



## Lesson 5

### Setting Your Intention

In each moment you choose what to believe and what not to believe. You choose what action to take or not to take. You choose what to think about and focus your attention on and what to just let go. You choose what to react to and what to just allow. You choose what stories you want to create about an emotion surging through your body. It is your life, your body, your experiences, and it is your choice. No one else will ever experience what it is to be you, and you will never experience what it is to be anyone else. You are here, as this human, and you have been given an amazing gift of being part of this beautiful story known as you.

In the dream of the planet, you see that humans spend the majority of their time and energy focusing on what they do not wish to experience. They spend time complaining, ruminating, feeling apprehensive, talking, imagining, daydreaming or reading about all of the things they do not want to experience.

As humans, we create a huge drama by writing books, making movies, listening to music, writing plays, and going on and on and on endlessly about what we do not want to experience. We create sad songs to make us cry or remember a loss, movies about great tragedies or injustices and books detailing the most horrific incidents in the world. We also create heroes and saviors, but usually only after we have created a well established need for them and a fear for our fate without them.

Do you want more drama in your life?

More fear?

More jealousy, anger, unfairness, pain, misery, suffering, lies, cheating, stealing, hate, conflict, fighting, pollution, war, death, rape, murder?

How do you feel reading all of those words?

Do you like what it brings up in you?

I will "assume" that you do not. We have just demonstrated how simply reading words, without even contemplating or dwelling on them, has an effect on your feelings and your sense of joy. Why would you choose to focus your thoughts there? The answer is either you

enjoy it and want more, or you are asleep and unaware of how your thoughts are crafting your experiences.

For most of us it is simply habit. We have forgotten that we control our mind, and we have allowed our mind to control us. Our mind attaches to whatever hooks our attention and holds our thoughts. When we focus our thoughts and attention somewhere, we direct all of our power in that direction. We can do this consciously or unconsciously, the effect is the same, we direct the most powerful force in the universe, our word, into every aspect of our life.

Are we focused on loss, anger or need?

Are we focused on love, peace or abundance?

Remember, "As a man thinketh in his heart, so is he." Also remember, the universe always says "Yes!" and is always listening. What are you asking for? You are asking for something in every moment with your focused thoughts, attention and intent. That is the power you wield and the gift we all possess.

How much energy do you place into what you do not want?

Have you only imagined the worst possible outcome?

Have you envisioned your best possible outcome?

How much time do you spend each day focused on what you do not want?

How much time do you spend each day focused on what you do want?

If this life experience is being perceived by you and crafted by what you believe, why would you focus any time on what you do not want to experience?

You have the gift of reason, the gift to decide what you want and what you do not want. Reason is a tool you can use to decide, and then you can take action. You see what you want to enjoy and you put your attention there. You give love. You feel love. You act on love. You create stories about loving others. You openly love others. You see hate, and you give back love. You choose to experience what you want to enjoy. The more you give, the more you receive. Use your awareness to be conscious of your thoughts. Focus and change your direction if you do not like where you are going.

When you find yourself lost in thought and creating a great drama in your mind about any situation, bring your awareness to what you are doing. Bring yourself right here, right now and be fully aware. See your creations. See how you are crafting these situations and investing your time and energy into them. Then, in that moment, re-tell your story with the best possible circumstances and outcome that you want to experience. Revel in the new story you are telling, and enjoy the possibility of this story manifesting exactly as you want it to. Really enjoy it, and bask in the emotions and feelings of attaining whatever your new "happy" story means to you. Dream it, and play in it until it becomes true for you.

Setting your intent for each day is like adding a title to your story before it is written. It is providing a foundation for events to be built on, an ocean for them to ride on. You are already

setting your intention for what will unfold there. With each interaction, in each moment, you are choosing with awareness what your half will look like. You are only responsible for your half, you cannot choose what the other half will be, but with awareness you can choose how you would like to see it happen. Even if things do not unfold exactly as you would prefer, you are still choosing with awareness what you are creating by setting your intention about it in advance. Choose in each moment what you wish to experience. Focus your attention on the things you actually want to experience. You are awake and now aware and you can choose in this moment what you will think about and bring into your life.

Do you even know what you want to experience? Can you even imagine what you would like it to be? Ask yourself and answer yourself, then set all of your intent for yourself. Watch what happens.