

How to use this book

Creating the big picture

The purpose of this book is to help you create a big, clear picture of who you want to be and what you want to do and have. Clarity is power and knowing where you're going is the first step in getting anywhere. Think about it. When you go on a trip, first you choose your destination and then you map out your journey.

Creating the big picture gives you focus and patience. With no sense of direction, it is too easy to get bogged down with the details of everyday life and give up on what you really want.

When I was a community college instructor, I saw many of my students become overwhelmed by the amount of assignments, homework and tests they had to complete throughout the semester. The ones who didn't have career or personal goals in mind during these stressful times would often give up completely, dropping their classes with only weeks or days left in the semester. The students who had specific career or personal goals completed the tedious tasks with the big picture in mind, thus seeing the light at the end of the tunnel.

Henry David Thoreau said, "If one advances confidently in the direction of his dreams, and endeavors to live the life he has imagined, he will meet with success unexpected in common hours."

It's only possible to get from where you are to where you want to be if you know where you're going. This book is your road map and your intentions are your destinations.

Ask yourself, “If I were to continue down the road I’m on now, where would I end up?” If you’re like many people, you either don’t know or you don’t like your answer!

You have chosen this book because you are ready to live with intention. What do you truly want? What would you attempt if you knew you couldn’t fail?

The book

Living with intention requires commitment and dedication. If you are willing and ready to live your best life now, this book is for you. Living with intention is simple and rewarding, but it will only work in your favor through persistence and patient expectancy. This book was written to make the process of living with intention as easy and effortless as possible.

It is divided into ten sections: **Letting Go, Gratitude, Purpose, Abundance, Livelihood, Leisure, Well-being, Relationships, Personal Growth** and **Legacy**. After working through the first three sections of the book (**Letting Go, Gratitude and Purpose**), you will begin to write your intentions for the seven areas of life.

Intentions for the seven areas of life

Jack Canfield suggests that when setting intentions we divide our lives into seven areas: **Abundance, Livelihood, Leisure, Well-being, Relationships, Personal Growth** and **Legacy**. Since his idea was the starting point for this book, the sections are organized in the same manner.

Each section begins with an inspiring quote, instructions and general affirmations. Then there are blanks for you to fill in with your intentions, so let your imagination take over and your deepest desires come forward.

It is important to be specific and positive, and to write everything in the PRESENT tense, as if it's already yours. It's also a good idea to use *-ing* action verbs and "feeling" words that express how the manifestation of your intentions will make you feel.

For example, write, "I am joyfully earning, saving and investing an income of one million dollars a year by midnight February 25, 2009," instead of "I am rich." Write, "I am happily married to the man of my dreams by June 1, 2015," instead of, "I am not single anymore." Get the idea? If you follow the directions in this book, you will see the manifestation of your intentions.

Use a pencil until you're ready to commit your intentions to pen. As you grow as a person, you will likely grow your intentions. That's perfectly fine! I urge you to keep your intentions in pencil until you feel completely comfortable with your direction.

There's no time limit for completing this book. You can sit down and put it all together in one day, or you can complete it little by little. However you choose to do it, have fun with the process.

Your current results are based on your past thoughts

Getting the results you want in your life starts with your thoughts. You've probably never considered controlling your thoughts; in fact, you have likely spent most of your life letting your thoughts control you.

Living with intention means taking part in the creation of your life through choosing positive and desirable dominant thoughts. By writing down and visualizing the manifestation of your desired thoughts, you will inevitably attract to you your desired results. Remember, that's the Law of Attraction.

The Buddha said, “What we are today comes from our thoughts of yesterday, and our present thoughts build our life of tomorrow: our life is the creation of our mind.”

Don't limit your intentions based on your current results; instead, stretch yourself *beyond* your current results. What do you truly want? What would you attempt if you gave up all of your excuses? If you could be the person you've always wanted to be, what would that look like?

You can be anybody you want to be, have anything you want to have, and do anything you want to do. It's your job to state your intentions, believe in their manifestation and allow your desired results to show up.

Visualize to materialize

Visualization is a very powerful tool in the creative process. In order to intensify the magnetic force of your intentions, visualize them as already in your possession. Whether you realize it or not, you use visualization all the time. For example, when you hear the word *house*, you don't see the word “house” in your mind. Instead you see a picture of your house. Your mind thinks in pictures, not in words, and having a clear picture of your intentions is one of the best ways to manifest them.

