

INTENTIONS

INFUSING HIGHEST GOOD WITH CONSCIOUS CHOICE



A STEP BY STEP GUIDE TO CHANGING YOUR LIFE

DISCOVER the secrets to transforming your inner and outer world

LEARN how to become the best version of yourself

MASTER the hidden wisdom that will take you to the next level

A stack of smooth, grey stones is positioned on the right side of the image. The foreground is filled with a variety of seashells, some white and some brown, scattered across a sandy beach. The background is a soft, out-of-focus view of the ocean and sky.

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STACEY ORMOND-STIRLING

TABLE OF CONTENTS

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- **Kia Ora:** Authors Note
- **Chapter 1:** Intentions
- **Chapter 2:** Self-Awareness
- **Chapter 3:** Self-Reflection
- **Chapter 4:** Let's Set Them
- **Chapter 5:** Levelling Up
- **Chapter 6:** Next Steps
- **Chapter 7:** Resources
- **Chapter 8:** Work With Me
- **Acknowledgement**

NOTE FROM THE AUTHOR

KIA ORA, MY FRIEND.

Intention Setting has been a very important part of my personal journey as this simple practice helped me shift out of thought patterns that were running on repeat in my mind that absolutely did not serve me.

Intention Setting was one of the first steps I took to bring my awareness into the present moment and take stock of what I was thinking, how I was feeling and whether it was in alignment with where I wanted to be in life - both within and without.

It goes without saying that when we try new practices it can be uncomfortable as there is uncertainty around whether or not they will produce the results that we seek,

However, I Am here to challenge you today to try something new. To invest in you. To develop your intuition using a practical strategy grounded in spiritual wisdom.

As always, approach your learning with the playful curiosity of a child and you will be surprised at how much fun you will have on your ascension journey.



STACEY ORMOND-STIRLING
CEO and Founder of Tautahi Ascension Pty Ltd



At a high level, an intention is defined as 'A thing intended; an aim or plan'. Here at Tautahi, an intention is defined as 'Infusing our highest good into everyday life using conscious choice'.

It is important to note that YOU are the only person who truly knows what's right for you. However, it can be daunting to step into absolute faith and trust with your own intuition, and your own self-practices when you are new to managing inner growth.

The pages within this guide capture the process that I personally undertake when I create my most popular Frequency offering - the Magnify Intention Setting tracks.

Your mission, should you choose to accept it, is to take what resonates and get rid of all the rest. Use this information as guidance and inspiration to build on your own self-worth, to fire up your own abundance, and begin creating the life of your dreams.

Stacey Ormond-Stirling
STACEY ORMOND-STIRLING
CEO and Founder of Tautahi Ascension Pty Ltd



INTENTIONS

TO INFUSE HIGHEST GOOD

YOU CREATE EVERYTHING

An intention is defined as 'A thing intended; an aim or plan'. Here at Tautahi, an intention is defined as 'Infusing our highest good into everyday life using conscious choice'.

You create everything in your life: the good, the bad and everything in between. This creation process may take place through conscious or unconscious choice depending on your level of self-awareness.

Conscious choice is simply a decision you make with intention. You have an understanding of self. You reflect on where you are, and where you want to go, then you use conscious choice to get you there.

Unconscious choice is a decision that occurs as an automatic response without intention. Consider it a knee-jerk reaction that is enacted immediately without reflection. This derives from patterns and behaviours that are a result of painful experiences from the past.

With the right effort and attention, you can create change in your life. You can shift from unconscious choice to conscious choice. A fantastic way to do this is to incorporate intention setting in your everyday life.

SELF-AWARENESS

Are you tired of feeling stuck and unable to make progress in your life? Do you long for a way to create meaningful change and achieve your goals? Well, the good news is that you CAN take control of your life! All you need is a little bit of self-awareness.

But what does that even mean? It means you zoom in and focus on the things in your life that are not serving you. Maybe it's a negative mindset, a dead-end job, or a practice you've outgrown. Regardless, once you understand why it's not working for you, you can begin to let go of it and make room for something better.

Self-awareness is key to creating lasting change in your life. When you know what you don't want, you can begin to focus on what you DO want. And that's where intention setting pops up. By setting clear intentions for yourself and your life, you can create a roadmap of change that leads you to your highest good.

To help you get started, let's explore three key placements on your ascension journey map. These will give you a framework for understanding where you are now and where you want to go. With a little bit of focus and self-awareness, you can shift into creating the life you've always wanted!



