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THE ROADMAP FOR SETTING YOUR INTENTIONS

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BY NICOLAS NOTINI WALLIN

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PROLOGUE

Y

ou are now starting out on a real adventure! Finding,

igniting and cultivating your inner life-force energy, your own Superpower, is perhaps the greatest journey you'll ever go on, and it's a journey going inward. Within each of us lies a powerful Superpower—compassion, loving kindness, and raw life-force energy—waiting to be unlocked. We all have this energy inside, but we are often unaware of its enormous potential, or we don't even know we have it. This is all about to change. You will get the tools and knowledge to find out what your unique Superpower is, and cultivate it to transform your life and the world around you. It's that powerful.

1.

VISUALIZATIONS AND INTENTIONS

The mind and brain regard mental visualizations and "reality" as equally valid. In fact, the brain is a kind of "visualization modeling machine," constantly making rather crude models of reality. It has no contact surface with reality or any way of knowing what "reality" is, and it has even less knowledge of whether there is such a thing as "reality" in existence at all.

This means that visualizations and intentions are just as real to the brain as its present model of "reality." Everyone therefore can change their minds and hearts just by setting the intention on something and imagining it in visual form. Doing this everyday will change everything: how the world relates to you, how you relate to it, what you perceive in your conscious mind, and how you choose to live an examined life. What you decide to set your focus on becomes more experienced and noticed in your life. It is a beautiful way to expand and become awakened in the truest sense of the word.

When you train yourself to master these techniques, you actually change the neuroplasticity of your brain, the connection to your heart, and you become more mindful and grateful for the gift of life. By daily practice, you can make

anything become a reality. If it can happen at all, if it can be achieved in the Universe, it will.

“THE BRAIN IS A KIND OF VISUALISATION MODELLING MACHINE”

When you imagine and visualize your intentions, you experience them in the present moment as a fact of reality. When you walk and talk as that person, dress as them, when you smell, touch, taste, feel and experience it, you "are" them. If it's a thing you want, say a car or a house, you experience how the steering wheel feels in your hand, how it smells in the new car. You feel the floor under your bare feet while walking through the living room in the house you wish to live in, you see your loving friends and family greet you with morning coffee in the kitchen. You hear the sound of your own voice as you talk to the audience, or whisper in your loving partner's ear. You visualize what you want to experience and you offer it to others, and you feel how that actually feels, in the moment. You do this time after time, until it becomes as real as anything else is real.

These intentions and visualizations become part of your conscious mind; over time they are not only in the subconscious anymore. They are now "on the desktop" of your mind. This is in part what the "saliency network" does in your brain. It gives priority to what you tell it is important. And by repetition, visualization and meditation on what you want to experience, you are literally telling it to prioritize these things.

The visualizations might be blurry at first - as if seen through an out of focus camera lens - but with everyday practice they become increasingly clear to the mind's eye.

“THE VISUALISATIONS MIGHT BE BLURRY AT FIRST”

These visualizations of intentions can also be "seen" as portals to enter. Inside the portals you can have these "virtual reality" experiences. Going further inside, there are innumerable more portals with more experiences that open up as you approach them.

You can dream as many dreams as you want, and they can be as big as you want - you can just enter the next portal to have the particular unique experience that you decide is inside.

Writing down your intentions and dreams, thinking about them, speaking them, feeling them, reading them out loud and most importantly doing meditations on them every day is the way. If the intentions and visualizations change over time, that is fine - just adjust and visualize them in their new form. However, it might be good to initially limit the number of dreams to ten to fifteen to keep them top of mind. Adding new ones and replacing old ones is always possible. Anything can be visualized, any energy can be transformed into another. There is literally only one limitation: your imagination. Always try to make the visualizations "in the

service of others." This will increase their power significantly, and they will be more likely to become reality.

**“ALWAYS TRY TO MAKE THE
VISUALISATIONS IN THE SERVICE OF
OTHERS”**

2.

INTENTIONS LIST

Write down 10 to 15 things that you want to make into reality. The list can be longer, but it's recommended to keep it short and instead update or exchange items over time. Write what you want to experience, be part of, feel, see, have, own or offer to others. Everything under the stars is allowed except anything that might cause harm or create pain or suffering for another. Dreams and wants can be as big or small as you want, nothing is too big or too small, as long as it is aligned with the truth in your heart. Be mindful here - this is very powerful, so take great care to write from a place of loving kindness towards others and yourself. Remember that visualizations "in service of others" are most likely to become reality and have an impact. These visualizations also most likely come with a positive and loving feeling of gratitude, as we humans are wired for compassion.

“DREAMS CAN BE AS BIG OR SMALL AS YOU WANT”

3.

MEDITATIONS

Meditation is a gateway to all self-curiosity of mind and to living an examined life. Meditations are the framework in which you can train yourself to become more skillful. They make it possible to experience life more mindfully. Meditation offers a way to know and experience consciousness in new ways; they are the space where growth can happen and where energies can be transformed. They are possibly the best way to expand your self-knowledge and for your intentions and visualizations to become reality. Meditations can be practiced in all situations of life, in all contexts and at all times - from lengthy month or year-long retreats to 5-second Micro Meditations. They all have their place and purpose for the practitioner. Meditation has enormous power; there are examples of monks who can control different bodily functions that other humans normally can't influence, just by controlling their mind and energy through meditation. It offers the Superpower of self-growth and awakening to everyone who practices them.

