

01.1 Setting Your Intention

Our art pieces, our creations, they are physical realisation containing an energetic vibration of whatever it is we are feeling, experiencing or intending in the process of their creation.

if we want them to be more than just a random mixture of emotions and energies, and more than just beautiful pieces pleasant to the eyes, if we want them to be significant and to “work” for us we have ways to create in a more intentional and focused way so they can become a powerful, concentrated energy source. We can set an intention and place it, integrate it into our work to elevate a certain energy that we feel that is needed in our lives.

By setting intention before you start creating, you are holding a space for a creative process that will be meaningful and focused. At the end of the process you will have an energetic anchor that will help you anchoring to that thing you desire to manifest more of in your life. Every time you look at that piece you will remember, you will focus, you will be inspired to take action to create the life you want.

Take your time to go through the list of ideas, of subjects you might want to tune in to, and the optional objects you might want to integrate to your piece. Pen down your own ideas. Choose one subject and one object to work with in your current creative project.

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Subjects

Love - all love and heart issues such as couples, marriage, siblings, parental, self love,

Relationship - personal, laboral, business, family.

Health - all health issues such as injuries, diet, fitness, chronic allergies, chronic pain, illness, surgery, etc.

Communication - self expression, shyness.

Wealth - money, savings, debts, earning, investments.

Self confidence - grounding, feeling stable, feeling at home.

Action - moving forward, proactivity, productivity, flexibility.

Forgiveness, letting go, setting free, trauma healing.

Focus, centre, alignment.

Spirituality - awareness, connecting with spirit, connecting to source, channeling, meditation, intuition.

Deservability - feeling worthy, entitlement.

Business- starting a business, success, development, expansion, organisation, administration.

01.3 Setting Your Intention

Objects

Stone

Precious stone

Crystal

Piece of cloth

Piece of music strings

Old jewellery, pendant, ring etc

Beads

Paper note with intentional word, words or sentence

Coin

Dried plant/ flower/leaf/nut/nut shell/wood

Small photo

Small picture

Seashell

Tiny toy / doll / piece from game

