

INTENTIONS: THOUGHT FORMS OF CREATION AND MANIFESTATION

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Intentions are thought forms that express what we would like to manifest in our lives. We often communicate them using words that express lack such as “I want” or “I need” rather than those that express abundance. These words tend to further manifest and intensify the want or the need instead of the state of being we would like to realize.

Example, "If you think or say, "I need a new job that will be more satisfying and earn me more money!" you are essentially expressing the need for new jobs, and therefore will be creating opportunities for new jobs rather than more money and more job satisfaction. When you say, "I want to lose weight!" the weight will stay put just so you can realize the want you expressed.

To express a clear directive of what you wish to create, express intentions literally, clearly, in positive terms and in **present continuous tense**.

Examples: "I am (fulfilling my Divine purpose on earth)"; "I am (at peace with myself and all others)"; "I am (abundantly blessed with health, wealth, peace and joy), "I am always at the right place, at the right time, doing the right thing for my highest good and the good of all beings." etc.

Another powerful way to express intention is to visualize what you would like to manifest, and express gratitude for its manifestation as if it already is, since in universal terms there is no past, present or future. It's all happening now as you envision it – however it may take more time to manifest in linear time.

Example: Visualize looking at yourself in the mirror, looking exactly as you wish to look, wearing exactly whatever size clothing you wish to wear, feeling fantastic, thinking and saying, 'I love and accept myself unconditionally.'

"I am" is considered to be one of the names of the Divine in several spiritual traditions, and we need to be mindful of how we use it. When we say, "I am," we are essentially expressing our Divinity, and therefore making a powerful statement that the universe seems to take very seriously.

Example: Constantly saying, "I am sick and tired of _____", may manifest a condition of being sick and tired all the time, such as chronic fatigue syndrome etc.

Intention is consciousness that directs creative energy without judgment, and that is precisely the power that we have to manifest our own reality. When you voice or write it down the intention, it takes it to another level. Express your intention clearly, positively in present continuous tense. Release any attachment to outcome or timing. Believe that it is manifesting in your life at the right time, at the right place for the highest good of all. Most important – TRUST that it is already happening. And so it is!!! This is no “secret.” Spiritual teachers have been trying to get this through to us for thousands of years.

OVERRIDING THE SUBCONSCIOUS MIND WITH AN ENERGY COMPONENT

Dr. Bruce Lipton, Cell Biologist explains that the subconscious mind is significantly more powerful than the conscious mind. Therefore in order to effectively change a stuck pattern of thought pattern, we have to consciously override the sub-conscious mind Using a breath pattern and/or a hand position with one palm on the forehead (3rd Eye Chakra) and the other palm right below the skull when expressing your intention will greatly empower and improve manifestation of intentions. Combining intention with creating a symbolic mandala that contains color /light vibrations can effectively manifest that intention. The Psych-K process is known to be effective in transforming limiting beliefs

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