

ALLOWING  
*The Light*

The Art of Setting Intentions(s):  
How to Effectively Co-Create with the Universe

*Copyright © 2018 by Allowing The Light. All rights reserved.*

<https://shamanicspiritualhealing.com>

For more inquiries and more information: [beatrice.pouligny@shamanicspiritualhealing.com](mailto:beatrice.pouligny@shamanicspiritualhealing.com)



Whereas you are struggling with **“manifesting” what you really want and trusting that it is happening**, or just feeling anxious about the state of the world, one **important antidote is to re-enter a space and mode of co-creating with the Universe**. This true partnership is the best remedy I know against feeling anxious, stuck, and fearful of the future. And it starts with a huge component: **the art of setting intention(s)**.

Here is a step-by-step process:

### 1. Preparing your intention(s):

- a. Start by **writing down what you know** (or think that you know) about what you “want.” At first, you might just know pieces of it. Don’t let yourself be stuck, just write down all that you feel that you would like to manifest, whether it is material or more ethereal.
- b. Support your inquiry with **visual clues** – drawing, collage, etc. whatever might help you explore what you may want, what might inspire you.
- c. Start **unpacking** each piece, as much as you can, and **going deeper into the essence of what you are looking for** (for instance: living a simpler life; being closer to nature; having a space to gather people...) and keep going into what’s behind each desire until you can identify very specific energies / essences / feelings.
- d. Then, take **one piece at a time** and truly **activate it in your body**: feel it as if it was already part of your life, visualize it, smell it, hear it, taste it... depending of the senses that are the most important for you (I usually recommend to activate at least two of your five senses). And write a sentence in the present tense that captures your feeling. Associate it with an inspiring picture, a sound, a piece of music or a song, a movement or physical sensation, the smell of an essential oil, the touch of a stone or object that you are going to carry with you at all times... whatever works best for you as a reminder of how it feels to be already living that reality.



This process can take a few days or more. Don't try to do it all at once. Take your time and revisit each piece several times, even when you feel that you are "done," as more elements may come to the surface and surprise you.

## 2. Setting your intention:

Then, take each element and set, in simple terms, what you are calling for. For instance: simplicity. "May I co-create with the Universe a life in which simplicity is at the core of how I live and all that I do." And choose one sentence for each of your "desires." The words don't have to be perfect but they need to resonate with you, they need to feel right to you. The point is to really "feel" it and then to open up enough to trust the Universe to support you in your co-creation.

## 3. Closing your intention with an opening to the Universe:

During a healing session, every time I set aloud the intention(s) for a journey, based on what the client has shared and asked for, I always conclude by a general sentence that you can adjust as:

*"Beyond what I know and what I don't know, what I may think that I know and don't know, beyond what I have said and not said, I am asking to receive exactly what I need, and so it is."*

What this does is **giving permission to the Universe to send you indeed exactly what you need**, which might look (or not) like what you have in mind, but will fit the essence of your desire. This is where the trust enters into play: knowing that you are being held by the flow of your own life and that co-creation is happening. You set the intention and your release at least part of the outcomes.

This is my invitation to you: **Re-entering a deep partnership with the Universe, one of co-creation!**