

The Practical Side of Intention

The idea of working with intention can sound very "woo-woo" or "out there." This article deals with the simple nuts and bolts of the concept.

Have you ever bought a new car, and then all of a sudden seen several of that same make of car on the road? Rather than thinking you are magically creating more of these cars into your reality, know that your heightened sense of attentiveness to them is merely magnetizing them to your observed experience. Intention deals with attention.

When we are clear with what we want, we have a higher tendency to have thoughts and actions that are congruent with our desires. The strength of our desire is the fuel that strengthens our magnet. If Joe is attentive to his desire to loose weight or build health, he will more likely grab his water bottle instead of a piece of cake or bag of chips. If Joe is attentive to his desire to write a book, he will more likely have a notebook on hand and record intuitive impulses or creative thoughts as they come. If Joe is attentive to his desire for harmony within his family, he will more likely respond out of love to his children or spouse.

Sometimes Joe's attention is pulled away from his true desires into drama, imbalance and fear by daily tasks, stress or negative thoughts. Joe's magnet is stronger and more focused when he is focused. He is more focused when he is calm, alert and disciplined -- being a disciple, a devotee, to his highest intentions.

My work in "the field" (meaning within my network and base of clients and students, and also my observance of human tendencies in general in this entire "field of possibility" that we are creating in) tells me that these particular desires, from Joe's loosing weight, to his wanting to publish a book, to his wanting peace within the family, are all rooted in another intention entirely. It all comes down to his soul's desire for self love and self expression.

In this experience that some call One Self expressed by many individual selves, every choice we make in life moves us in the direction toward or away from our soul's greatest desires. It is as simple as that. Though Universal Laws such as "the law of like attracts like," and "the law of pure potentiality," are commonly referenced those on the conscious path, it doesn't have to be so esoteric. Pardon the blunt expression, but when the sh*# hits the fan, when we hit rock bottom or when we ache so deeply for change or healing, we begin to take steps in the direction of our dreams. The more steps we take toward our authentic path in one area of our life, the easier it is in other areas of life. It is like a bleed over effect, a merging so to speak that signifies an emergence on our part. Soon, we are experiencing more peace...more joy...more fulfillment...more love and more authentic expression.

In-ten-tion is the act of directing attention from within. A book I recently read explained this by saying that when we are in the director's seat, we get to be the star of our own show, rather than an extra in someone else's. We have the opportunity to express from the state of personal divinity and genius that we all have within us. Intention can be used as a steering wheel.

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