

# The Ultimate Intention Guide

## The Intention Process

1. Choosing an Intention
  - a. How to know what Intention to select
    - i. Use meditation, yoga, or any preferred means to validate the Intention
    - ii. Muscle-test to see if your Intention supports your true happiness and highest good (If "yes," proceed; if "no," select a new Intention)
  - b. Refine your Intention by asking yourself: "By having this, what would it do for me? How would it change my life?"
  - c. Ask yourself: "What ultimate feeling-state am I trying to manifest through this Intention?" Consider making this desired feeling-state your Intention (Instead of "money" ask for the feeling of "financial security")
2. Craft a Written Intention
  - a. As you write your intention, keep in mind that EVERY word has power. Once written, read your intention back to yourself and ask if the power in it is what you intended to send out to the Universe.
  - b. Say things in a positive way:
    - i. "I intend that I am courageous" instead of "I am not afraid anymore"
  - c. Clarity and specificity is important
    - i. "I intend to publish my first mystery novel by the end of July 2008" instead of "I intend to write a book"
  - d. Eliminate self-limiting words such as *trying*, *hoping*, *wanting*, *to be*, and *not*.
    - i. Statements to avoid:

"I intend to keep *trying* to get into medical school"

"I intend to receive approval of my medical claim since I am *hoping* that all of my medical expenses from the accident will be covered"

"I intend that my boss OK's my transfer because I've been *wanting* to transfer to that other department"

"I intend *to be* cool, calm and collected while speaking at the shareholders meeting"

"I intend that the doctors will *not* find cancer in my mother"
  - e. Don't name sickness in an intention. This is a specific situation. Focusing on the illness in the intention directs energy to the object.
    - i. "I intend for my mother to be completely healthy, full of life and energy" instead of "I intend for my mother to be cured of cancer"
  - f. Eliminate self-sabotaging words or phrases

"I intend that this goes well, without too many problems"

"Some things never change"

"It's too late"

"I just can't lose any weight"

"We'll never be able to afford it"

"It doesn't look very promising"

"Easier said than done"

"The weather is getting worse"

"There's nothing we can do about it"

"The doctor says it won't go away"
3. Get Clear
  - a. Muscle test to see if all parts of you are 100% congruent and on board with manifesting your chosen Intention.

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- i. If "yes," proceed to "Prepare to Send Your Intention"
  - ii. If "no," identify your Reversal(s) by asking yourself: "What might be the downside of manifesting this Intention?"
    1. Use EFT to address all aspects of all Reversals
    2. Use EFT to clear any other doubts that come up around making your Intention a reality
    3. Clear any limiting beliefs with EFT and NLP techniques
    4. "Install" the positive beliefs you desire which will support your Intention with EFT and NLP.
4. Prepare to Send Your Intention
- a. Whenever possible, send intentions when you are feeling happy, healthy and centered
  - b. If possible, create an Intention space and use it every time you work on your Intentions. The "space" can be a corner of a room, a place out in nature, or a virtual place in your imagination. With repeated use, the energy of the space will become "conditioned" for successful sending of Intentions.
  - c. Meditate to get yourself to the Alpha state through mindful breathing, chanting, counting, drumming or any other mindfulness technique.
  - d. "Become the watcher" -- settle into the part of you that transcends the chatter of your thoughts -- your Higher Self. Intentions are most successfully sent from the space and energy of your Higher Self.
  - e. Always send your intentions from a place of gratitude. Spend a couple of minutes making a mental list of things you are thankful for. If possible, say the words out loud – you will feel a shift as you move into that place of gratitude:

"I am thankful for \_\_\_\_\_"  
"I am really grateful for \_\_\_\_\_"  
"I am so blessed to have \_\_\_\_\_"

5. Visualize Your Intention as Present-Day Fact with Love and Gratitude
- a. Whenever possible, say your intentions out loud – there is power in the spoken word!
  - b. After the Intention, add: "But it doesn't matter. I unconditionally love you (the Universe), no matter what." (This should eliminate any energy of desperation or doubt, but if either of these emotions arise, apply EFT.)
  - c. If desired, end your Intention statement with:

"I am gratefully experiencing this or something even better in my life in an easy and relaxed manner, in a healthy, joyful, safe and positive way."
  - d. Consider adding this phrase as a way to indicate that you are mindful that you may not know if this is the best and most appropriate intention to request for the topic at hand:

"I intend that all of my thoughts, words and deeds serve the highest good of the Universe, myself and everyone everywhere."
  - e. A composite statement encompassing the above three principals might be:

"I am gratefully experiencing this or something even better in my life in an easy and relaxed manner, in a healthy, joyful, safe and positive way, which always serves the highest good. I now release my expectations and love the Universe unconditionally regardless of the outcome."
  - f. Ask yourself: "How will I know when I have manifested this Intention?"
  - g. Feel all the sensations of your answer as clearly and viscerally as possible. See, feel, hear and taste your Intention in vivid detail.

