

Money? Lifestyle? Relationship? Use the power of intention and these simple ideas to create your reality.

Intention is Attention.

The power of intention is the power to create.

Let's pick one particular outcome and walk through the steps, using the power of intention, to create it.

Intention works because of the power of the mind. Every minute of every day, each one of us creates reality, our own reality. Even if you don't know it or aren't conscious of it.

So rather than saying (complaining), "but I wouldn't have *chosen* this life problem (insert: bad relationship, being broke, stupid job)", say instead, "I choose to use my power of intention to create the relationship/money/work that I want."

In other [articles \(click here for example\)](#) on this site, I've talked about the steps of manifesting. (You can check out a [7-part eCourse on using the power of intention](#) and the whole manifestation process here).

For this article, I want to focus on just one part of manifesting: intention. Intention is one kind of focus of the mind. It is paying attention to a particular thing, material object or desired situation or outcome.

Intention *requires* knowing what you desire. By knowing what you desire you know where to pay attention (or pay *intention*).

Here's an example:

Let's say I want to reach 500 readers to my site every day. Certainly there are actions I need to take to get those readers, but starting at the very beginning of manifesting, the very first step to create the reality that I want, I begin with *the intention* to reach 500 readers per day.

Here is how to practice the power of intention on this topic:

Each day, I am excited about talking with my readers. I maintain in my mind positive feelings about the messages that I send to my audience. When I am not at my computer I think about how much fun it is to create articles for my site and how I hope to be helpful to people reading the information. As I continue to think about my work and the visitors to my site, I also think about how I am continually inspired with new ideas for new articles that people will enjoy reading. I feel the success I enjoy as a result of my readers enjoying my work. I think about people sharing my site with others by emailing links to pages in my site. I think about the people who contact me through the site to share their experiences. I picture my site statistics climbing higher and higher, as more people visit and read and enjoy the site. I practice, starting in my mind, loving what I do.

Each day, at different points during the day, sometimes for a minute, sometimes for a longer period of time, I practice holding these thoughts. Of course, this isn't all I do to [build my site](#) or attract readers, but I certainly find that maintaining mindset, practicing the power of intention, focusing attention, is the best place to start.

As a result of my intention practice, I find that I learn more good actions to take each day. More good intention, more good feeling, more good action, more good results... You can easily see how the power of intention builds into a spiral of success!

Try it on something you like! Contact me and let me know how you do!

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Try it on something you like! Contact me and let me know how you do!

[Money Doors](#) »

Million Dollar Experiment - Tips for Manifesting Money

November 15th, 2005 by Steve Pavlina

The [Million Dollar Experiment](#) has been receiving a wonderful reception across the web. If you check the [results page](#), you'll see we now have 214 public participants who have manifested a total of \$3767.19 so far. So far 32 participants claim to have manifested money via this experiment, ranging from \$0.02 to \$1000.

Last month, before I ever used the words "Million Dollar Experiment" on this web site, I did a Google search on that term (in quotes) and saw that it returned 398 results. Today when I search on "[Million Dollar Experiment](#)" on Google, it says there are 18,200 results.

I appreciate the apparent honesty of those involved with this experiment. To date I have received no submissions that seemed downright implausible. Most people have been including comments to explain where the money came from — an unexpected refund, finding money on the ground, joining a new affiliate program, etc. I have no way of validating everyone's reports though, so this is certainly not a controlled experiment. I do think, however, that the type of person who'd be interested in publicly participating in such an experiment to begin with is likely to be honest about their results. There's no incentive to be false, and in fact that type of attitude would be in conflict with the intention to do this "for the highest good of all." To the degree it's possible, I will follow up with people who seem to experience a big spike, partly to see if they'd like to share their story publicly via this blog.

I made some improvements to the [results page](#) yesterday, so now you can sort the list of participants alphabetically, by join date, by last update, or by current total. The default is to sort by last update, so the latest updates are always refreshed to the top of the list. The "current total" view makes it easy to see how many people have manifested money and in what quantities.

Updates are keyed to the email address you used for your original sign-up (you'll be reminded of this on the [update submission form](#)). So be sure to use the same email address you signed up with when submitting updates. Even though this isn't the most elegant method of processing updates, I prefer to keep this simple and not create a full login-membership system.

Starting Small

Starting small is perfectly fine. As you can see by the results, many people are beginning to manifest fairly small amounts of money. If you've never used the intention-manifestation model to create money, you may have some conflicting beliefs as to whether this whole thing is even possible. According to this model, those conflicting beliefs will only block your intentions from manifesting. However, as you begin to manifest small amounts of money in increasingly unusual ways, it will help you relax your beliefs a bit, opening yourself up to a greater flow.

Let me explain how this process has been playing out for me, since my money manifestation attempts also began with pennies.

I started experimenting with manifesting wealth earlier this Summer. Initially it seemed like nothing was happening, but I kept putting out the intention and doing my best to permit myself to believe it was possible to manifest money. Then I started finding pennies on the ground. At first I dismissed those finds, but they gradually increased to the point where I was finding pennies almost every time I left the house. I thought to myself that maybe there just happened to be a lot of pennies on the ground, and this experiment was simply conditioning me to notice them.

So I began intending to start manifesting other coins. And it worked. I began finding nickels, dimes, and quarters in addition to pennies. I would go for runs or long walks each morning, and 80-90% of the time I would return with coins I'd found. I usually alternated between three different running

routes, and I'd keep finding new coins along the same paths. One time I found two quarters, a nickel, and three pennies, spread across six different locations. Another time I was out for a walk, not even thinking about finding money and I felt the urge to look to the left. There on the ground, four feet off the sidewalk sitting in some rocks was a penny. Either my subconscious was highly attuned to noticing coins and bringing it to my conscious attention, or something more was going on. Suffice it to say this whole notion of manifesting money began to take root.

When my wife and I would go out on dates during this time, I'd demonstrate my new "power" to find coins anywhere we went. Then she became "infected" too and started finding coins with me. One time after I found a penny, she said, "Wait a minute. Why are we focusing on pennies here? I want to manifest a dollar." Later during that same date as we walked back to our car, she found a dollar bill in good condition lying flat on the ground in the parking lot — it was directly on the way to our car. We were stunned to say the least.

So we pushed harder. On our next date, we went out to the Strip, and my wife and I set the intention of manifesting a black casino chip that we could have. Black chips are worth \$100. So the whole time we're on this date (at the MGM Grand Hotel), we're scanning the ground as we try to find this black chip. We found two pennies fairly quickly, and then as we were heading back to our car through the shops area, my wife found a penny and then I also found a penny a few feet away in the same location. And as I looked up after picking up the penny, my eyes fell upon a whole bin full of black casino chips right in front of my face. They were fake souvenir chips being sold in one of the shops. I grabbed my wife and we were shocked. Even though the chips were fake, we had to laugh because it was exactly what we intended — a black casino chip. The chips were sold for \$0.50 each, so we bought one. But get this... I had two quarters in my pocket that I found earlier, and the four pennies we found on that date covered the sales tax exactly. So I paid for the chip with \$0.54 of manifested money — the exact amount I had on me at the time. I now keep this chip in my office as a symbol of the power of manifestation.

But of course this wasn't satisfying enough. There were still some doubts, and after the fake chip experiment, we almost felt we were being toyed with. To call this a coincidence seemed unreasonable, but with a stretch I could label it the effect of subconscious programming. I could have subconsciously noticed the bin of black chips as my wife and I walked into the casino. But to manifest exactly the purchase price of the chip and to find two pennies on the ground directly in front of the bin of chips — That makes it harder for me to swallow that this is merely subconscious programming at work.

I wanted to try some bigger tests and put even more conscious energy into this. I built a little "wealth shrine" in the corner of my office (the wealth corner according to the ba-gua map of feng shui). It includes a fountain (for flow), some bamboo plants (for growth), and various other symbolic items, including the black casino chip. I spent some time meditating on manifesting greater wealth, with no specific dollar amount in mind. Within 24 hours I received a \$75 state tax rebate check in the mail, and I found \$40 cash I didn't even know I had. And within a week I had somehow manifested over \$4000. But again, these were borderline explainable as the result of subconscious programming. I definitely had a hand in taking the actions to get that \$4000, but these were actions that required me to notice something I'd never noticed before, and then it was only minutes of action required to get the money.

