

RC Intentions of the Soul

A really good analogy for differentiating between the intentions of your soul (which lead to the good life) and intentions of the mind (which lead to the normal life) is the activity of shopping for clothes. I will use this analogy to support you in keeping this concept in memory.

You probably remember buying clothes that seemed to fit but then no longer liked when arriving home or wearing it for the first time. Somehow you tell yourself you'll wear it some other time...but most of the time it just hangs there in your closet. Maybe it no longer fits, or has some kind of flaw. In any case, this piece of clothing is “not really me”, “not who I am”. On the other hand you certainly recall buying something you liked at first sight without hesitation and then later still wearing it and still being satisfied with it today. This clothing is “really me”, “who I really am” and in alignment with the *Intentions of your Soul* while the other type of clothing is in alignment with the *Intentions of the World or the Mind*.

“*The more real you get, the more unreal things get*” was a statement once made by one of the Beatles on their height of fame. Wiser words have never been spoken. If you bought the piece of clothing while trying to ape someone else (model, famous person, advertisement) or fulfill someone's expectations (boss, spouse), then you bought something that was not meant for you but for someone else. What looks good on others does not have to look good on you. We live in a monkey-see, monkey-do society. But following another persons path will *never* lead to yourself (which is why much of the Guru-culture in “Spirituality” is quite inappropriate). So when finding a piece of clothing just like their superstar has and finding that it doesn't fit, they will put themselves down for it and tell themselves they are “not good enough”. A person talking like that is deeply immersed in the claws of the world...a slave, far away from it's soul. The truth is, it's not so much that you are “not good enough” or “too fat” or whatever, but that you are *different* than those you try to be like and only when you desire to be your unique self will you attract a similar quality of life. A secret many are not aware of is that the Models and Actors smiling down to us from various magazines in their prosperity, health and beauty are not up there because they have followed others, are not up there because they have tried to adapt to an artificial image of what they are “supposed to be” and “supposed to wear”. They are up there because they knew how to emphasize their own unique individuality – and by showing the true colors of their soul, they *radiate*. And because they radiate, they attract all sorts of energy and attention. It might seem like they have to adapt to obligations and constraints and be something other than they really are (in fact, most TV Shows and Magazines try to make us think that), but the opposite is true. They are being “really me”. That doesn't mean you will become rich and famous if you follow your souls intentions, but it does mean that you will become prosperous, acknowledged, successful and healthy in *your* field. That's what naturally happens when the “higher source” is flowing through you. The world-mind, through it's mass-media outlets, keeps presenting you “special people”...without telling you that there is something *special* about *you* too and that this specialness is your key to the good life.

Now, recall a time you wandered through town or from shop to shop in a restless, uneasy manner, maybe frustrated that you couldn't find your piece of clothing or couldn't decide which to buy. The fact that you couldn't decide is indicative of *neither decision* being in alignment with your soul. Your intellectual knowledge of what is “good clothes” or what is “in” and your “good taste” of clothes were of no assistance. So after a long and

troublesome search, perhaps accompanied by a headache, you finally decide for a piece of clothing – but are still not satisfied. What happened here is that you've spent the afternoon not following the path of your soul, not discerning between artificial/foreign intentions and your souls intentions. Following your souls path is much easier than you think though. Much easier than loads of spiritual schools and books teach. The moment you notice that something is becoming too much of a chore or too difficult or complicated, or an upcoming decision you are “supposed to” make is tearing you apart, realize that you have *already* left the stream of life (your souls path) and that anything you *do* from this point on will not have the desired results. Your action henceforth will only create more trouble. In this state it would be better to stop, take a break, relax. It's not necessary to analyze the clothing or weighing its pros and cons for hours. Your soul “knows” things long before they are grasped by your mind. The mind is a reactive robot, a tool of the world and does not have to involve itself in everything, or micro-manage every aspect of your life. After you take your break and feel again refreshed and ready (this is your most natural, native state when flowing with the stream). So enter the shop in an easygoing, non-expectant state..just as if you are visiting a place where it is not about getting something, but enjoying the scenery or the artwork. Do you fall into compulsive thinking when visiting some beautiful show? Probably not. And if you start getting exhausted again, leave, go home. Nobody is forcing you to find that perfect piece of clothing today. When exhausted your channel to the soul is blocked anyway, you there's no use in trying to force it. Allow your soul to choose your clothes, not an exhausted mind.

