



INTENTIONS & RELEASING



Set the intention to remain gently aware of whatever arises within you — emotionally, mentally, physically, and spiritually. Allow yourself to be fully present with what comes up, without pushing it away or judging it. Then, with conscious awareness, release it with gratitude.



“I release you back into the Oneness
and I thank you for all of the learning
that you have brought me.”

Be Free:

In a quiet moment silently intend and invite any limiting beliefs, old patterns, and deep inner programs to rise to the surface so they may be seen, acknowledged, and lovingly released.

Ask from the depths of you beingness to be free...

Feel it deeply more than just the words.

Be willing to let them go..

be willing to LOVE yourself enough to let them go. 💖 ✨





Intentions To Support Awareness & Release



I intend to be free of all limiting beliefs, thoughts & programs.



I intend to allow what is hidden within me to rise gently into my awareness so it can be understood, healed, and released.



I intend to move through this day with greater presence, awareness, and connection to my inner wisdom.



I intend to trust what I feel, what I sense, and what my Higher Self is lovingly showing me.



I intend to recognize my thoughts and feelings with compassion, clarity, and non-judgment.



I intend to lovingly release the need to control the process and allow my healing to unfold in divine timing.