To say my curiosity was piqued would be an understatement. I decided to launch the Million Dollar Experiment, first just with the intention of manifesting \$1 million in my own life, and then I expanded it to a group experiment, so that others who had similar inklings could join me. I love that others are getting involved in this experiment. If anything I think that only makes success more likely because it increases the energy we're putting into this intention.

While I've already reported receiving over \$900 since the start of this experiment, I actually have another \$5500 in the process of manifesting. All of it is at the "check is in the mail" stage, but I won't include those figures in my total until I actually receive the money. \$1000 of it was seeded

before I officially launched the MDE, so I won't count that money towards this experiment. The other \$4500 is all from advertising sales, and in each case the other party came to me, and we were able to work out the details quickly and easily. It probably took about 60-90 minutes of my time to close these deals.

I'm not counting Google AdSense revenue in this experiment, but yesterday was my best AdSense day ever. And my wife just received a pallet of books from her printer last week, so her second book (a cookbook called [Vegan Family Favorites](#)) is now selling. Financially, this is clearly going to be our best month of the year.

I'm starting to believe...

Follow the White Rabbit

There's a scene at the beginning of the movie *The Matrix* where Morpheus tells Neo to "follow the white rabbit." Soon some people show up at Neo's door, and after a transaction they invite him to go out with him. At first he declines, but then he sees a white rabbit tattoo on one of them. This makes him reconsider, and he changes his mind and goes out with them, where he eventually meets Trinity and sets off a long chain of events.

Intention-manifestation works much the same way. While you may find coins on the ground or receive checks in the mail, I haven't seen any evidence that it's possible to conjure money out of thin air. The money will flow to you through the rules of our current matrix of reality. But fortunately that's not as severe a limitation as it may seem.

In some cases money may just arrive at your door. Several participants in this experiment have reported receiving checks from unexpected sources. But in other cases, you will initially receive something other than money. What you'll receive is the white rabbit. This is the trailhead of a path that will lead you to money, but you have to actually follow the trail to collect it.

White rabbits are synchronicities, unexpected coincidences that temporarily wake you up and boost you to a higher level of consciousness where manifesting money becomes possible.

When you find a white rabbit, you will know it. Here's the rule: If you *think* you may have found a white rabbit, you've found one.

A white rabbit may take the form of a new opportunity that comes to you out of the blue, or it could appear in the form of a new idea that excites you. Trust your intuition. Allow yourself to momentarily suspend disbelief, and follow the trail if for no other reason than to satisfy your curiosity and have fun with it.

Remember that our intention includes the phrases, "in an easy and relaxed manner, in a healthy and positive way." You should never have to do anything that feels dangerously risky in order to manifest this money. The only real risk you'll encounter is that your perception of reality will expand tremendously as you begin to see evidence that something is definitely happening, but you can't quite get a handle on what's going on. And this can be a very unsettling feeling. Believe me — I know.

In most cases when you see a white rabbit and logically consider the risks of following it, you will see that there is little, if any, downside to doing so. At worst you might have a stretch beyond your comfort zone a bit, but it won't feel physically or financially dangerous to do so. If the path doesn't seem easy, relaxed, and healthy, and if your intuition is telling you no, then it's the wrong path. Wait for another one to appear.

Be Patient

Be patient with yourself. If you find yourself getting frustrated or losing hope, realize that those thoughts will only further inhibit your results. Try to remain as detached as possible from achieving any specific results. Just take some deep breaths and go back to the original intention, putting as much positive energy into it as you can muster. Remember especially to focus on manifesting

money “for the highest good of all.”

Be Grateful

When you do manifest money, even if it’s only a penny, be grateful for it. You can direct that feeling of gratitude towards whatever source you feel brought you the money, or even nowhere at all. Simply allow yourself to experience the feeling of good fortune, and feel happy about it. Feel that this is “good money” that has come into your life. Notice yourself tapping into a force that goes beyond cause-and-effect. Begin to acknowledge the existence of that force through the feeling of gratitude. It’s been my experience that the feeling of gratitude will only increase your ability to manifest.

I’m excited about this experiment. Who will be the first to manifest \$10,000? Who will be the first millionaire?

Remember to put some energy into this intention every day — do it right now if you can:

In an easy and relaxed manner, in a healthy and positive way, in its own perfect time, for the highest good of all, I intend \$1,000,000 to come into my life and into the lives of everyone who holds this intention.

Intention: The Power Behind Your Goals

by Wendy Mackowski, Inner North Coaching

"What are your intentions?" the suspicious father would ask of his daughter's suitor long, long ago in a different time and place. Today I ask you the same question. Being clear about your intentions is the most powerful way to create what you want in all areas of your life. I work with many people on goal setting, but I consider goal setting the "outside" companion of the more important "inside" work--setting clear intentions on a daily basis. So what is the difference?

Getting clear intentions means you spend time "inside" visualizing and getting very clear about what you want. Goals are the concrete results of your intentions. An intention is not concrete, but energetic. It's the way we send messages to the universe about what we want to create. **Intention** along with **Attention** is like a powerful magnet that attracts to us what we want. Simply put: You get what you focus on. And we all get things coming into our life everyday--sometimes it doesn't seem like what we want, but it may be where we've focused unconsciously. Especially when we let our inner critic and disappointment or discouragement get in our way. We may say we want five new clients for example, when we are really spending all our time focusing and talking about the bad economy. The intention going out is that we don't think we can get five new clients in this economy.

If you have a goal that is not aligned with your larger belief, you may find that your intentions are actually undermining your goals. When your intentions are aligned with your larger desires and passions, you will find that consciously setting daily intentions will set in motion the Law of Attraction and you will find your actions to reach your goals flow much smoother and with less effort.

Here are a couple of examples of creating conscious intention around all you do that's important to you:

- Each morning when you get up, think about the day ahead and write down or say what you intend that day to be like. How do you intend to feel? What impact you intend to have?
- Try setting a conscious intention before going into a meeting. Set one for the room, for example, "openness" and hold that during the meeting. Notice what difference it makes. It's even more powerful if the entire group sets a common intention.

Intention is the unseen energy and power behind your goals and what you want to create in your life. Remembering to consciously set positive intentions, coupled with the action needed to achieve them, and you will notice ease and flow, and an increase in productivity as well as enjoyment in working towards what you want--especially if these are some of the intentions you set!

Wendy Mackowski, a Certified Professional Co-Active Coach, lives in Orange County, California and is the owner of Inner North Coaching. For more information about coaching, sign up for Wendy's free email newsletter, or permission to reprint this story, [contact](#) Wendy.

The Power of Intention: Do Your Thoughts Shape Reality?

By [Mary Allen](#)

Article Word Count: 1051 [[View Summary](#)]

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Being a practical girl, I haven't always believed in the power of intention. Yet, extraordinary stories always capture my attention, and there is no question in my mind that it is more practical to apply intention than to write it off as mumbo-jumbo.

The word intention is used in many ways. The dictionary definition that fits most closely says, "intention is conception of a thing formed FIRST by the direct application of the mind to the individual object, idea or image. It is a stretching or bending of the mind toward an object."

Other words often used interchangeably with intention are "prayer", "positive thinking" or "manifesting".

Fundamental to INTENTION is that "thoughts shape reality". What we focus on in our minds, is ultimately reflected in our reality. If we intend on attracting the ideal employee in our minds first, and BELIEVE the person will show up, will they? Well, yes. I've seen clients do this again and again. The reverse is also true. If someone believes the ideal employee is going to be HARD or impossible to find...it's more likely that person will experience difficulty in their search. Your patterns of thought shape your reality.

Another fundamental assumption is that "everything in the Universe is somehow connected". This is true even though we can't SEE that connection.

The best visual that scientifically validates the notion of intention is the work of Dr. Masaru Emoto. Dr. Emoto did a series of studies where pictures of tap water were taken before and after people held positive or negative intentions. Water that received thoughts of love or gratitude morphed into beautiful crystalline structures. Taping the words "thank you" or "you fool" also resulted in two radically different jars of water structures, demonstrating the positive affect of thought on water.

See the pictures for yourself. It's remarkable.

<http://www.spiritofmaat.com/archive/nov1/cwater.htm>. The interview goes into more detail about his findings, and substantiates the effects of intention.

