



# soul awaken

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February 2011 -

Setting Intentions

Hi Everyone, well what a roller coaster January turned out to be! So much distress for hundreds of people who are now desperately trying to get their lives back on track. Lets continue to help by sending our loving prayers and thoughts to all who are needing upliftment at this time. *A prayer is also included in this newsletter.*

2011 is definitely a year of immense change for us as a whole. We have an amazing opportunity this year to take that leap of faith and step into the driving seat. We have seen that we as humans have no control. When we are hit with the weather conditions that we have experienced so far, how can we be afraid to let go of old behaviours that cause us pain and unrest. Mother nature is proving that it is pointless expending energy on trying to control our lives. What is there really to control?

So set your intentions for 2011. It's not too late.

And if you haven't yet read my 1st blog on 2011 please [click here](#). I will be adding more information as the year progresses. Also feel free to send feedback on your personal journey of change and progress that you make throughout the year.

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## DITCH NEW YEAR RESOLUTIONS

Maybe in previous years you had great intention to fulfil your New Year's resolutions, but then in a short space of time, you found yourself being unable to stick with it. Those reasons may have come from a lack of self belief or you were simply distracted by others. Your own belief system may have also hindered your progress. You may have set yourself unreasonable goals, thus making it hard to achieve your aims. Did you find yourself obsessing over what you were determined to forgo in your pursuit of happiness and by so doing, desire it even more? This would have given you a great reason to give up on your resolution - *don't we just love to make life hard for our self!*

Some statistics on resolutions that you may find interesting:-

- **45% of people make resolutions**
- **17% infrequently set resolutions**
- **38% never make resolutions**

**Of the 45% that make resolutions:-**

- 8% of people are always successful
- 19% of people achieve resolutions every other year
- 49% have infrequent success
- 24% almost never succeed

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**Of those who do set resolutions** (these add to more than 100% because some people set multiple resolutions):

- 34% set resolutions related to money
- 38% set resolutions related to weight
- 47% set resolutions related to self-improvement or education
- 31% set resolutions related to relationships

## So Why Not Try A Different Approach - Set Intentions Instead

I have found that setting intentions is far more rewarding and not just in the sense of seeing of desires come to fruition. When you set intentions you are putting more of yourself into the process. You have greater 'buy in'. It's a lot less painful and a great step forward in being more loving of ourself - *Sneaky!*

The actual writing of, and setting down the intentions also differs to drawing up resolutions. Often resolutions can just be thought about, and as such, soon forgotten. Thinking doesn't also involve you putting much of you ( your energy) into the process.

When resolutions are written down, they are often precluded by 'I must', 'I will', 'I need to'. These are written commands. You are telling yourself that you had better, or else. Sounds like a threat to me...*very unhealthy*. You may even find another part of you responding with ' mm, no I won't. No one tells me what to do'.

Yes, I may be going to extremes here, but I am hoping to make a point that will be of benefit to you.

Setting intentions has a feeling of caring, of nurturing ones self. Not setting our self up for failure, so we can say, "I told you so". "I told you you won't succeed". "You're too lazy". Ever heard that little voice before?

Intentions are by nature supportive and the great thing is we get help. Yes, we do really! When you set intentions you are saying to the Universe "This is what I desire, my arms are open to receive. Bring it on!" It's like posting a letter. Once you have written down what you want, you hand it over (the hard work's been done) phew! Now you can relax and allow the Universe to provide. Quite simple really, and best of all there is no catch.

## How To Set Intentions

First you write down the positives that you want to bring into your life and secondly you create another list of the things you want to let go of. This not only creates balance, energetically, but it helps to shift the blocks that are in your way. You are letting the Universe know that you are willing, not just to receive, but to also to help your self discard the negative in your life. *Great trade-off!* Of course you could just stick to the Desire list, but why not get help to shift the old stuff that hinders your overall wellbeing at the same time.

