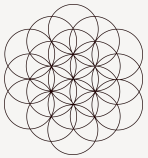


2026 Intention-Setting Guide

Set your intentions and manifest your desires
for the coming year.



Disclaimer: This is an intention-setting exercise using Reiki Energy and Blessings. Everyone has free will. Intentions will only manifest for the higher good of all involved.

How to Use this Document:



Step 1: Download and Print Your Free Guide

Download and print your free **Intention-Setting Guide**.

- Page 1: includes the same instructions you see here on the webpage.
- Page 2: is a dedicated intention page already infused with Reiki symbols and energetic blessings.
- Page 3: offers an optional next step if you wish to amplify your intention through energy work.

Take a moment to breathe, center yourself, and prepare your heart before writing.



Step 2: Write Your Intentions

At the top of Page 2, write your intentions using the lines provided.

As you write:

- **Visualize** your intention unfolding
- **Feel** the emotion behind your desire
- **Connect** with the symbols infused on the page
- Allow yourself to write freely and intuitively

This page is designed to support your manifestation through aligned energy and intention.

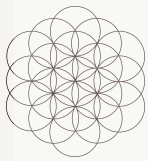


Step 3: Write Your Intentions

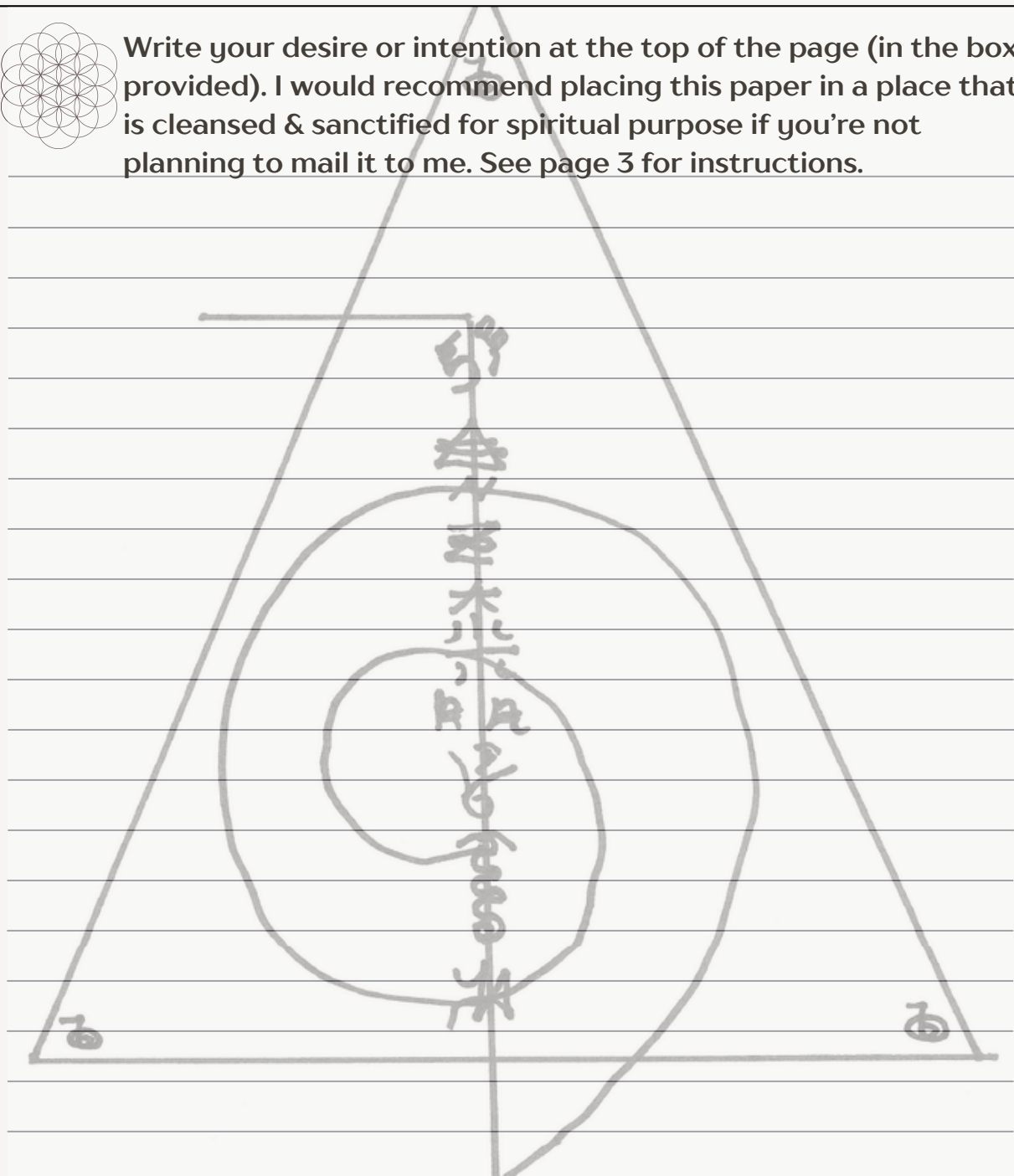
Please see page 3 of the document or not (*if you wish to place your intentions in a cleansed & sanctified place in your own home*).

2026 Intentions

Date:../../....



Write your desire or intention at the top of the page (in the box provided). I would recommend placing this paper in a place that is cleansed & sanctified for spiritual purpose if you're not planning to mail it to me. See page 3 for instructions.



How to Use this Document:



Step 3: Optional Next Step (Energetic Amplification)

If you feel called, you may send your intention in one of the two ways:

- Mail the **original** handwritten page
- or mail a **copy** of your intention

To submit by mail, please contact me

(sharmainenicolepasion@gmail.com) to request the mailing address.

All intention pages are placed *-unopened-* into a *cleansed and sanctified* space with all others to receive regular Reiki blessings. This allows your intention to continue receiving energetic support without judgement, attachment, or outside influence.



*Where Attention goes Energy flows;
Where Intention goes Energy flows!*



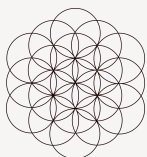
Energy Exchange Options (Optional)



Options: If you wish to give value back to this free intention-setting exercise or support the energetic exchange, you may donate to the PasionFoundation.org or choose from additional offerings.

Available Services:

- Book a 1:1 Reiki Energy Healing (\$120)
 - Deep, heart-centered energy work for clarity, alignment, and emotional healing
- Purchase Tranquility Elixir (\$33)
 - An energetically blessed pendant (heart-shaped) designed to support calm, balance, and spiritual grounding.
- Request an Attunement at Reiki Level 1 (\$150)
 - Awaken your natural ability to self-heal and align your energy at your own pace.
- Read more Insights & Tips (Free)
 - Explore energy healing & learn more about Auras, Chakras and Meridians.



Thank you for taking this sacred step toward your growth, alignment, and manifestation in 2026. May your intentions be guided, supported, and uplifted by the highest good. May clarity surround you. May your heart lead you. And may your desires unfold in divine timing.

*With Gratitude and Blessings,
Sharmaine Nicole Pasion*