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- h. Continue to feel all the details of your Intention in the present tense, with heart-felt Gratitude, as if its already happened.
  - i. Send love and heart-felt feeling to your Intention. Connect with it at a heart level.
  - j. Sit in this state for 15-20 minutes
  - k. Sit with the thought of the intention for at least 60 seconds every morning perhaps as part of your daily exercise.
  - l. If meditation does not resonate with you, use EFT and the Energy Medicine techniques "Cook's Hookup" and "The Temporal Tap" to "tap in" your Intention. You may also want to use these techniques in conjunction with meditation.
6. Let the Universe Take Over, But Be Ready to Do Your Part
- a. Move aside and surrender to the Universe to take care of the "Hows" of your Intention.
  - b. Watch for nudges, synchronicities and clues from the Universe (the Alpha Reflection) which indicates that the Universe has received your intention
  - c. The Universe has a sense of humor! And it wants you to have fun in your life! Don't discount a bit of humor or irony in your life as the Alpha Reflection you were waiting for!
  - d. Take inspired action on the ideas, opportunities and resources the Universe presents to you relevant to your Intention (the Beta Reflection)
  - e. Receive your Intention.
  - f. Send gratitude and love to the Universe.

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## 5 Steps for improving your intention ability

1. Test the Intention process and be open to receiving

Start out with “small” intentions and be prepared to watch the process work. A small intention might be a good parking space, a call from a friend, or unexpectedly good customer service at a store.

Intentions you make at this level follow the same process as grandiose intentions but are easier to watch through the process.

It also is easier to get yourself, and your mind, to the next step.

2. Get your first “win” and acknowledge that it works by expressing your gratitude

Seeing an intention come to fruition first-hand is a step toward getting rid of doubt and instilling a sense of knowing that this works.

By expressing heartfelt thanks to the Universe for manifesting this intention, you are telling it that you understand and appreciate the process that is happening. The Universe will respond with that much more eagerness to manifest for you.

3. Develop your trust by practicing and getting more “wins”

Continue creating small intentions and watching the process. With each success and understanding, doubt can't exist and trust in the Universe and the process will take over.

4. Notice that your trust turns into a “knowing” that you can manifest anything you desire

When you have no doubt that the process works, only trust will exist in you. This trust in the Universe is the ultimate honor for it to receive. This is the link that you ultimately want with the Universe. This is the point where you assume your true identity as a creator.

5. Have fun, stay filled with gratitude, and always remember the Highest Good

Remember to keep your heart light, for it will draw to it only positive energy. Always be in that space of gratitude, for that is the language of love to the Universe and it responds with abundance.

And remember that we are human, and not expected to know at all times what is the “best”. Ask for what you want, but give the Universe the option of responding with something better or more in line with the Highest Good.

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## How an Intention Manifests

1. Create the Intention
  - a. Concentrate on it for 60 seconds
2. Observe/Experience the Alpha Reflection
  - a. Occurs within 24-72 hours of creating an intention
  - b. This is validation that the intention has been "received" by the Universe
  - c. Often occurs as a synchronicity
3. Calm Before the Storm
  - a. The Alpha Reflection dies down quickly followed by a lull
  - b. It is most important to hold the intention during this period
  - c. Don't allow conflicting intentions to appear
4. Observe/Experience the Beta Reflection
  - a. The Beta Reflection begins more than a week after creating the intention
  - b. This is the substantial beginning of the manifestation
  - c. This is longer, slower, and stronger than the Alpha Reflection
  - d. It arrives in three forms
    - i. Ideas
    - ii. Opportunities
    - iii. Resources
5. Manifestation
  - a. This is the actual intention being brought into reality
  - b. Some form of direct action is usually involved by the intender
  - c. The actions are of a smooth, flowing, easy nature
  - d. No tedium or struggle is involved
  - e. It is absolutely critical to stay focused on the intention during this time

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## A Suggested Intention Circle Format

