

## How to become more clear, aware & powerful

Trash all of your goal-lists, to-do-lists, diaries and week-plans. Goal-Lists cause a mind-split that projects happiness into the Future and focuses you on action. (It is not mere action that creates reality, but the energy created by thought and emotion). To-do-lists are not based on your hearts desires but on "must do,'s". They suck energy and never get done. Diaries are focused on the past. Dwelling on the past only repeats the past. Week-plans are based on the errant idea of you having more creative power than the Universal Field, the Force that creates worlds.

Replace all of this by regularly writing down your Intentions...as Results. That means you could include stuff from your goal-lists, week-plans, to-do-lists but you phrase them as results, you think about the end-result, you begin with the end in mind. For some items on your list it would even be helpful to phrase them in the past tense, as if they have already happened. And pretending they have already happened, you do not ask about the "how", "when" and "from where" of the results. You do this in a playful manner, without expectation, without pressure, without necessarily having to act or work for each item. Some things manifest all by themselves,...purely because you commanded the Universe to take care of them for you. If you ask any question, it should be "Why". The answer to "Why" will deepen the feeling of the item. Include a good mix of realistic and so-called "unrealistic" things into your list. Do not limit yourself. Since you are doing this without expectation of fulfillment, you can write down anything you want.

Expectation leads to doubt. Pure Intention knows no doubt. Say: "I am going to lift my arm". Now lift your arm. See? That was a pure Intention. No doubt. So write down your Intentions-as-Results on a regular basis. Remain aware of what you want. Remain aware of in which direction you,'d like your attention to go. This practice will speed things up for you.

Also, write the following questions on a small card that you can carry with you in your pocket:

- Question 1: Where has my attention been up to now?
- Question 2: Where could my attention be now (of the millions of options that exist)
- Question 3: Where would I like my attention to be now?

Pull this card once in awhile throughout the day. Keep it in your pocket for at least a year. It will transform your life.

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