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Awesome. Now let's re-read that description. Where, within it, do you find the yummiest, most empowering energy and description? Circle it. For example you may notice that you spoke of feeling freedom, clarity, joy, love, compassion, etc. That's the core energy for your quest. Write that down here.

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5. Wonderful! Now we are going to play with your question a bit further and re-write it as an invitation to spirit for deeper insight . . . Let your statement begin with: *Spirit show me . . .*

*(some examples are: Spirit show me freedom. Spirit show me joy. Spirit show me love.)*

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6. Yay! You did it! Now that you have set your intention, your next step in bringing it to life is to write it down and add it to your altar. Then, I invite you to share it in the safe and sacred space of the Crystal Shaman Life Facebook group. Join us here: <https://www.facebook.com/groups/crystalshaman>

Share your intention! We would love to hold that vision with you!

Shine brightly, my sacred friend!

xoxo, Lori