If you don't specify what you want to let go of:

1. the negative stuff can remain
2. the positive things may take longer
3. your are missing out on an opportunity to rid the world of negative thinking and habits, which affect our overall collective consciousness.

I know that you are used to me saying that you are the most important person in your world, and you are. But because on the whole, we are shifting our awareness to that of oneness, we not only become more aware of our self but also of others. Therefore as our wisdom grows, we naturally come to desire that everything that we do and ask for, will benefit all involved.

**So getting back to our intentions:**

1. Create a positive list, for example:

- have more time for self development and pursuits
- to be more organised

- to develop confidence and feel secure in work and relationships
- spend more quality time with my children
- feel total oneness with mind, body and spirit
- feel unconditional self love and self acceptance
- set boundaries on my time
- have more fun and social interaction
- attract friends who will respect and honour who I am
- have regular time out for reflection
- **have a holiday in xxx**
- develop a new love relationship
- improve existing relationships -(open and effective communication, feel supported, work together more in harmony, feel heard, understand each other better). This can be with your partner, siblings, parents, children or relatives

### Tips:

Perform some small action to get things rolling:-

- When you ask for something that may feel way out of your reach, like a raise of pay for example, or a career that will take you on a path of your dreams. If the opportunity has not yet presented itself to you, make an enquiry as to where and how you can get some training that will lead you to that dream of a career

This action on your part may also lead to that raise in pay where you improve your skills and so demonstrate that you deserve that raise in pay.

- Of course, if you are already doing that and the raise is not forthcoming and doesn't look as if it ever will, simply ask the Universe to open a new door that will need to fresh pastures. To a job where you will be fulfilled, appreciated and justly rewarded.
- You can further embellish your intentions with a vision board and make it so that whenever you look at your board, you are immediately uplifted and filled with enthusiasm.
- Don't worry if you don't get everything down at first, as you can always add to your lists as things come to mind.

## Letting Go Of The Negative

List all the things that you want to let go off, for example:-

- frustration
- judgement of myself and others
- feelings of being overwhelmed whenever I need to make changes in my life
- procrastination, and always finding excuses
- doing nothing
- fear of success
- physical pain
- inner turmoil
- lack of motivation
- dis-organisation
- seeing life as a struggle

### Tip:

With letting go especially, ask the Universe to teach you how to let go gently and easily coupled with compassion and understanding.

## Once You Have Brainstormed Your List

Once you have brainstormed your intentions write them down, beginning each list with the words:-

### Desires

- In 2011 I welcome and receive the following with love and gratitude

### Release

- In 2011 I gracefully and gently realise with compassion and understanding, the following

Then sit quietly in prayer or meditation asking to connect to the Universal Source. Read each item slowly out loud, one list at a time. As you do, allow your feelings to connect with each item, thus enabling you to relate even more to what you are asking. *Make it part of you.*

When you have finished see yourself presenting each list to the Universal Source in order to bring your desires into fruition. Allow time for reflection, inspiration and/or messages from your higher mind or from Source.

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### PRAYER of SUPPORT

I couldn't put out a newsletter without turning my thoughts to all who have been so badly affected by the floods and fires of Australia and now cyclone Yasi. I was given this prayer when in meditation and I offer it to you also.

*'As the wings of love pour forth from our Eternal Source, I ask that the flame of love burn brightly to bring deep healing to those who are hurting. Open our hearts so that we may ALL come to the realisation that we are One. I ask that the golden spiral of love that streams from the heart of all life, weave its magic upon the earth and within each heart that is broken.*

*Help our minds and hearts, in this moment, to blend and gel as one, enabling the flow of unconditional love from one to the other. This never ending flow of love creating a feeling of strength and courage within, along with a determination to rise above the fear and bring peace within all.*

*Let the eternal light of your love burn deep into the universe of life to bring harmony within the hearts of mankind and mother earth. Connect us all now, to that spiral of gold, wrap it around each heart and journey with us, taking us safely into the life of One'*

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**For the month of February all proceeds from the sale of my cd will go to the flood victims**