Upon entering the shop in a light-hearted state, become aware of what it is you want to buy (Intention). You don't have to elaborate on the details, just become aware of whether you want a sweater, shoes, jeans, a suit, a coat or whatever else. If it's a shirt you want, you simply intend a shirt without superfluous conditions or worries. The soul will find and choose the *exactly* right piece at the exactly right time. You will recognize that it's the right piece, because you will *feel* it, because the piece of clothing radiates something that you like. You don't have to know why you like it. You realize that it's what you want and buy it without much hesitation. You remember this type of situation, don't you? It is not necessary to force yourself to find it either...it was already lying somewhere, waiting. You did not have to “create” it either. It was already produced, waiting to be discovered by you. There are many things in your life you don't have to do but that are only waiting to be discovered by you. They are already close to you, open your eyes.

This is what it would feel like to spend almost every day of your life living the life of your soul rather than the life forced upon you by the world in order to vampirically suck the energy out of you. This is how uncomplicated, easy and fun life can be. Some will say “Yes, but it's hard to make it easy” - do you notice the contradiction in that statement?

Many of us invest a lot of energy in the well-being of others than in our own well-being. This is done out of an indoctrinated sense of “selflessness” and “compassion”. What really happens when you project *pity* on to other people, is that you are loosing your own energy and therefore become just as inept as them...with no ability to help them. “Helping” others at the expense of your own energy you neither help yourself nor others. But one way the world tries to lure you into not-being-your-true-self is by calling on you to fulfill other peoples expectations rather than following the path of your soul. This is the source of most of our problems and our victim-attitudes. The world attempts to cover the souls intentions with artificial/foreign intentions...so that your energy flows to these systems rather than to yourself. Surprised? This is nothing new though. Most people think they are lucky to be working as employees which is basically nothing other than making money for someone else and following the goals of someone else. In fact, many would be happy to become

corporate slaves for someone. If you are an employee and reading this...I don't mean to offend you. If you wish to get out of the 9 to 5 rat race, I will have a lot to say on this later in the book. In any case, the world's goal is to replace goals that are native to you, with external goals. I suspect that most of the goals you have are not really *your* goals. Think about it.

Let's suppose finding that special piece of clothing takes a long time in coming. Are you starting to doubt it even exists? Are you doubting its on display in some shop, waiting for you to pick it up? Nonsense. You *know* that it is waiting for you, patiently. And if you don't find it in the first shop, you will find it in the tenth shop. What difference does it make? Be light-hearted and happy *before* you find it, happy about just being alive and strolling through downtown, then it won't matter how many shops you have to visit before reaching it. Because it is *yours* it will not run away. And what if someone else buys it although it does not fit to that "someone else"? Is it gone then? No. In that case you will find another piece that matches your soul. All the efforts you thought you have to go through in order to survive are superfluous. You needn't worry that you have "wasted the day trying to find a piece of clothes" and you needn't be discouraged as if that piece didn't exist. Discerning your clothes from clothes that is not-you is not done by thinking in normal terms of "right" and "wrong" or "advantages and disadvantages" of the piece of clothing. Why? Because there are all kinds of factors, including the sales person in the shop, that will try to convince you that something is right-for-you or wrong-for-you. But these factors do not know what is right for your soul. The mind is in a sort of hypnosis most of the time and doesn't really know wrong from right apart from what it has been taught. Nevertheless, the mind can't be stopped in pondering pros and cons, calculating risks, looking for strategies, comparing. Pressured by the salesperson it has to say "yes" or "no" and tries to include all factors (also the opinions of others) into its decision. Steeped in self-importance the mind hardly gives the voice of the soul any attention and is now in deep hypnosis. But no matter – once the mind makes its decision, wake up and ask yourself how you felt the moment the mind made its decision. What did the "yes" or "no" feel like? That's all that's important here. The decision could have been made much earlier had you listened to the feeling that leads the way. You could have paid attention to your very first impression of the piece of clothing. The very first time you look at something the soul already says "yes" or "no". *Then* the rational mind kicks in and starts analyzing. In cases in which your mind and your soul are saying yes, you can be 100% certain that you are looking at *your* piece of clothing and this piece of clothing will lead to good experiences. What if the soul says yes and the mind says no? In this case you can still purchase it but will have to process some doubts along the way. The only option that is absolutely detrimental is if your soul says *no*, and you buy it anyway. Your mind might be saying that it's convenient and functional or on sale or cheaper than something else...but if you don't actually like it, it will not lead to good results.

