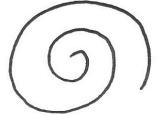


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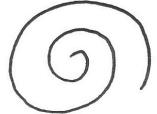


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Setting Better* Intentions

in
your
spellwork

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INTENTION ISN'T EVERYTHING,

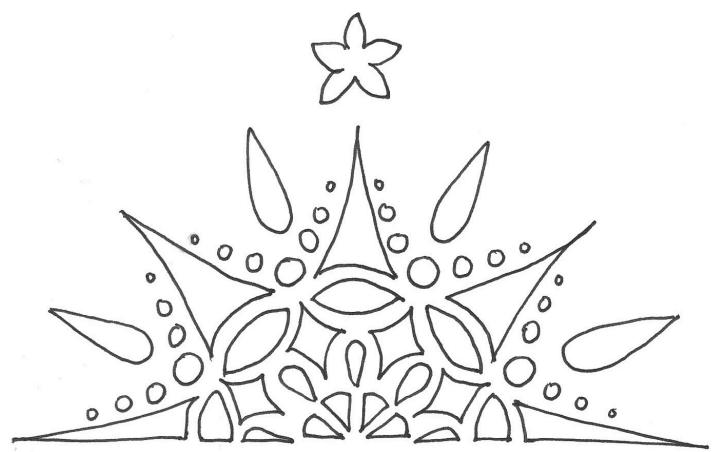
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BUT IT MAKES ALL THE DIFFERENCE

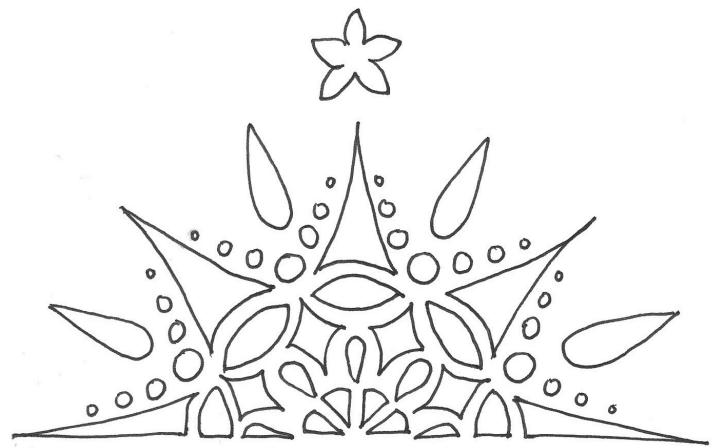
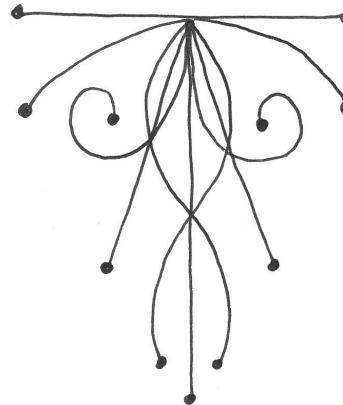
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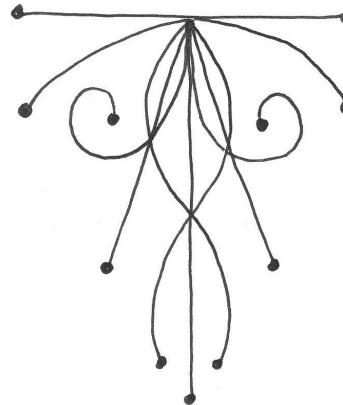
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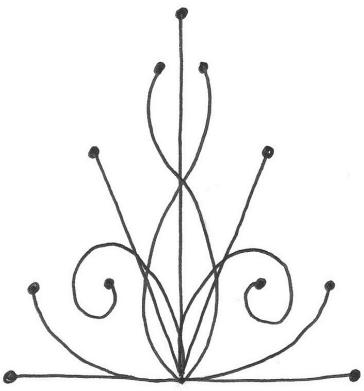


IT'S ABOUT WHERE
THE MAGIC TAKES YOU.

