

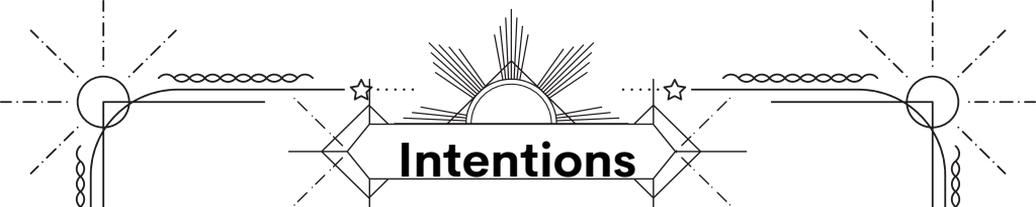
# Affirmations

**Affirmations are a simple technique for flexing the "positive awareness" muscle in your brain. Throughout our lives our self view has been distorted by the negative beliefs, fears, and criticisms to which we've been exposed. Now is the time to change that. Reflect on the person you are becoming, and how so many of those beautiful traits are already part of who you are. To bring them to the surface, and to help them grow and blossom, write yourself from one to three affirmations you can repeat to yourself daily. Paste them to a mirror, put them on your phone screen, immerse yourself in these wonderful aspects of who you are and who you are becoming. Especially consider your spiritual strengths.**

## **Sample Affirmations:**

**I am spiritually connected to the positive energy in nature, others, and myself. I value my spiritual gifts. My inner light is vibrant and bright. I am successful at manifesting my dreams. I attract positive energies and opportunities easily. I deserve everything I desire. My body, mind, and soul are aligned.**

## **My Affirmations:**



# Intentions

**Knowing and setting your intentions is a core practice of magick. Simply, an intention is a commitment to what you will manifest, or bring about, in your life. Stating clearly what you intend to bring about not only activates your spiritual receptivity to the energy and things that will bring it to fruition, but it also sends a message out into the universe to the energies, spirits, ancestors, and deities with which you work. There's an immediate energetic response in the universe when you state your intention. It's important to state your intention in present terms, such as "I connect to the spirit world by using my pendulum." There's no room for "I hope to", "Maybe someday I will", and so on. Speaking your intention should create a clear picture in your mind of how it will be when your intention manifests. Intentions allow all your acts of magick to coordinate like the pieces of a puzzle.**

**Reflect on what you hoped to achieve by enrolling in this course. For purposes of this course please select one intention, the one that stirs the magick in your heart the most. As you complete each section of the course and its exercises reflect back on how these new skills contribute to manifesting your intention.**

**My Intention**