The ideal path is for your mind and your soul to both say yes. This is the path of least resistance and will yield the greatest results and the most ideal life-line. If you are in doubt, then it is not *yours*. No matter how things seem, no matter what people say in their "good advice"...they have no idea what is good for your soul. If you find yourself trying to convince yourself...then it's not yours either and you can re-decide to give the piece of clothing back.

What about the price? The clothing that is truly *yours* you will not necessarily find in the most expensive of shops since the "posh culture" and its illusion of prestige are mostly connected to the world-mind and the soul couldn't care less. But even *if* your piece of clothing is to be found in a fancy and expensive shop, remember that "lack of money" is yet another illusion of the mind and that you have the opportunity to train your focus to not

look at money but at what you *really* want. By looking at what you *really* want (rather than money), the money follows automatically. This might mean that you buy the piece and from somewhere an “unexpected” flow of money comes in to cover that. Not because you were focusing on money but because you were following the stream of your soul.

The analogy of shopping for clothes can be transferred to everything else in life. You enter the shop (life) to have a look around, without setting up “grand tasks to achieve” or having to find something (to be in need). You let go of your expectation to reach a certain goal. You do have a general image of what you want, but you needn't crave it as you know it is waiting on you somewhere anyway and you can discern it from other peoples clothes (external/foreign goals). You're at ease. The moment your mind has made a decision, you wake up and look at what it feels like. Your final decision is based upon your inner sense, your inner feeling...the alignment of soul and mind. This never errs and is a 100% reliable tool to succeed in the world. Once you realize that, your entire life will become simplified and this book will have been worth the read. Rigid planning is not needed as you trust the stream of life and gently choose, claim and take that which you like.

Should you want to make a practical exercise out of this...then try it by the means of going shopping for clothes. Some readers may object: “Well, this might be easy when buying clothes, but it's a lot more difficult when it comes to jobs, relationships, health and spirituality. But seeing it as “difficult” is part of the very illusion. Anything that is “difficult” or too complicated is an indicator of you not being your true natural self. If something is native to you, then it does not involve suffering and hardship. Each of the “movie-scenes” you experience in everyday life are a metaphor for your relationship to your soul, and the fulfillment of your true desires is *much* easier than you think.

RC The Art of Intending

The more power you have the less effort you need to allow things to happen. In my own life I have implemented what I call “the soft touch” which involves doing less, planning less, working less...and being, experiencing, allowing *more*. It also involves using much less of the very techniques I have taught in the 15+ books I've written up to now. In fact, since about two years I only use one practical exercise for my spiritual and psychological development on a regular basis: The one described in this chapter. This will come as a surprise to many who have read my books and my passion for meditative techniques. The reason I haven't been eager to teach this technique to my students is because it's much too simple for many. It consists of writing down your intentions on a regular basis. That's it. Now imagine someone visiting one of my courses for a significant amount of money, hoping to find empowerment, relief, liberation and I say: “Well, simply write down your desires. That's all you need in order to experience beauty, success, wealth, well-being, health, love and happiness for the rest of your life.” A bit too simple isn't it? I thought so too when I first heard of the idea more than 12 years ago. I dismissed it as naïve and went on to explore other things. Today I realize, I misunderstood the method.

Where your attention flows to on a regular basis, determines what you experience as reality. It therefore follows that by talking and writing about what you like and why you like these things on a daily basis, you will flow your attention in the appropriate directions.

By writing down your desires and importances on a daily basis you filter attention in a manner that the “higher force” or the “universal field” will, from that list, deliver whatever is currently available and easy to manifest.