As paraphrased from "What the BLEEP do we Know?", "If our thoughts can do this to water, imagine what the impact of thoughts are on our lives." We are 70% water.

Maximizing the Power of Intention: If you would like to increase the effectiveness of intention in your life, the tips below offer some guidance.

1. Become SPECIFICALLY CLEAR about your desires. Would you like to receive an extra \$5000 next month? Are you looking for the perfect new employee? Do you want to heal a pain in your body? Do you want to attract your ideal relationship? Whatever your desire, intention can accelerate the results. The more CLARITY you have, the better.
2. Get Connected. Realize that you are not separate from your desire. Imagine and experience yourself receiving your intention now. How does it feel? The more fully you associate with your intention, the better. When we say, "I want a new car" and we remain very disassociated with it because we don't really believe it will really happen.

3. BELIEVE. Your thoughts shape your reality. If you don't think "intention" can work, it probably won't. If you don't believe that you'll be able to attract your desire, you probably won't.

4. Let go of the HOW. Once you've set an intention, it's time for trust and faith to set in. When you put a cake in the oven, you don't question that it will bake. You also don't have to understand how the dough is transformed into a dessert. Have faith in the process, and KNOW that the field of consciousness is working its magic.

5. Be UNATTACHED to the Outcome. Allow your desires to unfold in the perfect time and manner. When we are ATTACHED to a specific outcome, the energy becomes restricted and we cut off the natural flow of energy. It's also useful to not be attached to a timeline. Everything unfolds in its perfect order. Often times you will receive something BETTER than what you imagined in your mind. One of my clients wanted to sell his car dealership, and he almost instantaneously attracted several buyers. When the first "perfect" buyer flaked out at the last minute, instead of becoming discouraged, he reviewed all the options again and simply surrendered even more to the process. While he wanted to sell the dealership, he was also open to keeping it. A couple days later, an even more perfect buyer appeared.

6. Be OPEN to Receiving. Often an intention may be blocked energetically by an underlying belief. Do you feel you are truly worthy and deserving of RECEIVING your intention? This isn't a question to answer too quickly. If the "something" hasn't shown up in your life, there may be a block to clear. Some people view material things as "not spiritual", thus instinctually repelling desired objects from their life. Do you have space energetically to RECEIVE your desire? Sometimes receiving your intention may disrupt your life, and subconsciously a part of you could be repelling it. Everyone gets tested on expanding their ability to receive. Experience yourself receiving your intention, KNOW that you are indeed deserving, and create space for your desire to come into your life.

A FINAL NOTE: Does every thought we have manifest in reality? Are we really controlling our own lives? While many teachers talk about the power of intention, know this isn't the whole story. There are many, many, many thoughts that will NEVER happen in reality. Both David Hawkins and Byron Katie chuckle at people for believing we are 100% in control of our reality. We ARE each co-creating our realities. Our intentions and thoughts do have an affect on the field of consciousness. We can either set empowering and positive intentions, or let the negative influences of the world shape it for us.

As I wrote this article, I have become even more conscious about my intentions and thoughts this past week. The more attention is placed on intention, my experience is -- the more magic shows up. I encourage this practice.

SOULFUL CHALLENGE: Set intentions every day and throughout the day for the coming week. Play with intention as though you are discovering it for the first time. Apply the principles above. You may even buy Wayne Dyer's "Getting in the Gap" and use his CD to guide you in Japa as you set intentions daily. Notice what happens.

Mary Allen, Master Certified Coach, has earned a reputation as a results oriented coach, trainer and speaker. She is the author of "The Power of Inner Choice: 12 Weeks to Living a Life YOU Love". For tips, strategies, ideas and reminders for creating a more fulfilling life, sign up for Mary's email newsletter, SoulFULLY Living at <http://www.powerofinnerchoice.com>.

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Success Consciousness: The Miracle Of Goal Setting

By Jeri Noble

Part I

When we carefully enumerate our goals for the future, a kind of magic happens. This magic is that of visualization and affirmation, the primary tools in reality creation. This means that in addition to clearly stating our intentions through the act of goal setting, we have also begun to attract the necessary conditions to manifest what we want from the Universe.

It's very unusual for someone to succeed who hasn't established coherent goals for themselves. From a material perspective alone, it's necessary to organize the various steps towards success in order to reach that success. Far too often we hold a fuzzy idea of what we would like our future to look like without sitting down and working out what steps are necessary to achieve it. Sometimes we may feel overwhelmed by the difficulties we anticipate on the way to our goals, and give up before we start. This isn't necessary if the process is followed in a methodical fashion.

What if you don't know what you want in your future? Many people move through life "by accident." They "progress" by falling from one situation into another. They have no plan and have neglected to make conscious choices for their future. There are also people who have had their interests, dreams and choices invalidated by others; these people often need to have their interests and desires rehabilitated before they can create goals. There's a process for working that out as well.

The person who is undecided, conflicted or unaware of what he or she wants in the future needs to practice a couple of preliminary steps before actual goal-setting begins.

Keep a dream journal. Keep notes of both your nightly dreams and daydreams. These will often hold the key to where your passion lies, and this of course is what you will want in your future.

List your favorite hobbies. Often we are already doing what we need to be doing in our lives, but not giving these endeavors high enough priority or credibility. These are important. The joyful activities that you participate in are the ones that best express your creativity and what you need to contribute to the world.

Play imagination games. Design a future for yourself, the best one that you can think of. It doesn't matter whether this future appears to be "possible" or not, what is important is that it causes your spirits to soar. As you allow yourself to experience your highest joy, you are far closer to your right goal than you may have ever dreamed yourself to be. There is something achievable here and you can have it.

As you work with these methods, you should see a trend emerging. There ought to be a pattern running through each exercise that will point you toward your right goals. The primary difficulty in this is accepting the truth when you see it. If you have had trouble determining your life goals, it is very likely that your desires have been repressed or invalidated. This makes it awkward to recognize the truth of your own needs. It may be necessary to honestly sit down and face what your inner truth is, whether it conforms to your own or others expectations or not. Effective goal setting requires a realistic assessment of your needs and wants; a conditioned expectation simply won't do.

One barrier to accepting your dreams and desires may be an assumption that they are impossible. The concept of "impossible" is a mindset that keeps you from attempting to attain what you want in life. It is not based on fact. I have worked with dozens of people in goal rehabilitation and not one of them who had believed that their goal was impossible was actually incapable of producing the desired outcome. On many occasions, it was incomprehensible to me how the individual could have believed that the desire was not achievable. The resistance was simply a conditioned and often very emotional response to creating the joy that they truly wanted in life.

Also, there may be fear of personal fulfillment. There can be many reasons for this fear, but frequently it has to do with a sense that one will be isolated in fulfillment. This occurs because we tend to associate with others who have a sense of personal limitation that is similar to our own. If they believe that only a certain degree of fulfillment is possible and we exceed that, then we fear that they won't wish to associate with us any longer.

If you are very clear about what your dreams and desires are, then you're ready to begin the goal setting process. If not, work with some of the possibilities offered here.

Part II

In Part I we examined what needs to happen in order to gain clarity on our needs and desires. Now we're going to look at translating these desires into solid goals for the future. It is vitally important to provide a coherent direction for our future and to metaphysically magnetize the Universe to cooperate with our visualizations.

At this stage, clear descriptions are necessary. All we need to do is take each goal and list its qualities. If what you desire is a better job for instance, describe what it's like. What does your day look like, how is your office furnished, what do you get to do that's fun and interesting? All of these factors should be described. I suggest that you use a separate piece of paper for each goal. That way you can add to it later if you wish.

You are assembling your visual image for the goal as you do this and will begin magnetizing the necessary situations to come together for you as you write them down. As the image gains clarity and depth, you have the opportunity to "own" these factors. It will feel more tangible and do-able.

A key aspect of goal setting is intention. Intention is the decision to do something, then doing it. We exercise our intention on a daily basis. Whenever we decide what we're going to do with our day

and then do that, we have focused and exercised our intention. Goal setting requires this sort of mindset. This is somewhat different from a wish list, though the same items may be there.

We clarify our intention through goal setting by determining definite steps towards achievement. So far we've been working up to this. I've found that if we utilize our creativity in the process, we have far more control over the outcome. I suspect that as you've been assembling your thoughts and making your descriptions of your goals, ideas have been coming to you of certain steps you can take for the achievement of some of them.

