

Intention

Intention can be very effective. You may know that Dr. Wayne Dyer wrote a book years ago titled "The Power of Intention". In 2018, Lynne McTaggart wrote a book titled "The Power of Eight". She did experiments to demonstrate the power of a small group setting intentions.

Here is a quote from Rev Michael Beckwith which I found helpful: "When you have intention, it means you have an interest in becoming more of yourself, in activating your spiritual potential, creativity, and resourcefulness. It opens you up to obtaining thoughts of inspiration around that intention, and you become impervious to other thoughts that can't match the frequency of your intention. So in effect, your intention protects your consciousness."

I have learned that setting an intention when I wake in the morning makes it possible to have a much better experience during the day. I also like to set intentions during the day.

I find it works better if my intention is more about what I plan to do rather than on a result I want to achieve. I have control over my thoughts, words and actions. If my intention is about a result, I may be upset when it does not happen. Having control over others or situations is not possible!

Examples of intentions: I intend to smile often today.

I intend to remain calm when interacting with my associates. I intend to feel confident when talking to my boss. I intend to walk for 20 minutes today. I intend to think about what healthy foods I will eat. I intend to meditate each morning and evening.

Years ago, I set an intention to create a large Wellness Community. That intention has been a challenge for me. I feel disappointed that I have not been able to create what I want! In Janet Bray Attwood's book "The Passion Test", she has a phrase that I need to remember: Intention, Attention, No Tension. I think that last part - "No Tension" - is what trips me up! Trying to force things to happen, and getting upset when things do not turn out the way I want, creates stress, not results. Most of my favorite teachers advise detaching from the outcome. Being attached to anything or anyone can create problems!

I encourage you to experiment and either journal or think about how well intentions work for you. We learn best through experience, and making mistakes is part of the process. I suggest you play with this; keep it light as if you are a child playing a fun game.



Inspiration

How do you get inspiration? Is it from people, friends, family, books, movies, or meditation? Do you get inspiration from an internal voice (many people call it the still small voice within)?

My coaches and teachers encourage me to take inspired action. It may difficult to determine what action is inspired; which inner voice do we listen to? I like to look back and see which action was effective, and where did it come from. I have learned to pay attention and know how it feels to receive Guidance, and where it comes from.

For me the heart is a good place to get Guidance. I learned years ago to use a pendulum to get answers to important questions. I also learned to use my body to let me know what is true and what feels 'right'. Being in nature is powerful for me. That is when I can clear away outer distractions and listen carefully for Inner Guidance.

I learned that it is valuable to gain alignment between my head, heart and gut before I take action. I am very logical. It took much exploration and practice to balance my thoughts with my feelings, and to learn how to listen to my heart and gut. This helped me develop the ability to know what inspired action to take.

I would love to hear from you about your experience with Intuition, Intention and Inspiration. Please email me to share your experiences – bonnie@bbest.com

