

## *My Intentions for a More Life-Affirming World*

### ***The First Intent- Support Life***

I connect with life affirming energy within myself and others. I hear all expressions as expressions reaching for life. I allow myself and others to have experiences while simply witnessing what is. I see living energy in all and honor it, knowing we are all one, each of us of the same holiness.

### ***The Second Intent-Seek Authenticity***

I follow my inner compass of living energy and release beliefs that are no longer serving me. I am present to the source. I seek authenticity.

### ***The Third Intent- Live with Intention***

I am open to the creative process. I begin and close each day with intention. Each day I focus my energies on what is life affirming.

### ***The Fourth Intent-Simplify***

I release those things I cling to and allow the flow of life energy to sustain me. I intend that I am guided, guarded, protected, and lined up with Life- Serving Energy at all times. I trust I remain open and receptive to Life Energy from both expected and unexpected sources.

### ***The Fifth Intent-Remain Life Affirming***

I see what affirm life, I say what affirms life, I hear what affirms life, and my actions affirm life. I look for and accept the gifts from all of my experiences. I am living in grace and gratitude. I remain life affirming.

### ***The Sixth Intent-Synchronize***

After intending and connecting with the life energy within me, I take action by following the opportunities that are presented to me. I am in the flow of energy where Mystery and Miracles abide, living out the purpose of my life.

### ***The Seventh Intent-Live from Love***

I practice love. I live in abundance and know there is always enough for all. I am present to others and open to their needs. I live from and with love.

### ***The Eighth Intent-Allow your Radiance***

I live from magnificent life energy. I am awakening to the profound life force within me. I express myself with joy, smiling easily and laughing often. I am radiant.

### ***The Ninth Intent-Share Your Vision***

I manifest a life sustaining environment and world by envisioning it, by giving voice to it, and sharing it with others. I share my vision.

### ***The Tenth Intent-Synergize***

I see humanity as one. I enjoy gathering with Light-hearted people regularly. When we come together, we set the stage for the Sacred Oneness to manifest and reveal itself.  
We synergize.

This is a revision I made for my own ease and congruence in saying the Code in my own daily practice.

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