Creating pictures of what you want on the screen of your mind does three things:

1. It activates your subconscious mind.
2. It opens your reticular activating system (RAS), the filter of your mind, to notice resources that were previously unnoticed.
3. It attracts to you people, resources and opportunities to help you reach your goal.

To better visualize your intentions, affix images to represent them after you've written them. If you have a picture of your dream car or house, stick it to the page beside where you write those intentions. You can even draw images if you like. Whatever pictures or symbols you put with your intentions should ignite and strengthen the visualization process for you.

When you read your intentions, be sure to close your eyes for a few moments to visualize them as already complete. Use your imagination and your five senses to see, touch, taste, smell and hear your desired intention. Create a clear picture on the screen of your mind and be sure to visualize the end result.

Commit at least ten minutes a day

Writing your intentions is only the first step to seeing their manifestation. Be sure to read them every morning when you get up, and every night before going to bed visualizing them as already complete. Carry this book with you and read it while you are standing in line at the grocery store, riding the subway or making copies at work. Commit at least ten minutes a day to the process. The more you focus on your intentions, the more you increase your retention of them.

Increasing your level of retention means ingraining your intentions onto the deepest levels of your mind. Retention of your intentions causes dissension, because your current results don't match your desired results. Your mind doesn't like that uncomfortable state of dissension and will go out of its way to make your intention match your reality. That's what manifesting your destiny is all about.

Celebrate your successes and feel good

Your success journal is a good reminder to yourself that the universe is working in your favor, even when you aren't seeing the final results of your intentions. Every day, I write down at least five successes for the day. Some days I even write simple things like "I made the bed."

Writing down my successes has been a very powerful activity. In the past, I would end the day thinking of all the things I hadn't accomplished, thus focusing on lack instead of abundance. Now I know that what I focus on expands, I choose to focus on my successes rather than my failures. The Success Journal at the back of this book gives you a place to make note of your successes along the way. By celebrating each success, you attract more success to you.

Make every effort to feel as good as possible every day. Be positive, energetic and enthusiastic. Since everything is energy, the vibration of your body is truly the beginning of the manifestation of your intentions. Your feelings are a crucial part in the creative process because your feelings determine the vibrational alignment of your body.

Have you ever said, "I get bad vibes from that person"? Or have you ever walked into a room and felt the energy right away, good or bad? That is vibration! The Beach Boys were really on to something when they sang about it in the song "Good Vibrations."

In their book, *The Astonishing Power of Emotions*, Esther and Jerry Hicks explore the role of feelings in the creative process. They declare:

"It is all about vibrational alignment. Do not look for immediate measurable physical results. Instead, look for improvement in your mood, your attitude, and

your emotions. When you feel better, you are more in alignment—and everything else will follow.”

One emotion that I experience often is “overwhelm.” I am the type of person who likes to get everything done my way and on my time. When I feel overwhelmed, my heart rate increases, my muscles tense and I actually get way less done than when I am relaxed. Sound familiar???

Now I understand my emotions are the key to vibrational alignment, which ultimately leads to the physical manifestation of my desires. By releasing overwhelm and with a more relaxed attitude, I allow the flow of life to work through me. Eventually I feel content and relaxed. For example, the title of this book was born out of this process. I spent many days worrying about what I would call it and forcing the title out of my left-brain. Then one afternoon I decided to lie down, let go and meditate a bit and the title came flooding to me in that relaxed state. Why choose overwhelm when a more optimistic emotion allows better results to come with less effort?

You may feel frustrated at times, but do not let those feelings allow you to lose sight of your goals. Gradually reach for a better feeling emotion. If you find yourself down in the dumps, review the **Letting Go** and **Gratitude** sections of the book or do something to boost your mood, like petting your cat or dog or listening to positive music.

The process of writing and studying this book should be a joyful effort, so if you feel bogged down while working on it, leave it, come back to it later, and in the meantime do something that makes you feel good!

Review of the process of living with intention

- Let go of old programming
- Feel good and remain in a constant state of gratitude
- Live “on purpose”
- Study and visualize your intentions for ten minutes a day, feeling them as already complete
- Believe your intentions are possible
- Detach from outcomes
- Act when appropriate
- Celebrate your successes