Some of the steps to take for a given goal are obvious. Make another sheet of paper for each goal. Scribble the things you need to do for their achievement on each page as the ideas come to you. At this stage it doesn't matter so much if they're in the proper sequence, as long as they're written down. Don't be concerned if there are some goals that you haven't got a clue about how to approach. We'll get to those. Meanwhile, fill in your second sheet of paper with the steps you need to take. Here are some examples of steps you might need to take for your new job:

Sign up for a relevant night class.

Update your resume.

Research the firms you'd like to be part of.

For these tangible goals and for some of the goals that are more ethereal, there's an additional step that will aid in magnetizing the Universe to manifest your desire. This step involves a personal reconstruction. For example, if you've been working as a landscaper, your working wardrobe is considerably different from what it will be as a New Age seminar leader. Instead of spending your free time on "beer with the boys," you will be meeting others in coffee shops for philosophical discussions, attending meetings, practicing public speaking, etc. If you were to begin making these alterations to your lifestyle now, inserting some of them into your existing life, very interesting results may occur. In metaphysics this is called "acting as if." This means that we are acting as if our goal were already fulfilled. This is a powerful technique to goal fulfillment, and notes for this should be included in your "goal setting steps page."

You may have no idea at all how to implement some of your goals. Usually these are less tangible goals, such as "raise my IQ," or "release any tendencies towards self-sabotage." I think of goals like this as "hound dog goals." This means that sometimes you just have to sniff out the answers. For instance, if you want to be smarter, then sniff out intelligence. Lurk in a mensa chat room. Sit in the library for a few hours. Just as an old hound dog might do, go to where you sense intelligence is happening and breathe it in. Let it inspire you.

You'll find ideas coming to you. You'll intuit other places to go, people to ask, references to look up that will propel you a bit further in achieving your goal. Yes, this is going at it blind, but this sort of activity will take your goal out of the realm of wishful thinking and give you something tangible to do about it. This is important if you truly want to manifest your desire and will set you on the track to doing something about it. For example, you may learn that you can take a speed-reading course, avoid all intoxicants and take herbs to sharpen your mental acuity. As you do these, other possibilities will come to you.

So get your sheets of paper together and fill them in. Remember one sheet of paper to fully describe what "living your goal" will look like, and a second one to list the steps to its achievement.

Part III

In Part 1 and Part 2 of this series, we learned about creating clarity of our needs and desires, and then translating these into goals. In this last part, we'll be looking at setting timelines.

Setting timelines for goal setting is a typical exercise. It becomes a bit trickier when combined with metaphysics as we are doing, for as we practice these techniques, we will frequently achieve our goal far in advance of the time we set. Or we may have the capacity for doing so, and subconsciously hold off the manifestation until we reach the "assigned" time slot. This can be a real issue, creating a number of conflicts unless we prepare for it in advance. This often occurs even in traditional goal setting, and can leave a person feeling drained and apathetic. This happens because the effort to accomplish something has gone on too long.

Typically, goal setting begins with a five year plan. Envision what you would like your life to look like five years from now. Will you be living in a different home? What work will you be doing? How is your romantic life? What is your relationship with your family? These are all different factors that you will want to examine. Naturally, you must take notes. Describe these different visions. You will probably refer to the notes you took for lessons 1 and 2, and these certainly should be integrated into your overall picture.

As you assemble these various factors, you'll see a "story" emerge with you as the key character. This story should feel good to you, and as you put yourself more solidly into the picture, it should feel more natural as well. Your final draft of this story should be in a form that you can easily copy. You will want to distribute this in several places: near your bed, by your paperwork at home, and at work if possible. You should refer to it often.

There will be preliminary steps to the achievement of your big goals, as we covered in Part 2. Put these on a timeline. For instance, if a big goal is to enter an executive position, when are you starting that night school class? Write it down. Write down when you'll be hiring the resume service, and the time increments of investing in a more professional wardrobe. These intermediate steps require a specific timeline, since these are the ones that we're most likely to procrastinate on. However, as you move along in the practice of this, these will frequently be done earlier as well. You may come into some money that will enable you to purchase all of your wardrobe requirements. A friend may be able to get you an unexpected interview. These are expected and natural occurrences for the metaphysician. When one happens, you need to go back and redefine all the necessary timelines that no longer apply.

Just because you are likely to exceed your expected timelines doesn't mean that they should not be set. These are another way of establishing a metaphysical attraction to what you want in your life. With each factor that is clearly established in your mind, you are more likely to attract metaphysical assistance in its accomplishment.

As important as these intermediate steps are, and they most certainly need to be attended to, your big story is what you'll need to refer to. This overall picture is what you want to magnetize the Universe to help you create. It's not uncommon for your big picture to become so well magnetized that it can be manifested before any intermediate steps can be actualized. When this occurs, it generally happens in a way that you never considered and can be quite a surprise.

I cannot overstate the importance of pursuing all of the different steps in goal setting, whether they turn out to be necessary or not. It is the act of creating these and putting your personal energy into them that allows ultimate fulfillment. In metaphysics this is called "embodiment" and is the magic juice that fuels manifestation. When you embody your goal, you are infusing it with your energy, your creativity and your life spark. The more you can make this goal feel right, natural and real to you, the more effective you will be at manifesting it.

Finally, enjoy your goal setting activities. This is supposed to be a joyful, creative act. Allow yourself to express your deepest desires and decide to get them fulfilled.

Jeri Noble is an astrologer and metaphysical writer. You can find her weekly magazine Circles of Light at <http://www.circlesoflight.com>

Forgiveness: Forgiveness and Self-Forgiveness

By John Payne

The act of self-forgiveness changes the energy and physical structures of your cells, and of your DNA. Guilt is a very powerful and deadening emotion. Guilt in itself can, as it were, close down the energy systems of your body, and thereby lessen, and in extreme cases, cut off the flow of Divine Energy and Love to the body entirely. Because each and every one of your cells has consciousness, they too can carry the essence and energy of guilt within them that makes their energy denser.

With this denser energy that flows throughout the body and in the nuclei of the cells themselves, the illnesses that you have worked upon in your striving towards spiritual growth and enlightenment, leave a residue. Although to you, they have been cured. This residue that is held in the body through lack of self-forgiveness, acts like a blueprint for the creation of the same or similar illnesses. It is, however, possible that this blueprint of denser energy can migrate from one part of the body to another.

This is how it works. You follow a spiritual discipline and you choose to work consciously upon one area of growth or another, or even on a particular illness, or on forgiving a particular person. You do the energy work, and what you see as the forgiveness work, but in doing so, you concentrate more on releasing the other and forgiving the other without really working on the real issue of forgiving yourself. Many of you are doing this half heartedly because the part of you that is now spiritually aware, condemns the other parts for having been so wrong and for having wasted so much time. I cannot express the importance of self-forgiveness enough, for self forgiveness and self acceptance are the keys to surviving the upheavels of a turbulent world. Forgiveness of the self and acceptance of the self have a direct positive influence upon the functioning of the immune system.

Many assume that the act of self-forgiveness to improve your health causes a conflict of motives. They assume that they will only forgive for the reason of improving their own health. However, I say to you, that the act of forgiveness itself, and I speak especially of self-forgiveness, will bring you more in contact with the light of your soul, where there is no conflict of motives. The very fabric of the Universe is love and light, and in order that love and light may flow to the places where love and light cannot, the flow must be opened to even more flow. Forgiveness is one of the universal qualities of grace that helps to unblock and allow love and light to flow. The act of self forgiveness and the process that you go through on physical, emotional and mental levels will teach you much about the workings of the human psyche. Therefore, it will enable and empower you to embrace others with compassion and true forgiveness. True forgiveness can only come from a guiltless heart, from a soul that has truly forgiven itself and is in the full light of self acceptance. So what is forgiveness? How can we learn to forgive and what is the process behind forgiveness? Many of you are afraid to begin the process of forgiveness because your motives seem unclear, and then you feel that you are not really forgiving. Forgiveness is choosing to change a thought, belief and an emotion with respect to other people and situations. As everything in the Universe is energy, forgiveness is also a process of transforming energy. Forgiveness is a choice as is not forgiving. When there is someone in your life that you think you cannot forgive, then the energy of that person and situation remains within your aura. This means quite simply, that forgiveness is like any other

process of self-healing. For forgiveness in itself is a process of untangling those parts of the mental and the emotional bodies that are tangled up in the denser energies that the situation with the other person carries. In addition to this, there are lines of energy that exist between you and every other person you have ever had an exchange with, no matter how trivial these exchanges may have seemed. In essence, your aura carries with it energetic memory and this is what triggers intuition, déjà vu and sometimes warning bells.

