

## Empowering Intentions

Your life experiences have led you to possess a certain set of expectations. And then these expectations color your view. They become the filter through which you experience life, thus reinforcing your expectations. This is a natural, though very limiting, phenomenon. It actually blinds you to experiences that differ from your expectations, binding you in a self-perpetuating spiral of experience.

This happens to everyone whether you are conscious of it or not. Once you become conscious of this fact—and begin to choose empowering intentions—you are still in a self-perpetuating spiral of experience, but, because you have consciously chosen it, it is a positive, growth-oriented one.

Setting empowering intentions is as simple as deciding what you want to experience in any situation. It can be done at any time for any situation: at the beginning of each day; at any point within any relationship; to manifest a particular project outcome; to affect health conditions; to redirect financial circumstances; to experience pleasant travel; to support specific goals; and, at any point you want to turn around a negative experience. You can begin now by choosing this intention: **I am adopting the habit of pausing frequently to choose empowering intentions.** Here are some guidelines for developing empowering intentions:

**Empowering Intentions are based in reality.** Intention must relate to the challenge as well as the goal (otherwise, it's like a very good map of the wrong city!). Intention is not wishing.

**Empowering Intentions acknowledge feelings.** Feelings are your friend. They carry a lot of energy, and this energy attracts the object of those feelings. The more you infuse intentions with positive words and meaning that matter to you, the more powerful they will be.

**Empowering Intentions focus on moving toward, not away from.** State intentions in terms of what you are manifesting. Avoid the word “not.”

**Empowering Intentions are stated in the present tense.** State your intention as if it has already come true. Think of it as a reality that already exists which you are now choosing to join.

**Empowering Intentions are in alignment with Universal forces.** There are forces greater than you, natural laws that you will not change. Seek to observe and understand these so that your intentions are powered by their flow.

**Empowering Intentions require you to claim what is possible for your life.** Sometimes the hardest thing about building a good, happy, productive, fulfilling life is deciding what it would look like...and then actively claiming it.

### Process for Writing Empowering Intentions

While you can undertake this as a purely mental process, writing your intention amplifies its power many times over. As you begin your day, work through these questions:

1. Looking at your commitments and schedule, are there any opportunities or challenges in this day?
2. Is there anything in your mental, physical or spiritual condition that may limit you today?
3. What would you most like to accomplish today?
4. Given the realities you have identified here, what thought could direct and inspire you today? This is your intention. Surround yourself with it. Return your mind to it frequently.

## Examples of Empowering Intentions

- I happily provide good work to my clients.
- I celebrate completion.
- I release the old to make way for the new (clean, organize, close-out).
- I lovingly enforce limits that honor my body, mind and spirit. There is only so much I can do in a day, and that is okay.
- I offer my experience, abilities and beliefs in loving service to others.
- I am gentle with myself and others.
- I release resistance, judgment and worry so I can receive Divine Guidance.
- I am loving What Is. Everything is as it should be. I have everything I need.
- I am the detached observer.
- Today, I appreciate common beauty.
- My life develops by the same force that makes an acorn an oak. My goal is to align my self/ego/will/desires with that force; surrender to it.
- Today, I keep my attention inward.
- Today, I look for the good.
- I immerse myself into the turbulent waters, trusting my ability to FLOW.
- In this moment, I choose to act on my highest good.
- I trust my wisdom and power.
- I observe, and release.
- I enjoy work and it fulfills me—having so much work is a form of abundance.
- I seek the truth in this moment.
- Today is a beautiful day for me to grow—enjoy the ride!
- Today I listen to internal and external messages. Speak less; listen more.
- Today, I simply observe what is.