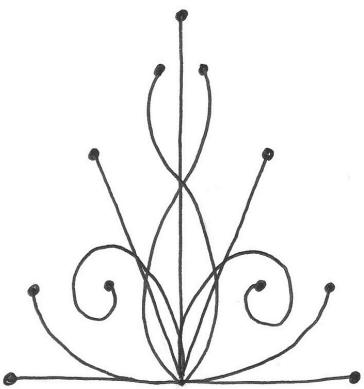
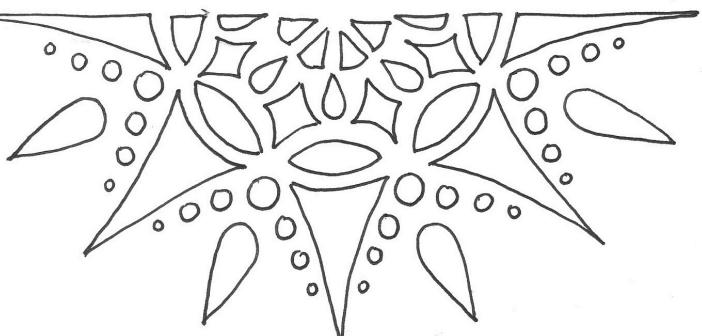


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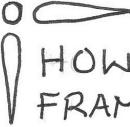
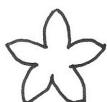
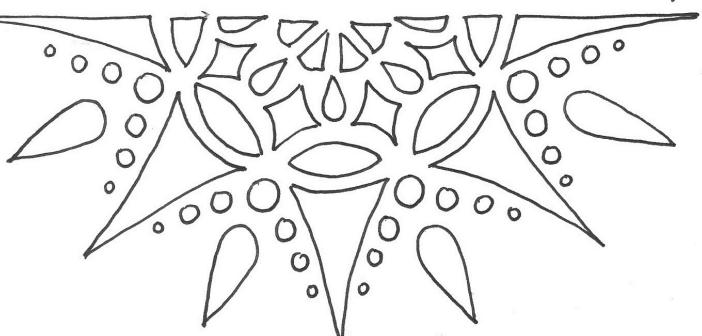




IT'S NOT ABOUT
THE THINGS YOU WANT,



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THE THINGS YOU WANT,



HOW YOUR INTENTION IS
FRAMED AND PHRASED CAN
DETERMINE WHETHER YOU
GET:

What you actually want
vs.

What you technically asked for...



What you want while it's still
relevant in your life
vs.

What you want long after
you stopped wanting it...



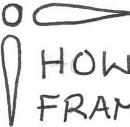
What you think you want
vs.

The deeper intention which
is at the root of the issue...

A result you recognize

vs.

One you don't see until it's gone.



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DON'T...



FOCUS ON ACTION

DON'T...



FOCUS ON ACTION

"i will be..."

A GOAL STATEMENT

CLEARLY
STATED

"i will do..."

a good
intention is...

A COMMITMENT

SPECIFIC AND
GRANULAR

"it is my
will that..."

PURPOSEFUL

"i am..."

