

Intention: Potential Being Made Manifest

Many people these days are talking about intention. “I intend abundance in my life this year,” “I am intending to meet my soul mate,” and “I want to realize my life purpose,” are phrases I hear on a daily basis from my personal friends, clients and students. Sometimes it’s “I want to communicate with my angels more clearly,” “I want to stop judging people,” or “I want to build my private practice.” Since ancient times, across many lands, people have used intention -- because it works.

Deepak Chopra shares in *The Seven Spiritual Laws of Success: A Practical Guide to the Fulfillment of Your Dreams*, “...when we introduce an intention in the fertile ground of pure potentiality, we put this infinite organizing power to work for us.” It’s that simple. We can manifest that which we desire. All too often I witness people, including myself, perceiving that they have fallen short of meeting their dreams or desires. Sometimes this happens because, deep down, we don’t believe we can -- even if we think we do. Sometimes we experience events that we don’t want to experience, so we think that our use of intention is not working. Sometimes, exactly what we want is coming into fruition -- only it is within a larger context than that which we were envisioning.

Intention is more than the thoughts or written words that come at the beginning of the creative process of conscious manifestation. Though some believe that by writing down their intentions they can magically have them come into reality. This is so. And it isn’t. It all depends on the inner wirings of what I call our “information tracks.” You see, some of our intentions run very deep. Embedded deep within our subconscious mind, exists layer upon layer of thoughts, beliefs and intentions -- layer upon layer of information loops that continue to play, unless we choose differently. Some believe these information loops even hold ancestral codes, as well as information from beyond our current lifetime -- perhaps even from the future.

Imagine if you will, that we have several “train tracks” running within the system of our mind. The inner “trains” of our life run on the various tracks. We may have relationship tracks, self-esteem tracks, beliefs about how the universe works tracks, and the tracks go on. These tracks run whether we are conscious of them or not. We also have our own “beliefs about intention” tracks.

Using intention, as I see it, is more than declaring what we want in our life. It is more than believing because it is what a guru or the latest self-help book told us to do, or believing in the hopes that a desired outcome will come our way. It is more than believing period. Intention is a deep inner knowing of something that *really does exist*. Intention is more than an aim, a target, an objective. Some even say that once an intention is intended, it has a consciousness of its own that has the ability to co-create with us.

Intention is about living, feeling, and breathing from a mind set or “track” of knowing the outcome already exists -- because it does -- even if we have not physically observed it in our reality yet. We know it is already fulfilled, though we do not necessarily know how it will be fulfilled. Some may liken manifestation through intention to miracle making.

A Course in Miracles notes that miracles are those occurrences that happen in a way that transcend time and space. More accurately, it suggests that this is the way we experience miracles due to our perception, and that the nature of that which we refer to as miracles actually has the capacity to occur as commonplace.

Consider a belief track that we will call “track A.” If our thoughts are running on “track A,” we intend and then wait for certain steps to take place in order for our desire to be experienced, often stopping the process due to non-belief, self-doubt or distraction, rather than taking the opportunity to just experience it as so. If we are running “track B,” we intend and then observe ourselves experiencing the intention that *already* exists in our expanded reality. As we merge ourselves and our life with the intention, we live as if the intention exists within our reality, even though we may not have experienced it fully in the physical, because we have the understanding that it does exist. It is an extension of us, a part of us; and us of it.

As we expand our consciousness, or field of potentiality, and truly allow our inner system to run on tracks that are in alignment with our intentions (or that will support them coming about), we

have an increased observance of not only experiencing our desires, but our desires naturally grow and expand themselves as our intentions evolve, as if on auto-pilot, through our navigation of the synchronicities we experience in our life.

The possibilities already exist within us and the world we are experiencing. As we live with a constant knowing or awareness that our intentions are already within the matrix of our reality, even if not seen with the physical eye in our immediate surroundings, we can deeply connect to the essence of them. We can live as we engage with their essence as we experience and follow the intuitive impulses that help them to be realized and further experienced or expanded by us.

To illustrate further, I share a personal experience that I hold very dear to my heart. In 2004, I knew that my website was going to go through a complete transformation. I *felt* strongly that I would be contributing the content for the website, but that I would not actually be engaging in much, if any, of the actual mechanics of the technical creation of the website. Within seconds of seriously intending that a web architect be a part of my path, I got the intuitive impulse to go to the grocery store. I told my husband that I was observing an intention unfolding and that part of this meant that I needed to head to the grocery store to manifest some website support. I needed him to watch our daughter and continue making lunch while I leave the house to experience some synchronicities...what my husband calls breadcrumbs. This being commonplace in our home, he understood, and carried out the tasks at hand.

Tapping into the field of potential that existed between me and the web architect, and feeling as if this “space between” was not far between us, I stated my intentions as I walked out the front door. I turned on the car ignition and the song *Hanging by a Moment*, by the band Lifehouse started blaring on the stereo. Driving down my street, I continued to say whatever words I used out loud. Just then, my next door neighbor turned the corner onto our street and appeared right in front of me. It suddenly dawned on me that he told us just weeks prior when we moved into the neighborhood, that he created websites. And now, our worlds seemed to gently collide again. The web architect already existed within my reality. I was just not conscious of it, and had not yet integrated this facet into my personal experience.

I shared my “synchronicity” with him, and days later conveyed my vision in more detail. He shared with me the next morning that he had a dream about my husband and I and that he experienced a vision. “There was this awesome, radiant light...,” he explained. He also shared that he created a mock homepage using the vision from his dream as inspiration. The mock instantaneously became the final copy (as is) upon my first glance, and the rest of the story continues to unfold.

In *Secrets of the Power of Intention*, Wayne Dyer states, “the secret to manifestation is having the ability to manage all of the synchronicities that come into our life.” When we look up the word *synchronicity* in the thesaurus, we find words like coexistence, co-occurrence, harmony, simultaneousness.

In conclusion, I share the manifestation of this article which came about as a result of clear intentions, management of synchronistic experiences, observance of intuitive impulses and responsible action to see it into fruition. I woke this morning with an itch to write, though no topic had made itself known to me in my physical or mental playing fields. Yet another intention was to connect through some form of communication, to those in the Mosaic of Self community in some way that might bring inspiration or fine-tuning to their paths. Questions regarding “how our thoughts affect our lives” had been a resurfacing question of some of my clients and readers. I also had a secret desire to support my sacred partner, my husband Brian, as I knew he was experiencing a growth spurt on his journey. Remembering that I also needed to engage in some self care and nurturing, I also hoped to put my feet up, light a candle and enjoy a cup of tea at some point in the day.

During lunch, Brian asked me what I was most excited about in life. He listened as I shared. Somehow, I got onto the subject of intention and he stopped me. He suggested that I go downstairs to the living room and type what I was about to say. He also said that he desired to read it as it may help him, even though he had no idea as to the content in that moment. He scooted me down the stairs as he just happened to put water on for tea. Following me into the room, he lit a candle and set up a laptop table that allowed me to put my feet up on the coffee table as I worked. Don't you just love life sometimes? So then, is this article a product of Brian's

intention, my intention or the readers' intentions? Perhaps it was created as a manifestation of our collective field of intention?

Theresa Ann Stuesser
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