



LETTING GO OF 2020

Alchemize 2020 to create an incredible 2021

Workbook 3

SAFE

SOUL-LED

INTENTIONS



SAFE, SOUL-LED INTENTION SETTING

WORKBOOK 3



Let's start by taking a deep, stabilizing breath together.

Now, let's remember these simple truths:

(1) We are ALWAYS creatively participating in the unfolding of our lives.

(2) We ALWAYS get to choose again, begin again, intend again.

Whenever we cross a threshold it's good to remember this.

Whether that threshold is a year change, a relationship change or the result of massive healing, you get to choose again and participate in writing the next chapter.

So here's what we're going to do: We're going to remember that it is SAFE to be the authors of our lives, connect with what is really TRUE for us and then verbalize that in easy to remember ways.

SAFETY

WORKBOOK 3

No intending practice is quite as powerful as when we get our ENTIRE selves on board... and the easiest and quickest way to do that is to get the body feeling SAFE and ENGAGED.

What to do:

(1) Get in your BODY.

Get up and dance, shake, press your feet on the floor, stomp them, it doesn't matter but get in your body. You can also do a body scan meditation, a chakra cleansing meditation, or an earthing practice. Those'll do the trick too.

(2) Firmly affirm to yourself that you are SAFE to dream, SAFE to want, SAFE to design, SAFE to intend, SAFE to be you.

How we have conditioning around this... wanting what we "should" want, what it is socially acceptable to want.., But darling, there's a reason YOU dream the dreams you do, YOU have the desires you have, YOU experience the heartbreaks you experience... and we need you to be YOU.



TRY SAYING THIS:

"It is SAFE for me to be exactly who I am""It is SAFE for me to dream MY exact dreams""It is SAFE for me to want what I want""It is SAFE for me to get to know my OWN desire"

CONNECTED TO SOUL

WORKBOOK 3

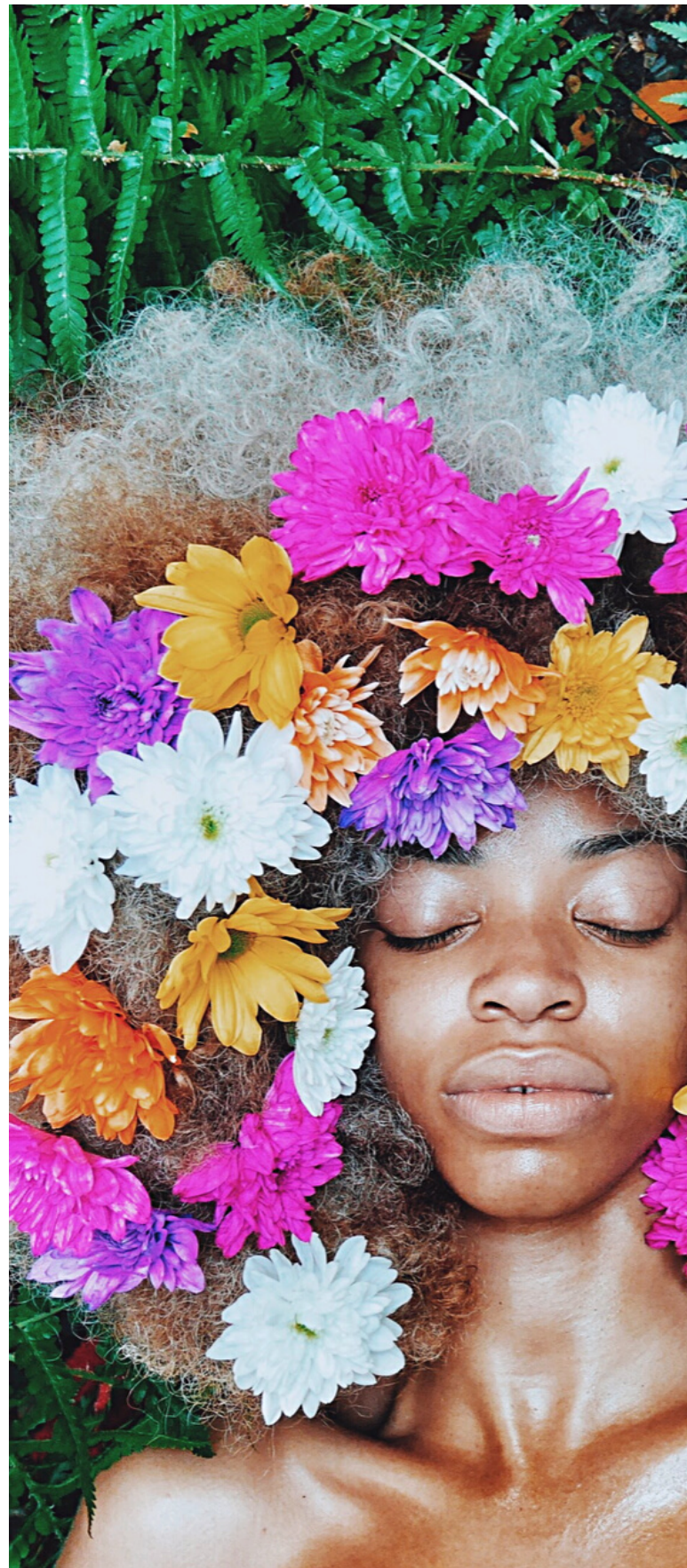
Now it's time to have a look at the dreams YOU have, the desires YOU have, the things YOU're moved to shake in the world.

