

# INTENTION



step 1

WHAT DO YOU  
*REALLY* WANT?

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THE  
*five*  
SIMPLE TOOLS TO AN  
**ABUNDANCE MINDSET**

# YOUR CHAKRAS

## *how it looks*

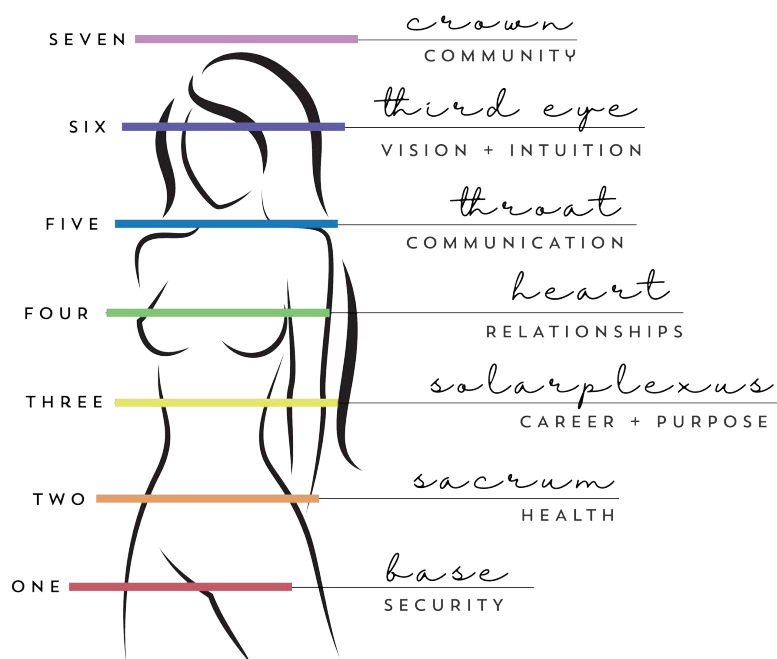
*#your intention*

Our chakras are based on ancient knowledge about the bodies energy system. I actually use the chakra system a lot in my work and presentations as I believe it's such a wonderful way of looking at your life holistically.

The way we look at our life a lot of the time is very compartmentalised and it's like we create suffering in one area to compensate for another. Let's face it life is not about getting things perfect, because there is no such thing. I believe life is about knowing that it's always changing, ever-evolving journey – we are not built to live a straight line. Yes, the ups and downs are what makes us human. However, our searching for balance is about us finding our own reference points that will intuitively lead us to make better life choices.

When we reflect on all parts of ourselves, that reflection offers great insights and knowledge about what is important in our life – it activates innate wisdom that will naturally support and guide us. Here are the 7 chakras in a simple illustration to understand before we move on.

## *The Chakras*



# YOUR INTENTION

I believe that you should always start anything in your life by setting an intention. I wanted to start firstly with the seven chakras that represent all parts of our lives. So by focusing on setting a very clear intention on all areas, there is nothing that can get missed in terms of your own personal success. We take our mind-set from the past and we look to the future, and you may think that's an obvious thing that people do is to look to the future, but in fact it's not it's not a natural occurrence.

As human beings we often look to the past to understand our future in order to protect ourselves. So for example, in the mornings when we wake up. We often think about the past, and that sets the neural pathways for the future. But we do it in a way that we don't even realize that we're doing it. So when we set an intention, I always advise to do it in meditation or just when you get up in the morning, we are actually are setting new neural pathways to create a future that we actually want.

## THE 7 CHAKRAS

*base*  
*finance*

So let's start. Firstly, with number one the base chakra, the base chakra is all about finance. It's all about survival. It's about feeling secure in where we are and who we are from a success point of view. If you wish to get more security from finances, then put down here the details - write down financially what you need to feel secure, what is going to impact the feeling of security for you. And in fact, this area, maybe around relationships. You might not feel secure unless you have a relationship. So just get really clear about what it is that you want that is going to make you feel healthy in this area,

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# YOUR INTENTION

## *sacral*

*health*

The sacrum area is all about health, it's to do with your reproductive organs. It's about your digestion. It is all about being able to assimilate life, it's being about giving life, it's nurturing. For you it might be - I want to have a healthy body, be specific perhaps. You might have an area that you want more relief in and then put that intention down in that area. In terms of digestion - I intend to eat really healthy foods, I intend to do a walk or to do something for my body that makes me feel really good. Sometimes we become so used to pain we even ignore that we have it or talk about, so write down everything you can think of you would like relief in.

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## *solar plexus*

*career + job*

Your solar plexus is all about career and your life purpose. We always feel fulfilled and if your intention is to have a job or career that satisfies you in the expression of who you are and what you do, then this would be an intention, we would say, I want to be in a job where I feel fulfilled. I feel acknowledged, I feel expressed and I feel a sense of achievement. So here, write down what you want, what is your intention in this area.

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# YOUR INTENTION

## *heart*

*relationships*

Now, your heart is all about relationships and here it is, I believe the heart holds the spirit and so much more, it's inexplicable. Take this time to think about what will fulfil your heart. Number one, relationships, is there anything that you would intend to do that you would like. Better communication, to fall in love. Also, I think good to have an intention that will enable you to be able to listen to your heart more often. I think we don't listen to that intuition part.

## *throat*

*communication + self-expression*

The throat is all about communication and self-expression. If you intend to voice how you feel more, then write that down. If it's about getting yourself out into the world then write those intentions down. When you are blocked in the throat chakra, it can block many areas of our life. To ask for what you need is the basic right and an important part of being healthy.

# YOUR INTENTION

## *brow*

*(third eye) envisioning*

Now the brow, which is the third eye is all about what we want our future to be. It's also about intuition and trusting our own knowledge, wisdom and mind. When we nurture our ability to be our own guide, we take our power back and can command the universe to bring to life the deepest desires from our heart. Here you could explore what you would like to know also about your future, great clarity in specific areas of your life. Career? Relationship? Money?

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## *CROWN*

*community + spirituality*

The crown area is about community and spirituality For me, my intention around my spirituality, is to always understand myself better and to be guided by spirit in order to make the right moves for my life and for others. I believe we have a purpose and spirit does guide us. I always pray that I will hear and get those messages, so write down what is important to you here and if it is to have a greater community in your life, then also put that down.

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*Well done! You are now onto the next step!*



# Next Step

Remember that change is what we often feel we want but when it comes we don't feel comfortable. CHANGE IS GOOD, so embrace the discomfort (if you have having it) and know it's just resistance in moving forward.

Any questions, then don't forget to sign into the CLOSED FACEBOOK GROUP to ask any questions or just share what's happening for you – it always helps.

If you need some more help, then I offer 'unblocking sessions, personal brand sessions just for my members or clients.

**FIND OUT MORE**

HELLO@TCA-CO.COM  
SCARLETTVESPA.COM