So when you find it impossible to forgive another, you remain energetically connected to that person. Therefore, you are allowing the pain, the abuse and the trauma to remain with you. This, my dears, is a choice. Forgiveness is not something that you can or cannot do. It is simply a matter of choosing to change your thoughts, beliefs and ideas about a given situation or person in your life.

Forgiveness is the most important aspect of your spiritual growth, and it is the forgiveness of the self that hands you the key to the light of your soul. When you go to see a healer, or doctor you are in essence taking part in the practice of self-forgiveness. This is so, because the active healing releases energies that had been solidified within your aura and the healing takes place based upon either a conscious or subconscious decision to forgive yourself or another.

All is energy in the Universe, so free yourself from the question of motivation when it comes to forgiveness. Many of you who have been on a path of spiritual growth for some time, see the benefits of bringing more light into your aura and don't question your motives for working consciously on your aura as energy. So why question working on yet another aspect of the Universe that is also energy? It is your intention to live in more light that counts. The Guides and Spiritual Masters do not look at all the misconceptions of the personality, we experience the intent of the soul.

In essence beloved ones, by not forgiving another, or by not allowing their energy to leave you, you are allowing the pain and the abuse to continue. It is as simple as that. So the only decision that you have to make regarding forgiveness is this: Am I willing to let go of the pain and abuse, or will I allow this person or situation to persecute me for the rest of this life?

Additionally, the act of forgiveness also allows the other person to move on, be they still in your environment, another city or town, or even in another dimension. When you change the energy pattern that this person or event has stimulated you to create in your aura, then you also let go of this person on an energetic level. Until the moment you are able to forgive and release a person from guilt, or from the responsibility for your pain, this person remains energetically aligned with you at one or more levels. Forgiveness creates harmony in the Universe because you are handing the other person a passport to more freedom and joy. In doing so you are buying for yourself a first class ticket on a journey to paradise.

In essence, if you have been raped, physically or sexually abused, or verbally denigrated by a parent, teacher or other authority figure, you are still living as the raped, the abused and the denigrated by not forgiving and letting go of these people and situations. You can choose to live your life with another identity if you so wish. This is a choice.

Many of you believe that you have to in some way greet the person or meet them on a physical level

in order to truly forgive them. This is not so. Their higher self also allows them to be in the situation where they become the abuser for the purpose of their own spiritual growth. Although it may be difficult for you to accept, your abuser truly does have a Higher Self and a Soul that loves you. This Higher Self is aware of your non-forgiveness and of your forgiveness. It will assist the personality to grow as a response to the energetic changes you will make in the process of forgiveness. So, although you may never see someone again, they will know on a deeper level that you have released them to grow and to move on. It is also true of those people in your life who you are yet to truly forgive, and who are no longer focussed within physical reality. These souls who have passed on to other worlds and dimensions can often become more sensitive on a conscious level of your lack of forgiveness towards them. One of the greatest gifts that you can give someone who abused you whilst physically present on Earth, is to release them with joy and with forgiveness. This allows them to move further in their growth.

Realise, beloved ones, that the world is a stage and that YOU chose all the actors, and the scenes, also of your childhood before you arrived. You, together with the Souls of your abusers and tormentors wrote the script together. It is up to you whether you allow the soap opera to be repeated time and time and time again.

Exercise in forgiveness

Take a deep breath into the lower belly and breath out again as if you are letting go of all your daily cares and worries. Do this several times. Begin also to breath into the upper chest and imagine for yourself that the back of your neck is opening, creating a tunnel through which energies can flow up through your body into the cosmos and from the cosmos down through your spine into your legs and feet. This visualisation will assist you in flowing with the energies of divine and creative essence.

Next visualize a light in the centre of your chest, your Heart Centre. See this light becoming brighter and brighter as you continue to breath into the upper chest. Start opening your heart even further and allow more and more light to flow in and out of this centre of divine love. Imagine the most beautiful light that you possibly can visualise, be it white, gold or any other combination of colours that you feel express the love within your heart. Continue with this visualization until you feel that you are centred within yourself and are at peace with yourself and the world.

Now imagine that you are standing or sitting in the middle of a triangle that is composed of rods of golden light. See how bright, shimmering, and radiant that these rods of golden light are. Notice that these rods are of a higher vibration than you normally experience, and feel the energy that they are transmitting to you as you sit or stand in the middle of this triangle.

Now visualize for yourself that rods of golden energy are coming out of your heart, and are attaching themselves to each of the points of the triangle. You are now one with the triangle. Place at one of the points of the triangle the image of someone that you love very dearly, and send them your wishes of love and peace, and feel how this love reverberates around the triangle, and feel how every particle of light within the triangle and yourself begins to resonate with this love. In another point of the triangle place the image of someone or something that you hold very dear to yourself. This can be a favorite pet, your guide, the image of an angel, or your favorite landscape. Use your imagination. And allow the same resonance of love to emanate from your heart towards this corner, and feel how the intensity of the entire triangle is stepped up in vibration.

Finally, place the image of someone that you have not yet forgiven into the remaining corner of the triangle and feel how the resonance of love flows automatically towards this person from around the triangle and from your heart. Concentrate once more on the first two corners of the triangle and allow the resonance of love to flow automatically around the triangle, and become this triangle of love.

You may do this exercise as often as you feel is appropriate. The purpose of this exercise is to raise the vibration of any energy you are holding in your aura from other people and situations in your life that you are yet to let go of. This exercise is the beginning of discovering Mastership, for true Masters transform all energies into light. Welcome on the path of the Masters.

Forgiving The Self

Forgiveness of self is the most fundamental aspect of spiritual growth. It cannot be overlooked whilst on the path of ascension out of the denser energies of fear and guilt that have enveloped this planet for many millennia. Humanity carries deep within its cells the vibration and frequency of guilt and shame that is acting as a wall of doubt between the personality self and the soul self.

This shame originated at the point at which humanity began to question its own validity and place within the Universe. It originated at the point in which the intuitive mind asked itself "Who Am I" as illustrated in the Genesis parable. The shame that you have all felt over millennia has now reached a point of transformation. It is coming free from the cellular structure and the aura of humanity. This shame originated from the time that an amnesia set in, so that the experiment of exercising free will to create love as co-creating gods could begin

I have said that there are only two true emotions present within your world, they are love and fear. Love is the only true emotion, and it forms the building block with which Light and all matter is created. Fear came into existence when you began to experience separation from the Light and therefore felt the illusory separation from the source of Love. As this fear gradually built up over the millennia, and from incarnation to incarnation, humanity began to back itself into a corner of fear from where many lashed out in violent acts, as if to defend themselves from imagined enemies. The true fear has always been: God doesn't love me, I am alone, abandoned, and I am not worthy.

With these two fears firmly in place, mankind began inventing external gods to which he had to measure up to, please, or get the approval of, in order to be counted worthy. This has led to wars, violence, a belief in limitation and scarcity, poverty and hopelessness on the planet. As a result of these beliefs, humanity has also set about defending itself from the imaginary enemies that lie within these beliefs. This in turn has led to acts of great cruelty, torture and torment that have been wrought against all life forms, against fellow humans and against Earth herself. The illusion of separation from the Godhead has created an atmosphere of fear that is indeed visible to us from the Higher Realms, and has caused humanity to be lost within a mist, or a veil, of illusion for a very long period of time.

Now is the time to begin removing these layers of denser energies that are self-generating the fear. You can do this by moving into a space of self-forgiveness. Many of you are carrying layers of shame and fear within your aura and cells and much of this shame is not even rationally explicable,

even to yourselves, because it has lain energetically within you with no apparent cause.