Too simple? Then we will now look at the “small print” of this and then *intend that intending works for you*.

“So, you recommend making goal lists?” someone asks.

No. That's misunderstanding number one. The technique of “Intention-Lists” is something radically different than goal lists. Goal-lists are made with the presupposition of something you only do “once in awhile”, then you “achieve” and then you make a “new goal list”. Intention-Lists are made every 1-7 days. Goal-lists are based on conventional linear-thinking. Intention lists are not written with the automatic-association that these intentions will happen “sometime in the future” but first I have to do this, and this and that in order to reach my goal”. Goal-lists are also written in the presupposition that you have to “do” something for your goals. Intention-Lists are based on a different concept, namely that thought is cause of reality and not action. Intention-Lists serve to work at the cause (thought, attention) rather than the effect (action, physical objects and events). Action is a natural consequence of thought. Your job here is to align your thought with the desires of your soul. The rest happens (almost) by itself – automatically. You send out pulses of thought and the energy-field some call “Universe” answers by reflecting your thoughts as life. You radiate, life radiates back. The concept of a “goal”, as indoctrinated by society, creates an artificial separation/polarization between today and the future. In Consciousness (which is cause of reality) such separations do not exist. Sure, it may take

awhile until your dreams come true, but you needn't add to this time-span by thinking of your goal as something "in the distant future". Intention-Lists you therefore do not make so that "something happens some day *out there*", but so that something happens *right now in you*. And because some change is happening within you can the external world respond to that. The external world is merely a reflection of your internal world. Actually everything happens within Consciousness anyway so there really is no "out there".

"So, all I have to do is write down my desires and they come true? When? How? From where?" someone asks.

No. It doesn't work like this. When writing your intention lists you do this in a playful way, in the spirit of lightness, *without expectation* and without assigning too much importance to results. "Expectation" again implies a *split* between the now and the future. Your waiting for something to happen instead of enjoying *today*. So you write down what you'd like to experience, what you intend, but none of it *has to* happen. You could also do without. Neediness implies a separation from the object of desire. That's why I am not actually calling this technique "Desire-Lists" or "Wish-Lists" but *Intention-Lists*. Desire implies separation from that which is wanted. In other words, intend it but also be happy without it. Your only task is to define what you want. It is life's task to deliver. And you'll be surprised at what it delivers. When practicing this art you do not ask about the *how, when, where*. How, when and where block the stream of energy because they again create an artificial separation between here-now and some other time and place. Is this sinking in? Yes, when doing conventional goal-planning, of course you ask how you are going to achieve something, but these rules do not apply to the spaces we are entering.

"So, should I phrase my intentions in the present, or what?" someone will ask.

Relax. What is and is not appropriate is essentially determined by *you*. This is a playful and light-hearted art and there is no space for strict rules and seriousness. You can't do anything *wrong* in applying this. Even paying overly much attention to how you phrase something is indicative of not taking this lightly. Since this practice is done on a regular basis, you'll have plenty of opportunities to phrase and rephrase for something to "feel better". I personally phrase most of my intentions in the present or in the past-tense (as-if they've already happened) but sometimes, depending on my mood, I also use things like "I want" and "I'd like" and "I wouldn't mind if...". Wanting something implies a separation, but in some cases "wanting" may have the appropriate "soft touch" for that day. More often I use "I have", "I am" and "I do". When in an especially believing mood I use the past-tense and "remember" something having already come true. This frees the mind from goal-thinking, expectation and similar blocks. Another way of bypassing the mind-split is to use "I appreciate" or "I like" as ones intention-statements. "I appreciate" does not imply the separation that "I want" does. This is why I often add "Appreciation-Lists" to my Intention-Lists, writing down things that I already appreciate, that I am grateful for, that have already manifested in my life. This further serves to diffuse the separative difference between "reality" and "imagination". By not making much difference between what I'd like to become real and what is already real, I train my mind to accept that which was formerly "unrealistic".

“But don't I have to feel it in order for it to manifest?” someone will ask.

