

# LABORATORY<sup>5</sup>

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## Laboratory5 Inc. INTENTIONS MEDITATION® – 2016

Let's take a moment to clear our minds and focus on setting an intention for the new year ahead of us. New intentions allow for the setting of goals, for the mind and the body.

First think about strong intentions

(not wants and needs) but things you intend to do or to be this coming year.

"I desire be . . . in one years time."

"When I look back on this past year what will I be able to say I became or did with a strong positive focus?"

This year I will Align myself with only Positive Opportunities

These Positive Opportunities allow me to move toward my intentions, goals, and passions.

This year I will only spend time with positive people who share similar goals.

This year I will actively Clear out the Old

Meaning OLD habits, behaviors, and patterns of thinking.

What negative thoughts am I done with?

What patterns of thinking do you wish to stop?

I am declaring today that I am ready to let go of all of them.

I will let nothing suck my energy away?

I am fully ready to be Responsible

I am responsible for myself and the energy I bring into any environment. I will take accountability for myself and my actions.

Let us Express Gratitude

I am so pleased that I am now actively Being kind, thankful, and appreciative, as this will allow me to move towards my intention.

Let us now begin to visualize ourselves realizing these intentions and goals. We'll call up today what does it feel like, look like, and smell like. Take in all the sensory information that is available.