



# soul awaken

SANDY HOUNSELL, Spiritual Healer, Guide & Counsellor



December 2011

Focus With Intent

Gift Shop

Gift Vouchers

Testimonials:

To put it simply Sandy has changed my life.

She taught me how to understand and release all my past hurts and negative feelings. I found myself being comfortable enough to let go of troubled relationships, family stresses, old injuries and even secrets I had repressed for most of my life.

I now have a brighter attitude towards life on every level. I am equipped to handle much more positively and healthily any emotional, physical or career problems that arise. I am

*Hi Everyone,*

*Many Blessings for a Very Happy Christmas and Self-Fulfilling New Year!*



## Maintaining Focus

It's nearing the end of the year and maybe some of you are reflecting upon 2011 and what the year has meant to you. You may have achieved most of what you set out to achieve. Or you may be feeling that you have fallen short of what you wanted to create. But do not be downhearted as you have the opportunity to create change at any given moment. Did your wishes translate into intentions or were they left hanging in mid air? Or did you just have a wish list and did nothing more with them?

If your intentions for 2011 ended up suspended in abeyance where you did not maintain focus and got distracted; then make a point of being more intentional this coming year. For 2012, make one of your 'letting go' intentions be to dissolve distraction or lack of motivation, and add in an intention to be 'more focused'.

## Positively charged thoughts

Setting Intentions to create a more fulfilling life is much more positive than wishful thinking. Setting intentions creates a powerful energetic thread that just simply grows stronger and stronger the more we apply loving intent. Even our thoughts become intentional. We act with intent. Outcomes are therefore 'intended'. That thread now charged with positivity and focus starts to weave its magic. It flows through the universal consciousness finding and creating avenues that lead to fruitful outcomes.

Our thoughts now formed from positive intent bring about results that are uplifting, inspiring and internally strengthening. You are inspired to remain motivated and more determined to take ownership of all your thoughts and actions. You are no longer content in allowing your subconscious reactions to control your life. Idle chatter is replaced with power packed words, where love is created each time that you speak. You find yourself thinking before you speak, now much more consciously aware of the effect that your words can have on others. You find that you are also conserving your energy for positive outcomes only.

Ever wonder why outcomes that you hoped for did not transpire? That is because they were just that. They were a 'hope' instead of an intended outcome. Hoping is in itself a positive feeling. It is a start of something better, as in, not thinking the worst, which is negative. But hope can also be ineffectual where doubt lingers in the background. Hoping can mean that we have some level of doubt and leaving it to chance. So instead of just hoping, we can go one step further and focus with intent on a positive result. In this way we are charging our thoughts and prayers with positivity.

## Intentional thinking is more powerful than wishful thinking

Thinking with intention is also more powerful than wishing that a situation might alter for the better. Wishing is leaving it to chance where the outcome is not driven by your positive intention. Wishing is not making use of our powerful mind to actually bring into reality all that we desire.

When we set intentions to create loving positive outcomes, results transpire more readily and easily. Setting intentions and applying our


a much calmer and relaxed person and it shows with how I now interact with others.

I truly believe I couldn't have become the person I now am without the sheer determination and complete trust and support of this amazing woman.

You have been blessed if you ever get the opportunity to change your life with Sandy Hounsell.

Forever grateful

Kylie - Qld

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self with intent builds a strong foundation within our self. We more lovingly identify with our self. In this process we are saying to the universe that we are important; and that we are deserving and worthy of the attention of the universe to gift to us what we are asking. When we apply intent we are by default focusing our attention on our self and telling our self that we matter. We end up developing a more close and trusting relationship with our self. And that has got to be good for everyone in our life and for our world at large.

The more we come to know our true self, the more we realise our truth as well as our capacity to be unconditionally loving and helpful to others. We are also learning to trust and ultimately surrender to Source; knowing that we are provided for.

As we are, and as we become more focused, more "intending", we enable the universe to answer our desires. No longer attached to 'what ifs' or having doubt, we create a space in which the universe is more able to respond. Our thoughts are no longer scattered and therefore we are not in 'two minds', where the universe has no real idea of what it is that we want.

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## Stop and think about what you truly want

In 2012 be intent on getting back in control (no, not controlling). Lose the confusion. Walk away from distraction. Bring back the focus on you. Learn to trust in your self and hence Source, and become peaceful and content in the knowing of who you are.

Every moment of everyday we are self-creating. From our actions, driven by our thoughts, we are literally rolling out our life in front of our selves. We can either roll out the 'thick red carpet', which is easy and fun to walk on and which is also both comforting and supportive. Or we can walk on a carpet that is threadbare, and hard, uncompromising and not conducive to long, pleasant meanderings.

So if your life is not working, STOP! Think about it. Think about what you really, truly want. Write it down. Present it to the Universal Source. Then let it come to you. Hold out your arms. Grow your dreams and wishes into positive, tangible outcomes.

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### **Applying intentions =**

- *positive outcomes;*
- *being in the driver's seat;*
- *focus and motivation;*
- *self awareness;*
- *relationship with self*

***When we come from the true self, we come with love without condition.***

If you are needing help with writing down your intentions and presenting them to the Universal Source, [click on this link for instructions.](#)

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