



For you to get the best out of this course it is a good idea to listen to your heart and set your intention for the experience. To understand what you would like to learn about yourself and creating, or how you wish to feel will make the experience a much richer one.

To help you set your intention here is a 10-minute exercise from Deepak Chopra to help harness the power of heart-centred intention.

**Try this simple 10-minute process for setting a powerful intention today:**

1. **Pick one desire.** Take a minute to think about one thing you've been trying to make happen in your life. It could be a new job you're after, a shift in your relationship or a health goal. Whatever it is (big or small), write it down.
2. **Get absolutely clear about what you want.** Be specific. When you order at a restaurant, you don't say, "I want a big sandwich that tastes good." You say instead, "I'll have the grilled cheese sandwich with extra pickles, and hold the mayo." Take a moment to get that specific about your desire. Write down exactly what you want to happen in detail. Ask yourself, "What do I want? Why do I want it? What goodness will it bring to my life? How will I feel when it happens?" Write down those details as if you're placing your order.
3. **Be positive.** Once you have clarity, make sure you're setting your intention from a positive, heart-space, vs. a negative, fear-based one. You can do this by focusing on what you *do* want instead of what you *don't* want. For example, if your intention is to save enough money so that you can buy a new house, "I don't want to live in this house another year" is not a powerful, heart-based intention. "I will be able to comfortably afford a new house by this time next year" is. Now take a look at what you have written down and cancel out or reframe anything that's not written from a positive, heart-space. Again, be as specific as you can.
4. **Release your desire.** Now that your intention is positive and clear, it's important to become calm and still. If you meditate, that's an ideal space in which to plant your seeds of intention. Quiet your mind and body. And then let your intention go. How? Simply stop thinking about it. If you're new to this, you're going to have a tendency to want to hurry it along, force an outcome or MAKE it happen. That's not your job. Your job is to stay centred and know that everything is unfolding as it should, even though you don't know the timing or the details of how it will happen.
5. **Let the universe handle the details.** Your focused intention sets the infinite organizing power of the universe in motion. Trust that infinite organizing power to orchestrate the complete fulfilment of your desire. Don't listen to the voice that says that you have to be in charge and that obsessive vigilance is the only way to get anything done.

It may be that you a new artist and you just want to learn how to mix colour and paint? It may be that you have been painting for a while and you want to learn to go with the flow. Whatever it is you desire from this experience please write it below:

My heart centred intention for this experience is

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Now please share this with the Facebook Group if you would like to – let us support your journey.