



Nine Intentions for Ascension



I Intend to Ascend

I intend to ascend and bring forth a complete ascension in this lifetime

I Intend to Pace Myself

I intend to bring forth my ascension at a pace that honors my form

I Intend Balanced Giving and Receiving

*I intend to bring giving and receiving to balance within,
giving myself and all others that which is required to ascend*

I Intend to Remain Grounded

I intend to retain my grounding in all that I do

I Intend Sovereignty

*I intend to allow all others their journey,
and choose to free myself of all relationships that do not serve my ascension*

I Intend Non-Attachment

*I intend to release any and all attachment to other persons, places,
and objects and attain a state of Non-Attachment in all that I do*

I Intend Harmlessness

*I intend harmlessness in all interactions and with all other humans
and all species upon Earth*

I Intend to Embody My Truth

*I intend to embody the truth of my I Am, Source and Oversoul
in alignment with the Divine Plan of God Goddess All That Is*

I Intend Honor

*I intend to honor the ascension and truth of all others
regardless of race or origin and with all others species upon Earth*