



**AnnMcGillPotentialist**  
explore, discover, release, expand, become

# messages from the Universe

## New Years Intention

via Ann McGill - 1/1/2004

*"I found **every** single **successful person** I've ever spoken to had a **turning point** and the turning point was where they made a clear, specific, **unequivocal decision** that they were **not going to live like this anymore.**" – Brian Tracy*

**I don't know about you, but I'm tired of suffering --**  
the pain, worry and fear that zaps my energy and fuzzes my thinking --  
the limits and lacks that stifle my potential that I have allowed  
myself to think into being. **I refuse to suffer any more.**  
**This is my intention for '04.**

*"When we dare to ask from the heart, we always receive  
an answer." – Rose Rosetree*

*"Unless you choose your intention on purpose,  
the neediest part of your ego will do the choosing." – Rose Rosetree*

*"Intention is one way to request a miracle." – Rose Rosetree*

### **The Time is NOW! What do you choose?**

Even a few minutes thinking through makes a big difference  
in the results (or lack thereof) we create.

Writing our thoughts on paper adds significant power;  
even if we don't look at them again.

**May 2004 be a year of relaxing and releasing,**  
letting go of all unnecessary suffering  
and the thinking that creates it.

May 2004 be a year of **experiencing inner peace**  
deeply, on a permanent basis;  
recognizing it as essential to optimal Life.

May millions more find themselves **claiming freedom**  
from all that is not self, not self serving;  
not supportive, caring, loving, effective.

May your heart and life be filled with **joy and love**  
as the next few days, weeks, months and year  
bring you the gifts you requested.

n/ Joy ... b/ Peace ... w/ Love ...



Ann McGill - Potentialist

Messages from the Universe - *Intuitive readings*  
*of universal energies sent occasionally as Spirit inspires.*

\*\*\*\*\*

Pass it On! - E-Mail this document to your friends

Sign Up - Messages delivered to your inbox

Potentialist@AnnMcGill.com - Questions, comments, feedback

www.AnnMcGill.com - Prior messages, lots more

\*\*\*\*\*

Copyright 2004 © Ann McGill, All Right Reserved