“Light Touch” involves not putting too much effort into this but just having fun. It is right that creating a pleasant feeling in your body equates pulsing energy into the field and that it is this energy that will yield results. You get this feeling by clearly defining your intention. However, you do not always have to “feel something”. Some of my best results I received by pure intention without any conditions or prerequisites. If however, this is *much too simple* for you, you can strengthen your feeling (energy field) by asking *why* you want or intend something and answering that. The feeling often weakens when you ask how you will get something or when you will get something or from where you will get it. Listen closely to your body and you will notice how these questions often (not always!) weaken your intent (an exception is when it is obviously apparent *how* you will get something, for example). Intending is like ordering something in the Internet: Only the most neurotic minds would stop all their daily activity and *wait* for their product to be delivered or needing to know the details of how, from where and when it is delivered. We don't do that when Intending because we know we've ordered it, period. *We don't give it much thought after we've intended it.*

For some intentions I add *reasons why*. This I especially do with items on my list that have, in many variations, been part of my list for a long time (things that haven't manifested yet). “I'd like to have this, *because...*” and “I believe I can have this, *because...*” strengthens a thought, densifies it into a belief. You can feel the difference in your body. The more reasons you find for something, the more you tend to believe it. Imagine a thought as the top of a table and the reasons as the legs of the table on which the thought stands, which it is *based on*. So indeed my intention lists are a mix of gratitude-lists, appreciation-lists, why-because lists and pure intentional-statements.

“Should I watch out what I intend for?” someone will ask.

You do not have to watch out so much, because the field will only manifest what is in alignment with your soul and appropriate for the current time. It is recommended that you mix the small and big, the realistic and unrealistic, the outrageous and the mundane into the same list...again, in order to diffuse artificial separation. By “unrealistic” I do not mean intentions that do not fit to your souls path (more on this later) such as “I am the President of the country”, but things that would truly fascinate or interest you. You do not intend for others because you cannot create reality for others. You can however intend for the benefit of others by wishing them well on your intention list or wishing yourself to experience that other person in a certain way.

“But isn't it better to focus on one or two things than on a huge list?” someone might ask.

For other methods choosing only one thing to focus on is appropriate. These are methods that involve you as the main source of energy. The “Intention-List” method however, involves “higher forces and sources” as the creating factor. You write down many things and it chooses which of those things come to fruition. These spreading of focus to many different things helps not to get too attached to your intention or to keep thinking about it (expectation). You are not putting all your eggs in one basket. If one thing does not manifest, another will.

The main purpose of this is however not the result itself, not the manifestation itself but your ability to focus your thoughts in preferred directions and being aware of your intentions on a daily basis. You can either live life on automatic and have the world determine where your attention goes, or you can decide. And during this exercise you decide where your thoughts go. Another side-effect is that you become aware of the fact that you can place intentions for just about anything. You can even place intentions on how you want your intentions to manifest.

The most energy is not actually waste on the “big things” the “big goals” but on the little disturbances throughout a normal day...of which we forget that we can intend other things about them. The intention “To be rich” or “to have sexual adventures” is not appropriate while you are driving by car from point A to B. For this segment of your day there would be a more appropriate mini-intention such as: “I have a good and safe drive. The streets are free. I arrive feeling fresh and relaxed”. These pre-thoughts pre-pave either this drive or future drives so that you needn't *compensate* by *doing* so much anymore. Most doing is only a compensation for bad thinking or failing to define your intention. If you're in a foul mood while driving because the streets are stuffed and you get a headache, you will have a lot of doing to do: Get some aspirin at the pharmacy. Get some more coffee to wake up. Change your clothes because you arrive sweaty. This would not have happened would you have taken a few seconds to simply *define* what you prefer. So this is not even about the “big intentions” yet but about even having the idea that you can intend for certain things. Today I still receive emails from people (who are supposed to have learned the art of intending) in which I can see dozens of opportunities to *intend* in one single paragraph and hundreds intentions offering themselves in one single email. But the writers of these emails don't seem to notice. They seem to be of the opinion that “that's just the way things are” without losing a thought on the fact that they could be able to place new and different intentions. What is the use of stating problems without also stating what you intend to experience instead? There is no use in it. From a soul-perspective it does not make sense. Someone will write to me and say “My problem is...”. And, if I've already taught this person Intending, I will respond with “Yes? And so?”. And if they don't get it, they will respond with: “So, what should I do?” Then I will say: “How the heck should I know what you should do? Concerning the problem you write to me about, what do you *intend*?” As you might guess, people still need *a lot* of practice in shifting their attention.