The first step in forgiving the self is being willing to let go of shame. It is being willing to move beyond limitation and fear, and accepting that, just maybe, God does love and approve of you as a child of the light. It means being willing to accept your divinity, and being willing to exercise compassion towards yourself. Once you have stated your willingness to do these things, and have set your intention to release all pain, guilt and shame from your being, and then your soul, supported by the higher forces of light in the Universe, can go to work assisting you to release all your pain to the light. However, it is not until you state your intention and your willingness to release yourself, that the Universe can do anything to help you. This is a Universe of free will and if it is your choice to remain in fear, then there is nothing that can be done to alleviate that. The Universe always empowers those that express deliberate intent.

From the perspective of the Higher Realms of Light, there is not one thing that you could have done in this life, or in another, that would hold the heavenly hosts and your soul back in giving you their love and light, or that would cause them to judge or condemn you in any way. You are the only one that is capable of judging yourself, or of punishing yourself. Un-conditional love begins with the self, as does forgiveness.

We cannot emphasize enough, how important it will be over the coming years, to release all guilt and shame from your body, because the Earth changes that are taking place activate and intensify any energies that are present. Therefore, if you concentrate on beauty, peace, abundance and health, then these things will increase. Likewise, if you concentrate on fear, poverty, danger, and disease, then these things will increase. The very nature of matter, and the energies present, upon this planet are changing. With these changes, the power of your thoughts is also increasing. The energies present are becoming more fluid and supple, reacting more swiftly to your thoughts and desires, therefore, your thoughts and feelings are able to have a greater effect than previously possible. You can choose to use this power for the greater good of all by focussing on the goodness in your life.

Exercise in self forgiveness

For the process of self forgiveness, a daily practice of meditation is recommended, where you can become quiet and will not be disturbed for at least twenty minutes. Make this time special for yourself, play your favorite soft and relaxing music, maybe light some candles or burn some incense. Do whatever it is that helps you to feel peaceful and centred. As you begin this meditation, state your intention that you are willing to release all pain, guilt and shame from your body and energy systems and that you call upon the Forces of Light in the Universe to assist you in this release work. Close your eyes, quiet your breathing, and imagine a bright white and golden light entering your body through the crown of your head. Gradually bring this light with your breath to every part and cell of your body and visualize that any dense, grey energies are released and cleansed by the light.

Finally thank yourself and the light for the transformation that has taken place.

*John Payne is a trance channeler who brings through a wise, witty and informative guide *Omni*. Together with *Omni*, John offers workshops, lectures and private consultations. John is an *Awakening Your Light Body* teacher and a member of the *Discovery Group*. This group is made up of dedicated *Lightworkers* and teachers who study advanced light body techniques with Duane*

Packer and Sanaya Roman, together with their guide Orin and DaBen. Please also visit www.4principles.nl

Ideas for a Wildly Fulfilling Life... ***On the Road to Authentic Happiness: Savoring***

It was nearly 1:00 a.m. in the midst of a particularly ruthless poker game on the first Thanksgiving weekend I spent with my husband's family. That's when I uttered the words I'm sure I'll never live down.

I'd spent most of the evening carting around an enormous block of cheese from a now defunct dairy in Wisconsin (I had to specify this because I knew I'd get scads of emails asking where people might find this life-changing cheese. The sad truth is you can't, which proves that the world is sometimes cruel and unfair). As I sliced another paper-thin piece and held it to my tongue, I innocently thought to myself "this cheese makes me happy." It proved to be one of those awkward moments when you realize you've just audibly shared thoughts that you intended for your own internal enjoyment.

I looked up a bit horrified to find every last bloodshot, poker-worn eye staring blankly at me for one very long, very quiet moment before the room exploded in laughter. After that, every time I showed even the slightest fondness for anything new, one of my loving family members would ask, "yes, but does it make you as happy as that cheese?"

Embarrassment and life long torment aside, what I now realize is that my cheese foray was actually a form of one of the healthier ways to increase pleasure and happiness in the present moment. Yep, science has a name for what I now refer to as "the unfortunate cheese incident." Researchers in positive psychology call it "savoring" and they say it's a good thing. So there.

Basically, one of the best ways to enhance pleasure and happiness in the here and now is to savor pleasant experiences. Whether you're enjoying a sunset, a chocolate truffle, a musical masterpiece, a decadent massage, a new fragrance, a deep breath or fabulous belly laugh, you'll harvest more joy if you stay present in the moment and bask in it thoroughly.

The problem is that we tend to race through our days and our lives in a distracted mess of too many to-dos. Instead of a quiet moment of connection, reading a book to your child can feel like just another thing that needs to be done; instead of noticing the beauty of the turning leaves, the walk to your car tends to be mental prep time for a frenetic day of activity; and instead of closing your eyes and taking a deep breath and silent moment of relaxation, we often turbo charge even more tasks into an already overstuffed schedule.

The cool reality about savoring is that it's easy to do and it's absolutely free. What could be better than something free and easy? Except maybe a gigantic brick of creamy cheese. Ok, enough about the cheese and on to the practical steps. Here's how to savor:

- **Learn how to savor.** Savoring is all about being in the moment, so stop everything else you're doing—even if only for 30 seconds—and really focus on an experience you're having. For instance, try immersing yourself in that first cup of coffee (or at least the first couple of sips)—enjoy the scent, the heat, the taste and the memories you associate with it. Filter out all other senses and focus exclusively on this one...what do you notice? Being in the moment enhances pleasure in more ways than you'll ever know.
- **Make a daily habit of savoring.** Once you've mastered the savoring skill, identify one activity or opportunity each day to savor with abandon. Consider both ordinary and special events—savoring the smell of morning dew on the grass can be just as powerful and potent as the smell of success that comes from a new promotion. Savor a range of delights.
- **Space out your pleasures.** Too much of a good thing is...well...too much of a good thing. Our synapses crave novelty and our nerves like newness. That's why it's important to experience different types of pleasures all the time and to space them out over time. This is why a massage feels best if you haven't had one in a while and why your favorite CD gives you more chills if it's been a month since you've listened to it. So mix it up and keep it fresh...keep those pleasures coming at random intervals.
- **Try your hand at collective savoring.** Pleasures can be dramatically heightened when they're shared with others. A fabulous meal just tastes better when you're sharing it with someone else, and a walk through a beautiful park takes your breath away with a fun companion at your side.
- **Don't stop at savoring.** Savoring is a step in the right direction, but it's only one element of joyful living. Next month's issue of **Living With Intention** focuses on more sweeping ways to enhance lasting fulfillment and authentic happiness. So start savoring today and get ready for a few creative "next steps" next month!

Ideas for A Remarkably Successful Life...

The Experts Share Four Sure-fire Organizing Tips

Organized. That's one word most people wouldn't use to describe me. I aspire to be totally organized but in reality I only succeed in a couple of key life areas. Fortunately, though, these areas are the ones that tend to count. At least for me. Here are a few sure-fire organizing tips from a variety of sources...the strategies I've actually been able to master and have made a profound difference in my day to day experience.

Your Files

Julie Morganstern, author of *Organizing from the Inside Out* suggests that, instead of using typical manila 3-tab files, use colored file folders that correspond to certain life or project areas. For me, that means I use green files for anything to do with money, red for clients, purple for writing projects, teal for workshops I'm leading and burgundy for speaking engagements.

She also recommends using "straight line filing," with tabs on only one side of the folder (e.g., all on the right or left). These tactics make locating files much easier, especially when you're constantly adding new projects and files, which can wreak havoc on your spacing and alphabetizing. Remember, though, research shows that 80% of what we file we'll never use again. Be thoughtful about what you put into those colorful little receptacles. If you know where to find it when you need it (via a website or company), toss it rather than filing it.

Your Finances

There are a few tried and true techniques for organizing your finances in ways that actually make sense and save time.

First, buy and use a good financial management software program (I recommend Quicken ® or Quicken Small Business ®). These programs make the process of tracking your spending and balancing your checkbook manageable, perhaps bordering on pleasant (ok...maybe I'm going too far here). The software does all the thinking and sorting for you, a feature many of us would like to see in more areas of our lives.

In addition, purchase a small alphabetical "check" file and a large alphabetical accordion file for both office and home. The "check" file allows you to sort receipts by vendor/store name and the accordion file makes it simple to sort paid invoices and bills by business name. Doing this keeps all of your financial records within arm's reach and saves you hours of searching for that missing invoice or lost receipt. It also makes filing taxes a heck of a lot more tolerable.

