

Intention Statement for Mental Health and Better Memory

Should be preceded by [Precursor Cohering Statement](#)

This intention is to promote vibrant Mental Health and Better Memory for (name of recipient or “myself”). This intention exponentially expands (my/our) mental acuity and processing, and maximizes all physical/mental/spiritual and emotional conscious or subconscious self-enhancing beliefs or self-beneficial programs that improve (my/our) attainment of exceptional mental health and memory.

The initial purpose of this intention is to condition (my/our) home to a strongly coupled state of physical reality.

The first specific intention is to activate the indwelling consciousness of each (my/our) home, plus (my/our) duplex-space body(ies), so as to:

- (a) Significantly cleanse these spaces to remove all prior unfavorable or negative entanglements/attachments so as to convert them to “sacred” spaces suitable to (my/our) intended use, and
- (b) Lift these cleansed and sacred spaces to a strongly coupled state of physical and non-physical reality.

The special characteristics of this intention are to strongly increase the coupling between the physical and non-physical-space substances in (my/our) home and cellphone, especially (my/our) bedroom, as well as in (my/our) own physical and subtle bodies so as to:

1. Significantly reduce inflammation and maintain (my/our) body and brain to be completely free from inflammation and, to consciously and willingly avoid anything toxic or inflammatory.
2. Trust that this intention process will manifest a healthier and happier mental wellbeing - a clear, reliable memory and a mind that is calm, clear and focused.
3. Significantly optimize and nurture (my/our) microbiome for healthy balance and a fully functioning endocrine and immune system.
4. Provide my brain with the raw materials needed to stimulate neurogenesis and support neuroplasticity, ensuring (my/our) brain is/are strong, resilient, and is constantly growing new brain cells and connections to support healthier and happier mental wellbeing and a significantly improved, and reliable memory.
5. Highly oxygenate the blood to meet (my/our) brain and body's needs, providing sufficient energy for all activities
6. Easily operate all the subsystems of (my/our) brain and body efficiently and effectively and develop and maintain optimal health and a sharp, clear, complete and accurate memory
7. Significantly improve and maintain a high level of metabolic flexibility
8. Maintain mind, body, spirit and emotion in perfect harmony
9. Manage (my/our) brain competently, powerfully, and successfully in service to achieving my life goals
10. Enthusiastically learn new skills to exercise, and challenge (my/our) brain regularly, and do everything necessary to beneficially empower my brain.
11. Continually move towards being happy, self-confident, self-aware, and resilient.
12. Significantly reduce the level of stress in (my/our) life and manifest an exceptional ability to cope with stress in a healthy way
13. Regularly engage in activities to rejuvenate and refresh (myself/ourselves) so as to significantly reduce physical, mental, and emotional risk
14. See self as part of the spiritual energy of creation and understand who (I/we) really (am/are). Embrace the fact that (I/we) (am/are) connected to everything and are responsible for creating

the life (I/we) desire. Continue to develop and maintain an individual, healthy, personal belief system as a compass for life.

15. Remove mental blocks and easily recall relevant details hidden in memory. Honor stored memories with fearless compassion, free of stress, guilt or shame and completely accept, recognize and then release all thoughts that debilitate my wellbeing.
16. Develop, learn, make decisions, and interpret experiences in a way that positively supports my being. Embrace the fact that my mind critically think, is curious, creative, and open to new experiences and ideas that contribute to my growth.
17. In alignment with (my/our) soul's purpose, halt and then repair any processes that would lead to decline of the brain's functioning, whether physical, mental or spiritual. Move all processes out of confusion or dementia, back to full awareness.
18. Significantly reduce the periods, magnitude and duration of depression and anxiety episodes that have heretofore occurred in (my/our) life and to significantly reduce anxiety and its contributing factors to healthy levels, allowing (me/us) to easily remain present and engaged in the moment.

(Optional But Recommended)

I intend and declare that I see myself as part of the spiritual energy of creation and that I understand who I really am. Help me realize that I am responsible for creating the life I desire. Help me understand that everything is energy, always transitioning to a greater good. Help me know that this movement is energized and maintained by my own personal belief system that always functions as a compass for my life.

The additional specific purpose for this intention, is to unite my individual and universal heart & mind, so as to be receptive to a bright new world of Divine Love, Divine Joy, Divine Will, Divine Forgiveness, Divine Light, Divine Healing, Divine Wisdom, Divine Equality and Divine Unity. May this vision penetrate every nook and cranny of my being so as to significantly reduce all unnecessary stress precursors in my life, allowing me to manifest optimum health and functioning in physical, mental, emotional and spiritual levels in my daily life consistent with my soul's purpose for this particular lifetime's experience.

Note: For those imprinting this intention into their own [Intention Host Device \(IHD\)](#), please use this statement. Step-by-step imprinting [resources are available on the website](#) to guide you through the process.