

START FRESH

A UNIVERSAL INTENTION

Yesterday was a chaotic day.
I stumbled through troubles,
Exhausted by midday.
I was frustrated, on edge,
And tired of trying.
My mind chatter rattles
So loud
I can't hear you calling.

Today's a new day
To start fresh
Pause
When I stop to listen
Your voice
Your breath
Your arms
Hold me strong.

Mighty Messenger of Good,
Something amazing aligns
At the beginning of each day
When I let Your love in.
Great Holy One,
Bring me Your peace, joy, and love.
Let frustration disappear
And a fresh start dawn.

USING THIS INTENTION

A UNIVERSAL INTENTIONS TOOL

The first page of this document is a Universal Intention titled "Start Fresh." This intention can be displayed in a frame, taped in a journal, laminated, hung on a wall, or simply pulled out whenever you need an energetic lift. Its healing energy is like a blessing or prayer calling loving-kindness and peace into your immediate, and our entire, human family. Give the intention as a gift or enjoy its power in your own life.

Use the *Read, Reflect, & Act* process and the following prompts to access the energy-shifting love the intention calls forth.

Universal Wisdom: A few years ago I learned the phrase do-over. More than once I have been upset about one thing (like my job) and taken the frustration out on my family. When I notice this displaced anger, I ask for a do-over. In other words, I ask for permission to take back what I just said or did and try something kinder or more appropriate instead.

Reflection Questions: Pay attention to your energy level as you begin your day. What changed throughout the day? When did you feel uneasy? When did you feel at peace? Before bed? At dinnertime? Pay attention to why you felt each energy. What brought it on? What triggers certain energies in you?

Take Action: For more than one day in a row, shift your morning starting point by reading this intention. Then pay attention to patterns, people, and daily processes that shift your energy either up or down. If you react in a way you are not proud of, ask for a do over and try the conversation again. Did you get a better or different result?

*This intention and tool are from the book *Universal Intentions*
by co-authors Deb Sakry Lande M.Ed and Ursula Pottinga, CPCC, BCC, PCC*

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