1 - Calm Body Meditation

1. Enter a calm and quiet space. Sit in a comfortable way, shoulders back, and chest out with an open-hearted body position.
2. Take three deep breaths - in through the mouth, out through the nose. Feel your seat on the ground or chair, or if you sit in a chair, feel your feet anchored to the solid ground, making you feel stable and connected to the earth.
3. Direct your focus to your feet and toes, relax them, and then move to the ankles, knees, and thighs and so on all the way up the body. This can be thought of as a body-scan.

Relaxing all parts of the body, one by one, all the muscles including those in the neck, face and head. If there is any part where there is extra tension, breathe into it and let it relax more.

4. Lastly, move your focus to your heart and really relax your whole heart region, feeling it open up for both sending and receiving energy.

This is the Calm Body Meditation in its entirety - focusing on the different parts of the body and gently reminding our mind to return to this focus and remain open and in a relaxed state.

2 - Quiet Mind Meditation

1. Sit in a calm and quiet space. Take three deep breaths and perform the Calm Body Meditation.
2. Now direct your focus to your breath, calmly breathing in through the nose and out through the mouth. Put all of your attention on your breath, quieting the mind from thoughts. Whenever your mind wanders off, gently guide it back to the breath and quiet it down again. This is the whole practice. When the mind wanders off, gently direct it back to the breath. Over time you will become gradually better at emptying your mind and being able to stay longer in stillness and focus on the breath.

“GENTLY GUIDE IT BACK TO THE BREATH”

3 - Open Heart Meditation

1. Sit in a calm and quiet space. Take three deep breaths. Complete the Calm Body Meditation and Quiet Mind Meditation.

2. Now think of someone that you have received deep love from, the kind of real unconditional love that puts the other person's happiness before their own. A parent, a child, a sibling, a lover, dear friend or even a pet. Feel this love filling up your heart, the energy of it, the deep acceptance and the loving kindness. Accept it as the gift of loving energy it is. Stay with this for a while, take in how this love fills you up with safety and joy. This is the energy that you then can share with others and the whole world.

3. Now direct this very energy to someone you in turn love. Let your energy of deep love flow into this person or pet, wishing them only joy and happiness, and visualize your love as it flows out from your heart and through them, like a ray of light. You can even choose to flow your love into someone you have had a difficult experience with or even found hard to feel love for.

4. After the Open Heart Meditation say thank you or Namaste for the experience.

The more times you practice this meditation, you can choose to open your heart for everyone, everywhere. You can make room in your heart for all, make space for everyone, and this can make you more connected to the fact that we are all one, and we all do the best we can with what we have. You can expand your heart to have room for the neighborhood, city, country or even the world and the Universe.

4 - The Three Short Meditations

After some practice, you can perform the Three Short Meditations with more ease and efficiency. They are simply short versions of the three meditations above.

1. Sit in a quiet place. Scan your body, relaxing all the muscles. Breathe with focus, quieting your mind.
2. Now open your heart by feeling this love and flowing your love into the hearts of others and the world.

Note:

For the beginning of the 2nd step or start in each meditation:

You can try "a snap of the fingers" or "making a gesture" or a "deep breath with a sound on the out-breath" - to get a clear starting point and immediately go into the visualization.

“OPEN YOUR HEART BY FEELING THIS LOVE”

4.

THE INTENTION MEDITATION

1 - Start by doing the "Three Short Meditations" as described above to have a calm body, a quiet mind and an open heart.

2 - Choose one or more things from your list of intentions and visualize the situation, thing, experience, achievement or energy you wish to make into a reality. Visualize being that, feeling it, experiencing it as an actual reality right here and now. Smell it, live it, see yourself in it or even as it. All the details, how you look in this visualization, what it sounds like, how you feel as you now are standing in the middle of it. It has already happened. It is reality, here and now, and you stay in the feeling of just how good it is to experience it in this present moment.

3 - Afterwards say thank you or Namaste for the experience.

You will start to see it more clearly over time, like watching through a camera lens that is slowly coming into focus. Trust that over time it will become increasingly clear. The intentions that you visualize are now coming to life. Keep them top of mind, and part of your daily practice.

This changes your heart and your mind, and that changes everything

Stay mindful of what you are experiencing emotionally -

all the feelings of excitement, gratitude, warmth, love and happiness and so on. Cultivate these feelings, allow them to wash over you, because this is how your mind rebuilds itself - quite literally - in a process called neuroplasticity. The brain does this in many ways to now consider these intentions and visualizations as priorities. This way you transform their energy and move them from your subconscious to your conscious mind. And this is where they start to become reality in the world.

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**“STAY MINDFUL OF WHAT YOU ARE
EXPERIENCING”**



ABOUT THE AUTHOR

Nicolas Notini Wallin is a recording studio musician/producer, international compassion leader and serial entrepreneur with roots in music and improvisation. Inspired by family friend Quincy Jones and his early experience of energy flow playing drums at three years old, Nicolas has devoted his life to exploring creativity, leadership, and compassion. A graduate of Stanford's CCARE program, he integrates artistry and compassion into his work, fostering human connection and growth through innovative projects.