

Conjure Up Your Intention Day 7

W elcome to day 7!

Today's audio will take you through a process of setting an intention.

Remember that when you work with intention you are still working with sound.

You are working with sound in the form of words.

It is important to take the time to connect in with your words, notice how you feel when you state those words inwardly to yourself.

Today's audio will require a bit of time and has been taken from my book "The Frequency of Everything."

It contains various exercises to assist you in connecting fully with your body, before setting an intention.

It is further supported by a sound meditation to power up and amplify the vibration of the personal intention you choose to set.

Find a place where you can be still and relaxed as you move through this experience.

Enjoy!

Tessa Ann x