Present Location

Where are you on your journey? Right here, right now.

Landing Place

Where will you disembark? Rest stops, or destination?

The Route

What path will you take to get from No. 01 to No. 02?



SELF-REFLECTION

Welcome to the world of Self-Reflection. A very simple, yet constructive technique that will help you dig into each of the placements covered in the last chapter. Self-Reflection is a pathway to greater self-awareness and personal growth.

Self-Reflection can literally be any practice that creates enough stillness to allow observation to take place. Think zero distractions and brutal honesty. Self-Reflection can be used to tap into your mental, emotional, spiritual or physical state and become aware of where you really are.

It is important to note that being alone is critical. This may seem confronting at first especially if you have not made a habit of being in your own company before. In fact, I personally found it deeply confronting and wanted to run screaming in the other direction to alone time. However, when I made the choice to be in this space I became my own best friend, which gave me the courage to confront my own trauma again and again.

Getting started with Self-Reflection is a personal journey and what works for one person, may not work for the next. Be gentle with yourself and give yourself permission to explore options until find the practice that feels the best for you.

Let's unpack my top three activities to try out: Journaling, Meditation, and Mirror Work.

JOURNALLING

1

A journey into the mind and the heart to uncover raw truth.

Journaling is a popular self-reflection technique which is often used in the self-help space. It involves making time for yourself to be alone with your own thoughts and feelings and writing all of it down.

This provides a means to empty your mind of incessant chatter, and to empty the heart of turbulent emotions. You can do this in any setting where you feel safe and will not be disturbed. It is also a very affordable practice that requires either physical writing tools (pen and paper) or a computer. Here are some prompts to get you started:

- What feels good right now?
- What does NOT feel good right now?
- What do I want to change?



MEDITATION

2

Re-directing your awareness into the present moment using the power of your own breath and mantra

Meditation is sitting quietly and focusing on your breath or a specific mantra for a period of time. This incredibly simple practice works wonders in terms of reducing stress and anxiety, increasing focus and concentration and seeking guidance from your higher self.

Find a quiet place, sit comfortably, close your eyes, and focus on your breath or a calming word or phrase. Don't worry if your mind wanders – that's completely normal. Simply acknowledge what floats to the surface gently return to your breath or mantra. Here are some points to get you started:

- What thoughts float to the surface?
- What feelings float to the surface?
- Do you resist this space and want to leave it?



MIRROR WORK

3

There is no hiding from who you are when you take a moment to gaze into your own eyes

Mirror Work is looking at yourself in the mirror. When you look deep into your own eyes the truth of how you are feeling about yourself will present itself to you. This opens you up to self-love and self-acceptance which can lead to increased confidence, self-esteem and happiness.

Find a quiet space where you can be alone and sit or stand in front of a mirror without judgement or criticism. Observe the thoughts and emotions that rise. Here are some options to start with:

- Do a body scan - how does this feel?
- Look into your own eyes, even for a moment - how does this feel?
- Does being with yourself generate a particular emotion?



SETTING INTENTIONS

Alright, let's dive in and review all the important research you've gathered through self-reflection! This is where the magic happens - we're going to use all of this information to set intentions that will propel you forward on your inner growth journey.

Remember those road blocks we talked about on the last couple of pages? Well, it's time to flip them on their head and use them as inspiration for your own unique intentions. Don't worry, I've got you covered with some examples in the table below.

The best part? There's no right or wrong way to do this. Only you know what's right for you, so trust your intuition and let's get started on creating intentions that will take you to the next level!

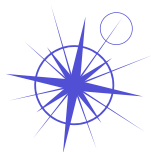
Road Block	Desired Change	Intention Example
I am kind & help everyone around me, but it makes me too tired to do my things	To stand in all my power and put myself first in all situations	<ul style="list-style-type: none">I put myself first by confidently upholding all boundaries in my relationships
I am always on the grind in my life situation, it is all work and no play	To create a new routine that incorporates fun activities	<ul style="list-style-type: none">I embrace my inner child and ask they show me what fun activities I need now
I am no longer happy in my job/career	To find a new job where I can cover my life expenses and be happy	<ul style="list-style-type: none">I Am open to all opportunities and possibilities with regards to my career

LEVELLING UP

Your self-practices are precisely that... YOURS. As such, it's vital that they speak to you on a deep level. They should be engaging to the point that you feel so excited, so passionate, so good about them that you HAVE to do them. You can't live without them. Skip this step and you risk getting bored which can lead to giving up on your self-practice prematurely.

