

ConsyMalasoma.com

Pacific Northwest: 425.891.9018

Las Vegas, Nevada: 702.245.6855

Also Available in San Francisco Bay Area (Marin & Napa)

E-Mail: Consy@ConsyMalasoma.com

www.ConsyMalasoma.com

Articles by Consy Malasoma

Setting Intention for the New Year

Before I explain what *making an intention* is about, I should mention that the year 2007 was a nine-year; and nine years are always considered ending cycles, for “taking care of business”. Our new 2008-year is a one year, starting over a new cycle and all about beginnings. This alone should translate to a better year than last year, and setting your intention will make it even better!

My initial meeting with a Feng Shui or astrology client is to determine the purpose for the reading. Once I understand where a person is in their life and what she/he wants to bring into their life, it becomes easier to discuss setting an intention for their space.

An intention, much the same as an affirmation should ALWAYS be stated in the present tense. Such as: “I see myself in a healthy relationship with a loving, kind man (or woman.)” Be sure to WRITE down your intention. Always state your intention in a positive note. Try to avoid words such as “do not want” or “cannot handle”. Keep your intention short and to the point. When a sentence becomes too long the meaning may be lost. Take the time to reflect in a quiet place. If your home has too much stimulation, then take a walk or sit out in a park and look at the scenery. Musing with Nature is a great way to calm down. It also helps to breathe deeply, much as you would during meditation, in order to get your mind clear of life’s interruptions. Think of what your really want in your life. Who or what are you trying to attract? A new partner? A new job? A slimmer and healthier body? Whatever you are trying to improve or attract, think about your intention and write it down.

During a Feng Shui consultation I advise my client to place their intention on a three by five inch card and place it in the area that it corresponds to. For example, the partnership corner is the upper-left corner from your front door. Your health and diet sector is to the mid-left-side room from your front door; abundance is in the upper-right corner from your front door; and your career is your front entrance. I have seen clients place their career intention right under the doormat!

There is also the art of taking action toward achieving your intention. Some say it is most effective to repeat it at least 15 times a day. Others believe that you should repeat it three times a day for 21 days. In any case, maintain the focus to attract this to you. I strongly advocate meditation on a regular basis. If you have difficulty, then count your breaths starting when you inhale and count again when you exhale. With practice you will become proficient.

It has been scientifically proven that the human mind has the ability to intend and attract external objects through thought, writing and speaking.