Your Desk

In the book *Organizing Plain and Simple* by Donna Smallin, an organizing expert suggests setting up your desk or work area in concentric circles, with you at the "bull's eye" and all of the things you need to do your work in increasingly larger circles around you. The items you use most often should be in the circle closest to your body-for me, that's the phone, computer, notepads, pens and printer. Things you use less often should go in the outer circles where you need to reach further for them-for me, that's the phone book, stapler, envelopes and resource folders. This is ergonomically friendly (repetitive strain be gone!), as well as more efficient.

Your Time

Steven Covey says less than 20% of people start their day with a plan. That's why we tend to reach the end of our days and wonder where all the time went. Studies show that spending a little planning time makes it far more likely that you will achieve your goals and enjoy the process of reaching them. This basically means spending 10 minutes at the beginning of each week outlining your top 3-5 goals for the week and which days you will focus on those projects.

It also means taking 5 minutes at the beginning of each day to outline your 3 biggest deliverables for that day-write them down and schedule adequate time for them into your planner. These short bursts of planning time will lead to long-term success and sanity.

Remember that sweeping changes start with single steps. Select one organizing principle, apply it for 3 weeks and see what it does for you. Start today!

Resources That Will Change Your Life

Books and Websites

- *Authentic Happiness* by Martin Seligman. An outstanding overview of what makes us happy and practical strategies for increasing joy and contentment long-term. Seligman is the guru

of positive psychology and rightly so. My clients love this book and have repeatedly told me "this book changed my life."

- *The Joy Diet* by Martha Beck. A great read by a wonderful author. She serves up a "diet for the soul" of 10 daily practices that help infuse more joy in your life. Beck's writing style is both witty and practical, a nice combination that makes her books fun to read and full of opportunities for life change.
- *Organizing from the Inside Out* by Julie Morganstern. An excellent, practical and simple process for organizing your home and your life. Morganstern has developed a proven system that works for ordinary people like me.
- *Organizing Plain and Simple* by Donna Smallin. A comprehensive collection of organizing ideas, including a series of quotes and suggestions from organizing experts across the nation.
- Log on to www.authentichappiness.org for a wealth of *free* resources on increasing happiness. You'll find online assessments that help you track improvements in life satisfaction over time, the latest research, and a free newsletter on authentic happiness principles.

Purchase these books through **Amazon** | [Here](#)

Purchase these books through **Barnes & Noble** | [Here](#)

Events

- *Authentic Happiness: The Art and Science of Joy and Fulfillment*. A women's workshop designed to help you build more bliss and foster more fulfillment in your life. Wednesday, January 19th from 6:00 p.m. to 9:00 p.m., Spokane, WA. Log on to www.appliedinsight.net for more details and to register.
- *What to Do, What Not to Do: Proven Ways to Spark Peak Performance and Exceptional Outcomes*. A workshop designed to enhance energy and focus while yielding outstanding personal and professional results. Friday, January 28th from 9:00 a.m. to 4:00 p.m., Spokane, WA. Log on to www.appliedinsight.net for more details and to register.
- *Pause and Play Getaway: A Weekend of Fun and Friendship*. Join us for an unforgettable weekend. From laughter to learning to relaxation to connection...you decide. Do as much or as little as you'd like. For details and a chance to win a free gift certificate, log on to www.pauseandplaygetaway.com.

Women Making a Difference... Proof that Chocolate Really Can Change the World

Those who know me are painfully aware of my chocolate addiction. In fact, I'm eating a truffle as I write this. No lie. In any case, because of this obsession I was thrilled to meet Carrie Brown, affectionately known as The Chocolate Lady. Recently I've decided that her business is proof that chocolate really can change the world.

Carrie has launched www.wishingstargifts.org, an online shopping venture that offers fabulous, fresh chocolates and gorgeous gifts. Aside from phenomenal chocolates of all shapes and sizes, she's gathered a great collection of gifts-gourmet foods, coffee, tea, flowers, jewelry, and personal products to name a few. Better still, a portion of all proceeds go to the Wishing Star Foundation to help make dreams come true for children with life-threatening illnesses.

This is not a paid advertisement; it's a recommendation from an avid (or is that rabid?) fan! I encourage you to visit her website and shop around. And, as a special offer to **Living With Intention** subscribers, if you send an email to wecare@wishingstargifts.org with "Coupon Please" in the subject line you will receive a complimentary coupon for \$10 to spend at her wonderful store.

All the best,

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Top 7 Laws of the "Power of Intention" (Inspired by Dr. Wayne Dyer)

By [Christopher M. Knight](#)

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Recently I had read Dr. Wayne Dyer's new book, the [Power of Intention](#). In it, he gave laws that defined the powers of intention as he saw it. In this Top7Business article, I'm going to give you my interpretation of these laws that Dr. Dyer outlined.

1. The first law of intention is to recognize the face of creativity. Creativity in business is really about innovation and creating something from nothing using the power of your mind. Creativity is in you, whether you believe me or not.
2. The face of kindness is next. Any great power that can bring energy and thought into physical form must come out of kindness. In business, this is manifested with the power of positive thinking and an intent to do good. The law of reciprocity can only reward kind intentions.
3. The face of love conquers all, even in business. Think of this power of intention as the face of kindness exponentiation with the emotion of love. When you intend for your clients, vendors, employees and investors to grow and couple that with a lack of judgement, hate, anger or resentment -- more of what you want or desire in the business relationship can manifest itself without impediment.
4. The face of beauty is truth, honesty and a knowing that what "is" -- is exactly as it should be. You can use this power by re-framing any negative thoughts you have towards others and replace them with an appreciate (a thankfulness attitude) towards them.
5. The face of expansion is next. This is the law and the power of spirit to help you expand your awareness of what is possible in your business life. Be open to the "knowings" that you have always had inside you that have quietly been guiding you. Listen to them. Whatever you think about expands and it is natural to expand. To deny this truth is to deny a part of your purpose here on Earth.
6. The face of unlimited abundance is one of my favorite laws that works in the power of intention or attraction. You were probably taught all of your life about limitations and about what is "not possible." Fortunately, this came from well-meaning people who believed in limitation and not abundance. This law does not require you to be intellectually perfect in order to receive the benefits. Believing in unlimited abundance has no downside, so why not take another look at your business life after you answer this question, "What if I could have it all?"
7. Lastly, the face of receptivity. The universal laws of intention are open to everyone and without any judgement. Consider the application of this principle is really about believing in yourself and your ability to be open to unlimited possibilities. Banish your doubts. Focus only on your positive intentions towards others and yourself to tap into this energy.

I'd also like to invite you to visit the [Dr. Wayne Dyer fan discussion board](#). You can meet like-minded friends from around the planet and I'd encourage you to register for free today.

This Piece Was Submitted By Entrepreneur, Author, Business Builder and Email/Web/Internet Strategist, Christopher M. Knight.

Intention Manifestation

I don't believe in reality, I believe in the Intention Manifestation model of life.

Intention Manifestation basically states that, reality is merely a reflection of your perceptions. That may seem too simplistic, but my experience is that it really is just that: your own projections. And because reality is what you think it is, you can create your own reality by intending for things to happen.

Intention Manifestation seems too good to be true, until you try it on for size. [Steve Pavlina](#) has quite a few exceptional posts on using this model.

By concentrating on what we want to manifest into the world (material success, romance, etc) and by avoiding any negative thoughts, we can turn our dreams into reality. A

lthough I won't be devoting much of this blog to my philosophies, I just wanted to mention this story in [Money Magazine](#), about the secrets of rich peoples:

“In a classic study of nearly 3,000 entrepreneurs who had recently become business owners, 81 percent predicted that their odds of success were seven out of 10 or better, despite being fully aware that statistics put their chances far below that. (A hopeful 33 percent said their odds were 10 out of 10.)

Most of the people I met told me that if you're going to take big risks, you must believe to your core that you're going to succeed. That's no guarantee that you will, of course, but without that faith, your chances are nil. “

Intention Manifestation is an explanation of why that old saying is true: whether you think you can, or you think you can't, you're right.

Conscious Intent

Crystalline Consciousness Technique™ recognizes that Intent is an energy field that is responsive by nature. During a CCT session we intentionally and actively interface with that field. This field of energy is recognized by shamans and other esoteric traditions as well as physicists. Max Planck, Nobel Prize winner for his work with atoms, says, “All matter originates and exists only by virtue of a force which brings the particles of an atom into vibration and holds this most minute solar system of the atom together... We must assume behind this force the existence of a conscious and intelligent mind. This mind is the matrix of all matter.”