“How does this mix with to-do-lists, weekly-plans, diaries?”

It doesn't. When applying Intention-Lists you can trash all of those. People have been conditioned to look at what *was* and what *is*...which is why they keep attracting more of what was and what is into their life. The purpose of regular intention-lists is to move that predisposition just a little. Because attention has been conditioned to observe what was and what is, change comes in snail pace. The brainwashing is intense and encompasses schools, religion, mass-media, culture, literature...and even “spirituality”, and can only be shifted by regular practice. It is better to do to-do-lists, plans and diaries than nothing, because they involve conscious writing and contemplation. However, to-do-lists focus your attention on obligations, expectations the world has of you and not on your souls intentions. They mostly refer to things and errands you are “supposed to” take care of. But attention: There is nothing wrong with including some errands for the day on your intention list. Never should the to-do's be the basis or main part of your intention list though. There's two smart ways to add obligatory errands and to-do's to your intention list:

a) By stating the desired *outcome* of that To-Do (so instead of writing “I have to go repair the car” you write “The car is repaired for a good price and all is well” for example). This may lead to the To-Do being taken care of by someone else, “unexpectedly”.

b) By specifically addressing the To-Do to the “universe”, as something the “universe” should *take care of for you*. Yes, you do not have to do everything yourself, some things are taken care of “miraculously”, as you will discover.

People who merely make “To-Do-Lists” end up in a state of Frustration because the damn list just never ends. And how could it? What you give attention to, accumulates. So if you do include actions onto your list then only such actions you feel like doing or by phrasing them in a way that includes the *outcome*.

Diaries are focussed on the past and create more of what you've already experienced. When you remember something you warm it back up again and open yourself for it or something similar happening again. So when you write a diary, it does help you remain aware of the contents of your mind and what is important to you. If you do insist to continue writing a diary, despite this chapter, then emphasize the good memories...and if you want, build in a few “imagined/invented memories”. That would be good reality-creation-practice. But if you are someone who enjoys writing a lot, then it would be even better if you write imaginary film-scripts or scenes or stories of what you would like to experience...as if real.

Weekly Plans or Monthly Plans are alright, but again: These are also often action- and realism-oriented. But if you insist on week-planning or if you need to do it in context of your profession, then at least begin with what you want (the final outcome) and why you want it (the motivator) and then work out your actions from that vantage point. This is much more effective than starting out with an action list. Or simply stay with your one-method-for-all Intention-List.

“Do I have to write them down? Can't I just repeat them as Affirmations?”

Another misunderstanding. Repeating affirmations (such as “I am rich, I am rich, I am rich, I am rich, I am rich”) and other “positive thinking” techniques have nothing to do with the technique of Intention-Lists. Every day something else will feel authentic and right and every day your Intentions change a little bit. Because of news experiences you make, your intentions become more specific, more general or simply different than before. It is important to choose statements and phrasings that are positive but also feel *authentic*. If you choose Intentions beyond the calling of your soul (“I am the President of the U.S.) you are wasting your energy. Certain intentions will repeat themselves from day to day but the way you phrase it or a certain detail of that intention may change. Yesterday I wrote in my intention list that I want to increase my book sales, today I am writing that my book sales double. Yesterday you may have placed the intention of meeting a certain person and you did meet the person, but now you realize that your intention is not actually “meeting the person” but having a good time with him/her, so you rephrase it. The mix of positive-but-realistic (currently realistic) is the most effective type of intention. You are looking at what will probably manifest anyway, things you already believe to some extent anyway, and intend *them*. On a scale from 1 (negative thought) to 10 (positive thought) these would probably be “level 6” thoughts. Nevertheless do occasionally add a few level

5,7,8,9,10 items to your list that feel interesting while you are writing them.