...and let's nip in the bud any idea that your desires are selfish. Instead, let's imagine that what you're truly MOVED by, you're also coded for.. You are meant to experience these desires.

What to do

Take out a journal and answer these questions:

- 1) What breaks my heart?
- 2) Who or what do I envy?
- 3) What is a change I desperately want to see in the world?
- 4) What do I wish for the WORLD?
- 5) What do I wish for ME?
- 6) What would be indescribably awesome this year?
- 7) What fills me with JOY?
- 8) What am I insatiably CURIOUS about?
- 9) What do I most want to feel?



INTEND

WORKBOOK 3

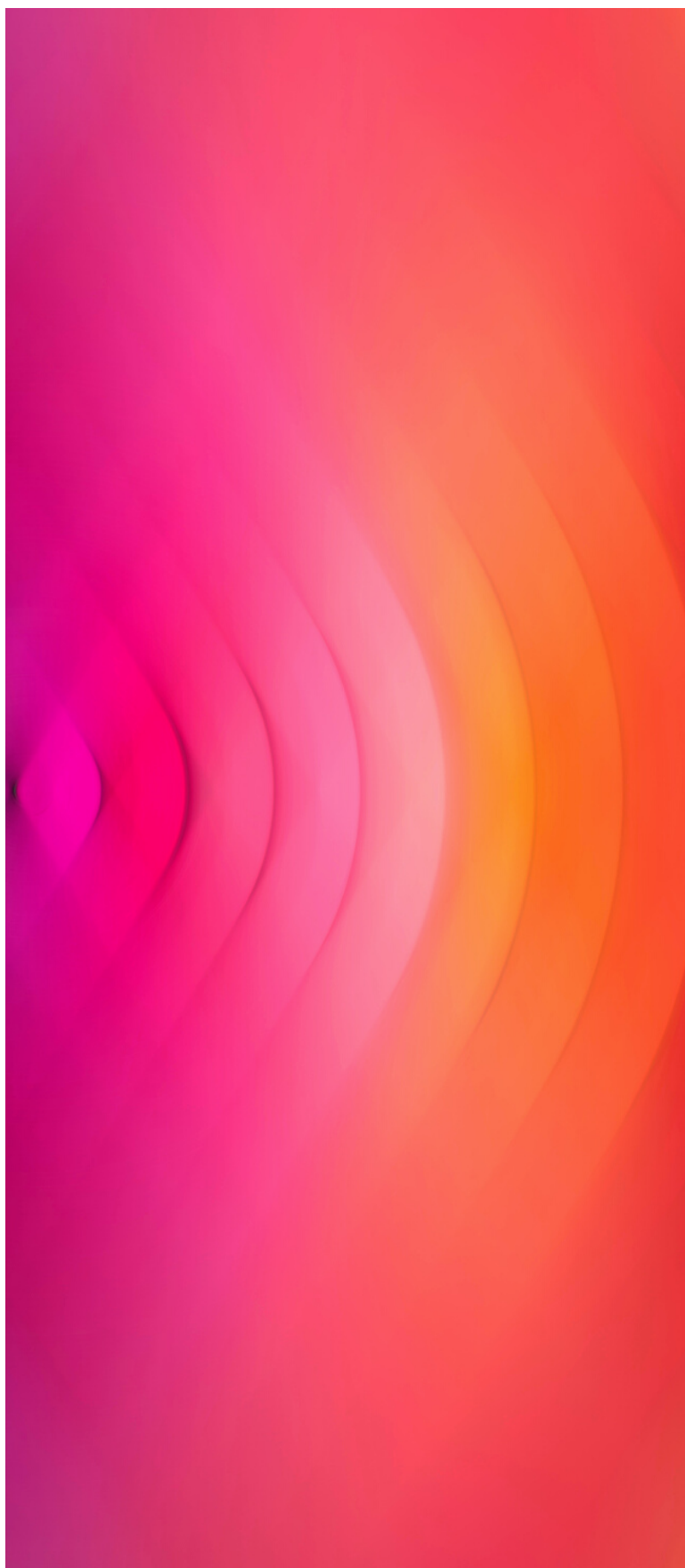
The questions in the last exercise were meant to reconnect you to your most essential self. Now it's time to formalize them into intentions for THIS year. Intentions keep both your conscious and subconscious minds on track as we co-create with the Universe.

Here are a few recommendations:

- A) Keep them simple and easy to remember. One-word intentions are great, i.e. "love", "play", "dare"..
- B) Word them positively (your brain doesn't understand negatives).
- C) Focus on intentions you can implement throughout the year no matter what's happening outside of you.
- D) Take your time with this.

What to do

- 1) Write down a few intentions for the year.
- 2) Narrow it ALL down to ONE word that you can remember and orient yourself with throughout the year.





A WORD FROM INGE:

If there's one thing I could instill in everyone's minds, it this:

You can heal your way to the life of your dreams.

I've seen it so many times:
People facing their pain,
healing themselves and
aligning with their souls in such
a way that they make true
magic happen in their lives. IF
you want to experience that, I
want to work with you.

ABOUT INGE

Inge is an energy healer and
spiritual teacher who is
passionate about taking the
sh*t life hands us and turning it
into incredible works of art.

YOU GET TO HEAL YOUR WAY TO THE
LIFE OF YOUR DREAMS

INGE BROER