipline, teach, think, connect, create, write, mediate, analyze, strategize, learn, meet—all to the benefit of MHSY and my own delight.

## **Engaging the Power of Manifestation**

I let go of all conscious and unconscious resistance, discomfort, limited thoughts and beliefs, emotional, and physical fatigue. I am connected to my highest light source and I trust in the truth of the highest light reality.

I am safe. I have unlimited energy and guidance.

My reality easily and gracefully reflects this or better.

Right be.

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Name

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Date

## **Commitment**

***“Until one is committed, there is hesitancy, the chance to draw back, always ineffectiveness. Concerning all acts of initiative and creation, there is one elementary truth, the ignorance of which kills countless ideas and splendid plans; that the moment one definitely commits oneself, then providence moves too.***

***All sorts of things occur to help one that would never otherwise have occurred. A whole stream of events issues from the decision, raising in one’s favour all manner of unforeseen incidents, meetings and material assistance which no man could have dreamed would have come his way.***

***I have learned a deep respect for one of Goethe’s couplets...***  
–William Hutchinson  
Murry

***Whatever you do or dream you can, begin it. Boldness has genius, power and magic in it. Begin it now.”***  
–Johann Wolfgang von Goethe

## Meet the Authors

### **Essie Silvers**

Recognizing the Divinity in everyone, Essie accesses the spiritual dimensions of reality and strives to empower you to connect to Divine Intelligence.

As an Intuitive Spiritual Advisor and Akashic Records Consultant, Essie meets you where you are and helps you transcend the wounds of the past and fears of the future. She helps you reclaim your innate power and create the life you authentically want, bringing a sense of peace and purpose to the process of transformation and transcendence.



[essiesilvers.com](http://essiesilvers.com)

Essie developed the "Who's Running Your Life?" program--a simple and clear road-map to authentic empowerment. It offers insights and specific tools to manage the obstacles you face as you put the experiences of your past into a context that helps you build the life you want.

Essie is a writer, healing practitioner, conscious channel, storyteller, mentor, business/organizational/team-building consultant, teacher, group facilitator, and motivational speaker. She offers private sessions, group experiences, trainings, and mentoring programs.

### **Michael Thomas**



Michael has been blessed with the gifts of insight, clairvoyance, and other wonderful gifts of spirit from an early age. In his early 20's, he was blessed with an amazing teacher, a psychic in her own right, Stacie Newkirk. She lovingly opened her arms, her heart, and Michael's mind to teach him, guide him, and refine his skills. From psychometry, to hypnosis, to the Tarot, and more, the journey continues to unfold.

The blessings along the way have been countless. Crossing paths and collaborating with amazing practitioners and clients have only added to a most fulfilling path.

[mntmyst.com](http://mntmyst.com)

For 40 years, Michael has used the precious gifts of spirit in service to others, assisting his clients in blending the guidance of their source, with very practical information and advice, so they too can manifest happy, fulfilling lives.

A voracious student of all things spiritual, Michael is a psychic intuitive, a conscious channel, and a clairvoyant who uses all the tools at his disposal to connect to your source energy—bringing you clarity, insight, answers, and counsel, in a non-judgmental, practical manner. As a psychic intuitive, Michael is not a fortune teller. An intuitive session with him is a deep, substantive conversation—collaborating your and his energies to access the wisdom and knowledge of your soul. His focus is providing you with powerful answers and practical information so you may fully manifest your best outcomes in every area of your life. Be advised, this will be some of the toughest work you ever do, work that only you can do. Michael will, however, guide and assist you so that are empowered and inspired to manifest your own magnificence.

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