1. Check-In
  - a. Introductions
  - b. Share experience(s) with Intentions since the last meeting
2. Short discussion on an Intention-related topic. Some suggestions:
  - a. Choosing an intention
  - b. Writing an intention
  - c. The different phases of an intention
  - d. The power of detachment
  - e. Intentions and unconditional love
3. Take time to write out our intentions
  - a. Take up to 10 minutes to write up to 3 intentions
  - b. The intentions may be new or the same intentions as written before
4. Take turns around the circle to share our intentions
  - a. People may hold private intentions in their heart
  - b. Sharing of intentions is optional
  - c. Members of the circle may critique the intention
    1. Not judging the value of the intention
    2. Focus on the words used to express the intention clearly
    3. Use the rule that “every word has power”
5. The circle now gives support to all of the intentions in the group
  - a. A couple minutes of meditation on the phrase “I send my energy in support of the intentions of this circle, both spoken and held in the heart”
  - b. Each member knows that their intentions are being supported and sent to the Universe by all other circle members
  - c. A sound issues from a central point (Tibetan bowl, crystal bowl, etc) indicating that we are to tone
  - d. Toning continues until the tone merges and is clear, then begins to fall away
  - e. Silence for a moment once toning has stopped
6. Any remaining time is for socializing, questions, etc.

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## **Techniques for Eliminating Doubt**

Use of a reverse SUDS scale and EFT until you reach a 10 (no doubt)

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## Questions for Validating Your Intention

If I could have it, would I take it?

What would change in my life by having this?

What must I give up to receive this?

What do I want?

Why do I wish to manifest this?

Am I willing to accept any change that this manifestation will bring about?

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## Intentions for the Intender

I intend that I am ignoring any doubts and that I am continuing to move forward toward the manifestation of my intentions.

I intend that I am looking within to see what would give me the most joy, and then I am consciously creating it.

I intend that I am a mighty manifestor and that all good things come to me easily and effortlessly.

I intend that I am living in grace and gratitude.

I intend that I am discovering and doing what I came here to do.

I intend that all of my intentions serve the Highest Good of the Universe, myself, and everyone everywhere.

I intend that I am seeing everyone, including myself, in their highest light - happy, healthy, whole, and humming.

I intend that I am open to receive from both expected and unexpected sources.

I intend that I always remember that I am a unique being, capable of so much more than I've been led to believe.

I intend that I am listening closer to what I am saying, and that I am eliminating the negative words from my speech.

I intend that I am clearly shown what I am creating with my everyday thoughts and words.

I intend that I am always moving forward toward the manifestation of my dreams.

I intend that, from this moment forward, you and I and all of the people we come in contact with, and all of the people they come in contact with, and all of the people they contact - until it fills the entire Earth - live in utter joy and peace.

I intend that whatever needs to be known is revealed to me in the moment I need to know it, or sooner.

I intend that I'm available to help others and that I always have enough to spare and enough to share.

I intend that I am clearly shown my next step in life.

I intend that the Sweetest Love imaginable, like a torrent of rushing water, washes simultaneously over and through the hearts of every man, woman, and child who walk this Earth. And I intend, from that moment of Grace forward, that all seven billion of us have a reference point to remind us of how good life can be when we are filled, to the brim, with Love.

I intend that I am more willing to consider the needs of those around me.

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## Definitions

### **Alpha Reflection**

An indication that the Universe has received your intention. This may appear as a felt-sense, a synchronistic action, or other event related to the intention. For example, someone creating the intention for financial stability may suddenly find a dollar bill on the ground where they would least expect it.

### **Beta Reflection**

An indication that the intention is about to be manifested. This is the pre-manifesting phase and will appear as an idea, opportunity or resource.

### **Conflicting Intentions**

Intentions that result in cancelling each other out. For example, "I could never afford a new car. So I put the intention out to have a new car."

### **Creating an Intention**

The steps of putting out an intention to the Universe for the purpose of converting it from a possibility into reality.

### **Intention**

A wish, a dream, a fantasy, anything that currently does not exist in the real world for an individual, but is desired by that individual to be so.

### **Manifestation**

The process by which the Universe causes intentions to become part of an individual's real world.

### **Possibility**

Anything that can be thought, conceived or dreamed and made into an intention.

### **Reality**

In terms of intention, this is the world around an individual that may be experienced through the individual's senses (sight, touch, hearing, smell, taste).

### **Synchronicity**

The experience of two or more events which occur in a meaningful manner, but which are themselves unrelated. In order to be synchronous, the chance that the events would occur together by random chance must be very small.

### **Toning**

Toning is using your voice to express specific sounds that help you to release, balance, accept, or create, depending upon the sounds and your intent.

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## **Unconditional Love**

Love that exists without regard to what is gained in return. It is an unlimited way of being (*Harold W. Becker*).

## **Universe**

The force which responds to our intentions by manifesting them into our real world. Other names for this could be the Source, God/Goddess, the Divine, Creator, etc.