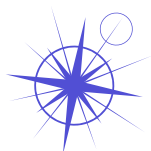
Doing exactly what everyone else does will only serve you to a point. Think of it like borrowing an outfit from a friend. The outfit fits their body perfectly, and is a little baggy on your body. How do we get around this awkward fit? Infuse your intentions with other self-practice activities that you already adore.

Example: I love astrology, oracles cards and nature. All three of these things are infused into my own intentions to make them special and unique to me. I've outlined below the way that I incorporate these self-practices into my intention setting.



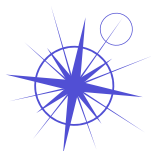
Astrology

Research the placement of the planets for the time you are setting intentions. Look at the energies that the planets, the moon, the stars are offering or NOT offering at that time. Use the information you find in your intentions. I enjoy astrology because my ancestors were voyagers who used the planets and stars as navigational tools to reach their destination.



Oracle Cards

Allow your intuition to select the right deck to offer supporting information for your intentions. Pick whatever number of cards is right for you. I pick three cards because I operate on the sacred geometry of three (triangle). Use the information you receive in your intentions. Card reading allows me to access my unseen support network and my higher self.



Nature

Invoke specific gods/goddesses from nature based on their unique gifts to support the intentions you are setting. If I am focused on bringing things up to the surface, I will invoke the God of the Wind. In my culture, this King brings everything to the surface for acknowledgement and acceptance.



Next Steps

1

Embrace Change

We are ever-learning, ever-growing, ever-evolving. Give yourself permission to change your self-practices at various points on your ascension journey. When they no longer fit... embrace something new!

2

Surrender It All

Sometimes unusual events unfold to shift you into the destination you seek. Surrender it all and trust that you are powerful and you can create the life of your dreams in accordance with your soul path and your life plan.

3

Grateful Heart

Somewhere there is someone in the world who wishes they had your life. Use this as motivation to return to gratitude when your ascension journey feels challenging. PS: Gratitude brings you more blessings!

RESOURCES

Looking for something extra? Here are three optional resources that you can use for additional support as you melt into your higher learning regarding intention setting. Take only what resonates with your higher self and get rid of all the rest.



SOUND

My favourite song to listen to when I am looking for inspiration is I Am Stardust by Meredi. Give it a whirl!



MANTRA

'I allow my intentions to evolve with me as I learn and grow in Divine timing on the ascension journey. And so it is'



CRYSTAL

Using Citrine can help open and balance the solar plexus and bring forth more confidence

For more resources, check out my website
www.tautahi.org

WORK WITH ME

I'm excited to share with you the various ways we can collaborate and unlock your full potential.

Whether you're seeking clarity on your life path, healing from past traumas, or simply craving deeper spiritual connection, I offer a range of services to help you achieve your goals.

One of my most popular offerings is tarot and oracle card readings, which provide valuable insights into where you are both within and without.

If you're looking for a more immersive experience, I also offer sound healings that use vibrations to relax your mind, body, and soul.

For those seeking long-term guidance and support, my soul blueprint life coaching can help you uncover your unique purpose and develop a plan to achieve it.

I also offer donation-based workshops that cover a wide range of topics including the light and dark aspects of the divine masculine energy, the light and dark aspects of the divine feminine energy, mirror work and more!

And for those who want to make spiritual growth a regular part of their life, my tarot membership provides exclusive access to both pre-recorded and personalised group member reading calls and ongoing support.

No matter what path you choose, I'm here to guide you every step of the way. So don't wait any longer, contact me today and let's begin this journey together!

CONTACT ME

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TAUTAHI ASCENSION

On behalf of Tautahi Ascension, I pay respect to all Elders past and present and extend that respect to all Aboriginal and Torres Strait Islander peoples. I Am grateful for every day here on Darkinjung land in Australia.

I also acknowledge the ancestors of my homeland New Zealand, and my Star land. It is through the collective ancestors that I Am able to act as a conduit for the light and be in service of humanity. If you would like to know more about Tautahi, please get in touch with me. I Am grateful for your support x

“If there's a book that you want to read, but it hasn't been written yet, then you must write it.”

HAVE QUESTIONS?

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*Thank you for your
time and energy!*

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