It is never about controlling-the-mind or controlling-the-thoughts as some teach, it is about *gently guiding* them by writing down what feels good, what improves your general state. Why? What you feel determines what other thoughts you attract and accumulate. It is easier to improve an emotion that attracts 100 000 corresponding thoughts than trying to think each of these 100 000 thoughts deliberately. Wisdom will therefore not aim at “positive thinking”, which is almost an impossible task, but at *positive feeling*. There are no rigid rules (not even the ones mentioned here) about how and what to write as long as it improves your vibratory frequency (emotion).

“OK, but if this really isn't just positive thinking, how do I handle the negative thinking that comes up all the time?”

You rephrase your negative thinking to what you want *instead*. That's how you incorporate it. Negative things coming up can immediately be integrated into your intention-lists. Every problem is also a desire. The most common mistake I see people make is naming problems without the intended alternative. In this sense they are actually intending the negative. How crazy is that? Problems and negativity are a natural part of earth-life and do have the purpose to allow us to more clearly define and shape how we flow energy. Every problem is an excellent opportunity to place our intentions more clearly. In a natural flow of things it works like this: A problem arises. From that, an intention arises. And from that an experience arises. If you are not yet content with that experience, you define a new intention or re-define the intention. Period. That's all that's needed. What most people unfortunately do though is: They experience something unpleasant, place an intention, and if they then again experience something unpleasant, they do not re-define their intention and think the problem “has won”. Then they waste days or months pondering on the problem. But as far as I am concerned there is only 1. Experience 2. From that experience new intentions/desires arise. 4. Experience. 5. More intentions. 6. Experience. 7. Intend. And so forth, forever and ever. The game never ends. And in this way you can define more and more precisely who you are, what your life is about and what will happen. In rare exceptions it will seem that the negative remains...despite repeated intentions-from-the-heart. This is rare though if your intentions come “from the heart”. In time old facts are always replaced with new facts. But if the negative persists, then you are dealing with something that is not truly negative but only labeled by you as such. It wants to be examined. It invites you to make friends with it. In these rare cases you can write about the problem...and write and write and write...and question...until it becomes clear what is going on behind-the-scenes of it, until it becomes clear why you are holding on to it. With the full creative control you have over your experience, you needn't shy away from the negative. You can embrace it, see what it means for you, examine it in a sincerely curious way and then let go by defining what you want instead.

“Do I really have to do this everyday?”

No. There are no rules, remember? Doing it every day is a recommendation for beginners and for those who are in a very low state of being. Pros may let weeks pass before they do their next intention list. I personally do it about once, sometimes twice a week, no matter if things are going well or not. When you are in the flow and everything is going well, this entails that it is easier to continue being in the flow (like attracts like) and less intention will be necessary. However, even though you will intend less in good times, intentions very easily manifest in good times. Some will not intend because they don't want to “disturb the flow” of things. Some will not want to intend too often because they shy away from the

awareness and the changes that go with it. That is OK. If you want to put brakes on the changes, then at least do your intention-lists on a bi-monthly basis.

I personally have pledged to do this for the rest of my life, because awareness does make all the difference. There is a flood of thoughts coming in on a daily basis...from the Internet, from other people, from TV, from neighbours...and most of the thoughts offered to you have nothing whatsoever to do with your souls path. So by practicing regular deliberate intention I keep in touch with my soul and filter in its impulses and intuitions for life. If you do not want the good life, then don't do this. But in understanding that your inner world is the cause of your external world, you'd normally be *eager* to use this tool. Knowing the workings of the world, you can't wait to do your next list! To label it as "difficult" misses the point that it actually makes everything easier if your thoughts are clear and orderly. Everything you have ever experienced first began as a thought.

Working on the fundamental underlying basis of things (thought) will make everything else easier. You will no longer require others to change their opinion or way of being. You will no longer require the world to change. Others will no longer have to conform to your way of seeing things. The world was intended as diversity and everyone chooses, by means of attention, which part of this diversity he/she filters in. Others have nothing to do with what you experience. You will be attracting more and more of that which you like. Mastering the art of deliberate writing entails not really needing any other type of practice. Other practice is then only done for the sake of variation. It is difficult to convince people who have mastered this art, to visit my seminars. What does he need my coaching for if he's able to determine and guide his own consciousness? I will now end this chapter because it is more useful writing down your own intentions instead of reading mine.