ACTION ORIENTED

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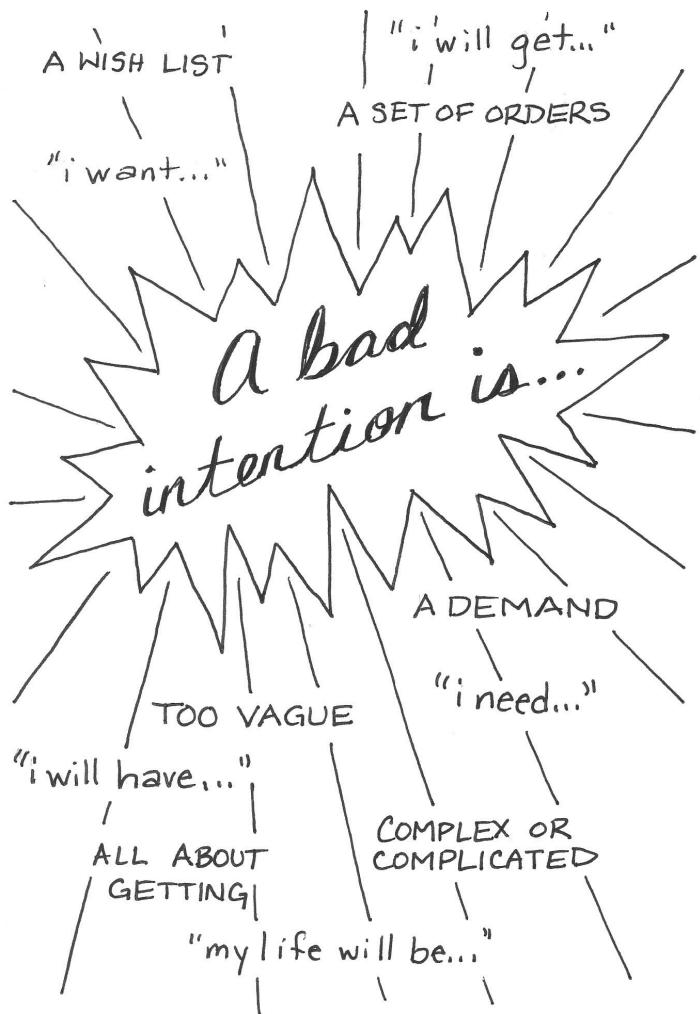
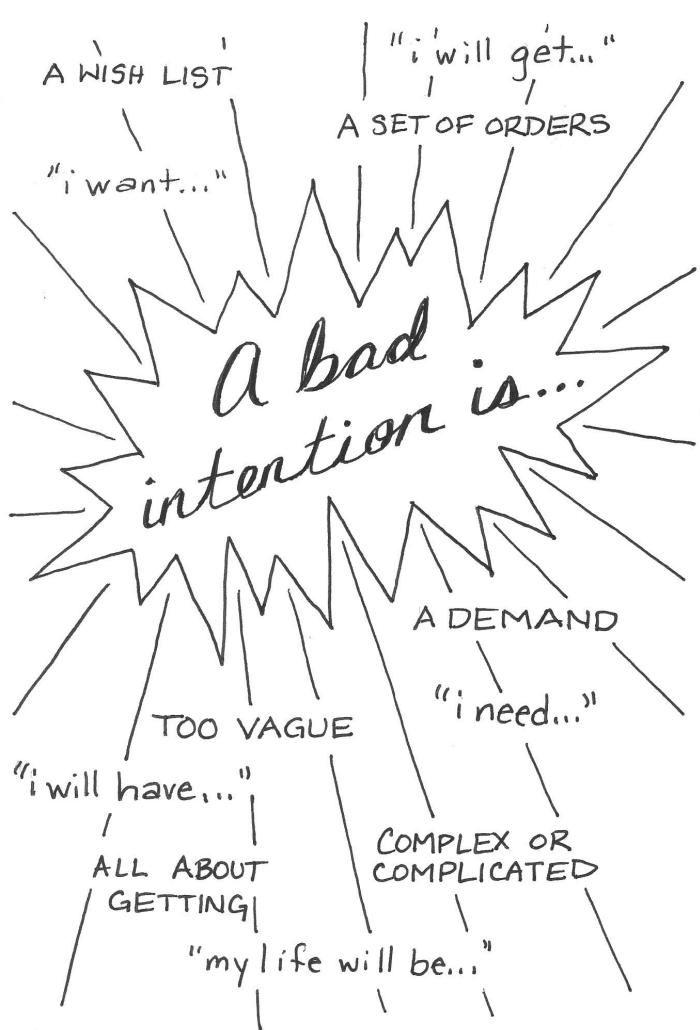
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Intendations aren't about getting and having, they're about doing and being. If a sentence begins with the phrase "I INTEND..." or "IT IS MY INTENTION...", the natural next words are verbs: TO DO SOMETHING!

When setting intentions, it's important to be specific about what you will do with the things you want more than just the desire to have them.

What will change in your life?

What will it enable you to do?

How will your actions and abilities be different?

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When trying to communicate, simplicity is often best. Especially if we're asking someone or something else to do something on our behalf - which is what spells do.

So think granular.

Break your intentions into individual parts. If you have to use the word 'AND' to state your intention, it can probably be broken down into two intention statements.

If there are steps or stages to your intention, break it down.

And be prepared to adjust as each piece manifests.

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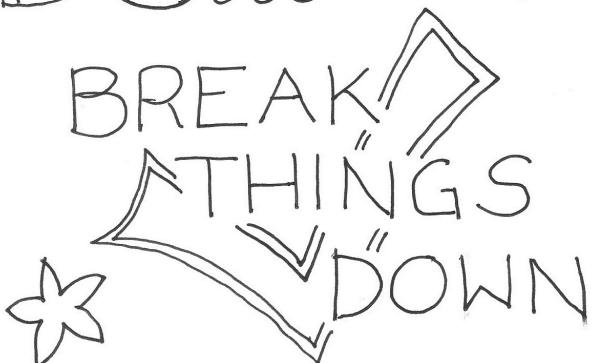
DO



DON'T



DO



When it comes to magic, we are turning our intentions over to other forces to make things happen. We may have an image in mind of how our intention could or should manifest, but that may not be the only or even most beneficial way.

While it's important to be specific, it's also important to not be restrictive or hung up on things being one certain way.

This also means keeping an open mind and open eyes to see your intention come to be in unexpected or surprising ways once the spell is cast!

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DON'T... DO... FOCUS ON WHY'S



! Lots of times we think we know what our intentions or desires are, but when we finally get whatever it is, it turns out we had deeper expectations for how that would impact our lives and getting what we asked for didn't give us what we really hoped for.

The real intention or motivation is deeper.

So we have to get down to why we want something.

And sometimes we have to keep asking why until we get down as deep as we can.

! Then set the deepest intention.

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