In CCT our intentions interface with this field of energy or matrix which influences, alters, shapes, modifies and creates the information fields and patterns that organize and shape our reality. Because our planet is one of free will and choice the more we consciously work with intention the more we are active participants in our own evolution and expansion.

During a CCT session we state an intention after we have been prepared through raising our vibration, then bringing in greater states of coherence. Now the system is ready for intention, providing the Energy Body the direction of syntropy (order) or greater coherence.

After we state our intention then it is anchored in (using intention). In simplest terms, energy flows where intention goes. After intention, the direction of healing gets much more specific. Oftentimes during the anchoring in of our intention, our energy fields feel like they are unwinding and linking up in new ways. When the energy completes shifting then we are ready for the completion of the CCT session.

Below are some tips for becoming more efficient with intentions:

- Be conscious about your intentions. Allow yourself time in the morning to get calm and quiet. Focus your mind on your heart. From that place ask yourself, “What would I like to see happen today?”
- Always state your intention in the positive. Many of us are used to focusing only on what we don’t want. This can be a helpful stage in identifying what we do want. An example of identifying what we don’t want is “I don’t want to feel fear.” For a powerful intention you’ll want to identify what you do want and ask for that.
- State your intention in first person. If your intention is for your partner, who you think needs to be more loving, it won’t work because of free will and choice issues. Instead, identify that you are wanting to be loved, cherished, adored, etc. and ask for that. Let the Universe bring this to you in whatever form it desires.
- Be explicit. Many of us use shortcuts in our communication, implying certain things without actually saying them.
- Be open to outcome. Many of us block that which we most want to receive or limit our intentions by expecting them to be in a particular form or timing. Release your intention to the Universe.
- Receive what you’ve intended. Releasing feelings of “I’m not worthy or good enough” and opening the heart and energy fields to receive will complete the process of manifestation.
- Keep a journal of your intentions. Observe what begins to shift and change in your life instead of just what is lacking. As you do you’ll begin to understand yourself better leading to clearer intentions. At the same time you’ll begin to trust the Universe to respond to your intentions.
- Bring your new awareness to others. Intentions empower. Invite your children or your spouse to state their intentions before starting a new endeavor. When talking with people who are endless complainers, invite them to shift their focus by saying, “What would you have liked to see happen instead?”

Power Of Intention

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Most people put a lot of effort into planning a vacation or holiday - but they just don't spend nearly as much energy planning their lives.

If you did - you'd probably get some amazing results.

A recent study found that most people (87-percent) spend more time planning their vacations than they do planning their lives, finances, relationships and other aspects of their life.

So it really comes as no surprise that people have more success pulling off a vacation than they do improving their lives - they simply take the time to plan their vacation.

Why does planning lead to results?

Because when you plan something your intention is clear!

You want to go on a vacation and you want to enjoy it so you focus on the rewards of being on vacation and you begin doing exactly what you need to do in order to complete and enjoy your vacation.

Now what if you used this same process in every aspect of your life?

I call it the Power Of Intention and when you begin to utilize the Power Of Intention - you will begin to get dramatic results in your life.

In this week's newsletter I'll outline how the Power Of Intention works, and how you can begin working with it to dramatically improve your life. So read on and enjoy.

This week's newsletter is brought to you by Creating Power - the Complete system that teaches you how to develop the Power of Intention - in the process you'll learn how to work with the awesome power of your mind and subconscious mind. When you start working with Creating Power you'll begin living the life you want and achieve your goals.

The Power Of Intention

When you are focused on something, when you have decided what you want to achieve, when you understand why you want to achieve something and begin looking for ways to get it done you are utilizing the Power of Intention.

When you have the Power Of Intention working for you - you'll begin moving in the direction of achieving your goals and enjoying success.

This power is the ability of directing your mind and subconscious mind by giving it the exact instructions to help you achieve your goals.

Now a lot of people have good intentions - but that doesn't mean that you'll automatically be utilizing the Power Of Intention. Good intentions and the Power Of Intention are 2 different things.

I'm sure you have some goals - and that's great. But just because you have goals doesn't mean that you are utilizing the power of intention.

Why not?

Because having goals or having good intentions is not the same as being clearly focused and clearly directed.

The power of intention is the ability to clearly understand what you want, why you want it and how you plan on going about achieving that goal.

How do you get your Power Of Intention working for you?

The first step is to decide what you want - be very clear.

You may want to lose weight, make more money, meet someone, have better relationships, etc.

Now be very specific - if you want to lose weight - decide how much?

If you want to make more money - how much more money? If you want to meet someone what kind of person? Is this someone you would marry or just date for some time? If you want to improve relationships - which relationships and how much do you want to improve these relationships?

Getting specific is very important - because when you're specific you give your mind and subconscious mind a set of clear instructions to follow – you give them more to work with. This is how you get your Power Of Intention working.

Students who work with my Creating Power system begin developing and utilizing their power of intention in the very first week by getting specific and deciding exactly what they want.

This process is crucial to your success and with Creating Power you'll be able to develop and utilize the power of intention while directing your subconscious mind to create the life you want.
How You Can Jump Start The Power Of Intention

There is a simple way to jump start your Power Of Intention - one that will motivate you to success and achieve your goals.

The simple step is to decide why you want to achieve a specific goal or set of goals. If you're not sure - then keep asking yourself why until you truly understand why you want this goal to become a reality. For example: - if you want to lose weight - ask yourself why you want to lose weight.

Is it to look better? Fit into old clothes? Be healthier? Attract the right person? - Just think about why you want to lose weight.

If you want to make more money - then ask yourself why you want to make more money - until you come up with a reason that you are comfortable with and that explains why you want to make more money.

This is the first step - because when you understand why - you'll motivate yourself to action.
Too often people decide on a goal but never focus on why they want to achieve their goals.
Here's something that will help you better understand the process.

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Try this simple exercise - think about a goal and see how you feel. Now think about why you want to achieve your goal and see how you feel. Does achieving that goal become more important when you think about why you want to achieve that goal?

When you focus on the why - you give your mind and subconscious mind a reason to go out and achieve your goals. This is important - so important that I constantly remind my students of this process when they work with my Creating Power system.

When you clearly understand why you want to achieve your goals - you have your Power of Intention working for you in ways you never imagined.

The next step in utilizing your power of intention is to start directing your mind and subconscious mind to focus on getting the results you want.

A simple daily exercise you can work with is to think about all the possible ways you can achieve your goals.

Then start believing that you have achieved your goals.

What do I mean?

Try this simple exercise. Think about your goal and now think about achieving that goal - what

would it feel like to have achieved that goal. Now in the beginning it may not seem that comfortable - but that's only because your mind is not used to doing this.

So I suggest you work with it everyday and practice - practice makes perfect -- so keep at it.

As you work with some of these techniques you'll begin developing your mind and subconscious mind to guide you to the situations, people and events that will help you achieve your goals. The Creating Power system shows you how to develop the Power Of Intention as you direct and control the power of your mind and subconscious mind. Start living the life you want today.

Some Final Tips

Here are a couple of final tips that will help you get your power of intention working for you so that you achieve those goals that will change your life.

First break your goal down into smaller steps. Think of what is most important, think about the end result and then break your goal down into smaller steps.

For example if you want to lose 20-pounds in 3 months. Break that down to let's say 10-pounds in a month or 3 pounds a week. Now the goal becomes more manageable and you'll be able to develop your confidence as you move forward. Do this for every important goal.

Next - look for someone who has achieved your goal and follow their model.

Take a look at a friend who lost weight and ask them what they did. Take a look at a friend who is making m'oney and follow what they did. Think of your goals and then think about someone who is doing something similar - and find out what they did.

Train your mind and subconscious mind to help you achieve your goals.

Start believing that you can achieve your goals. Don't settle for saying that you can't achieve your goals - think about why you want to achieve your goals and focus on them everyday. This last part is how you get your power of intention working for you - remember why the goal is important - and then think about what it would feel like to have achieved that goal. If you really want to get moving and start achieving your goals then start working with the Creating Power system - so that you can better train your mind and subconscious mind to help you create the life that you want. Work with every tool at your disposal to help you get what you want out of life.

