

Conscious Creation: Module 6

Step Four: Intention Setting

When you're connected to the power of intention, everywhere you go and everyone you meet is affected by you and the energy you radiate. As you become the power of intention, you'll see your dreams being fulfilled almost magically, and you'll see yourself creating huge ripples in the energy fields of others by your presence and nothing more.

— Dr. Wayne Dyer, *The Power of Intention*

At the inception of my journey through the five steps, I was blessed to be the ministerial associate at Unity San Francisco. I was dedicated to my spiritual practice, and my inner voice was nudging me to start a spiritual community of my own and to do work in the field of addiction treatment. At the same time, my mind had given me a clear picture of what I wanted in the external world, and I was making those things manifest through visualization and other mind-based practices. It seemed like a perfectly rewarding life—all these wonderful things on the outside and a rich spiritual life on the inside.

However, when I finally said yes to the inner voice, to my vision, my outer world began to fall apart, as I mentioned in the preface. This gave me the opportunity to deeply surrender and look more genuinely at what was in my shadow. I moved back from Step 4 to Steps 1 and 2. This was a long and exasperating process, but after I had cleared the way and fully embraced the vision I received, I realized that I was ready to start moving my vision from the invisible realm to the visible realm. When things fell apart, my inner world became more influential than my outer world.

At this point, I reached out to my close friend Gregory Spencer, who is one of the most successful people I know in multiple ways. He built a thriving business from the ground up, and he lives a life that I really respect and admire. When I asked Gregory how he did it, he responded, "I'm glad you asked." And he shared with me some tangible and practical things that have become the basic elements of Step 4, Intention Setting, which takes the inner knowing and gives it practical application.

The Intention Setting process has transformed my life, and in this chapter you'll get my version, which is designed specifically for manifesting from a vision-based life filled with purpose, love, and joy. If you are eager to take the vision for your life and give it practical

application, I know that this process can change your life, too. If you're ready to make peace with the past, to move beyond "the agreements you've made with mediocrity," and to shift your life in a powerful way into the life of your dreams, a life completely on purpose, read on.

Now that you can see the new movie you want to create in your life, what's next? You're growing into the practice of bringing the unconscious into conscious awareness, you're nurturing a relationship with the truth of who and what you are, and you're leaning into your unique vision. You're now ready to take the steps that will make your vision manifest into physical reality. I'd like to invite you to Step 4, Intention Setting.

This is the step where people often want to begin. We frequently want to start with action, supposing that inner change will come later. Such an approach can indeed result in a temporary modification. But deep shifts require deep work. Part of the problem, as I hope you understand by now, is that by jumping straight into making things happen, we miss the deeper work necessary for profound and lasting change. Authentic change requires the inner clearing steps: making peace with the past and overcoming core false beliefs, along with a commitment to the spiritual practice of visioning.

What Is Intention Setting?

Consciously creating our life involves all five steps. Let's review them briefly. As the previous chapters indicate, I use the acronym MOVIE to denote the five steps: M is Making Peace with the Past; O, Overcoming Core False Beliefs; V, Visioning; I, Intention Setting; and E, Embodying the Vision. Using the metaphor of a movie: In the first two steps you opened yourself up and you identified, unlearned, and overcame some of the core false beliefs that kept you chained to a limiting life script. If you undertake intention setting without doing these first two steps, eventually they end up blocking you. If you haven't made peace with traumatic experiences in your past or released old anger and shame, then they will act from the shadow to unconsciously thwart your vision and topple your intentions.

In the third step, Visioning, you received the kernel of a new script—a new way of seeing your life and the world. (And this process is all the deeper and more authentic the more thoroughly you carry out the clearing steps.) The fourth step, Intention Setting, is the action step. In this step you recognize that you have the power not only to flesh out the new script but also to cast the film, star in the film, direct the film, and edit the film. You have the ability to create your own version of reality, not from a place of ego, but from a place of spirit-led vision.

Intention Setting or Goal Setting?

If you've ever made a New Year's resolution or decided that "this time, the diet will work," then you're familiar with goal setting. It's something we want to do or change in our lives. What sets Step 4 apart from this kind of goal setting is that we create intentions based on what we catch in our vision. Step 4 occurs in the context of the rest of the five steps and in the context of your vision. Intention setting in Conscious Creation occurs after you have accomplished the clearing steps, which have enabled you to tap into a deeper vision for your life. Intention setting furthers the visioning process by clarifying the vision and adding detail and specificity. Intention setting is to goal setting what visioning is to visualization.

Intention setting is different from goal setting or making resolutions. With goal setting, we say, "I'm going to lose twenty pounds by June," "I'm going to ask for a raise," or "I'm going to stop smoking," and then we try to figure out how to make them happen. Often when we set goals, we put ourselves in the driver's seat: "I'm going to make this happen." There's definitely a place for this type of goal setting—it helps move us beyond Martyr Consciousness, from "The world happens *to* me," to Magical Thinking, "*I make* things happen (refer to the introduction for a recap of these). This type of goal setting is fine, but it is not part of Step 4 because it often comes from the needs of the ego and is led by the intellect. When our goals are grounded in ego, our goals are acts of will. We are "making things happen." The intellect is vital, but it doesn't lead us to our true nature.

Most of our goals are grounded in ego because most of us tend to live in relative reality, in the visible realm. Our life is either what's happening to us, or it's what we make happen. Our goals tend to be acts of will or reactions to the twisting and turning of circumstance. But once we begin to trust in the power of the invisible realm, in our oneness with each other and with source, then goals can become intentions in service to our vision. Once we've recognized and experienced our oneness with source, we can trust that source to lead us into our vision and our intentions.

A vision-based intention will be deeper and more integrated than a similar intention grounded in ego. A vision-based intention will provide us with a more profound sense of purpose and fulfillment. And it will tend to spring up organically and intuitively from our vision. The most powerful and impressive thing about visioning and intention setting is that it isn't just about getting things done. It's not about accomplishing things to advance your career or to get ready for retirement. Because a vision-based intention is integrated into your deepest purpose, carrying it out provides you with a much more profound sense of meaning and fulfillment. It's not a fleeting, ego-based goal that promises (and ultimately fails to provide) happiness, ease, or the end of pain. It's about more than just you; it's about your relationship with the rest of the universe and with source.

Clarity of the Intention

The longer and more deeply you sit with your vision, the clearer it will become, and out of this profound knowing will come pure intentions. Intentions can appear suddenly, or they can require time to gestate. It's also important that you clarify and create intentions that point to the visions you are receiving in the silence. Clarifying these intentions takes them from the ethereal realm of potential—"This would be great" or "If only this could happen"—and brings them into the solid realm of reality.

So the first part of Step 4 is more like the last part of Step 3, patient listening and staying in the visioning process. As you continue to sit with your vision, pay attention to what comes to you—look at it not with analysis or judgment but with openness and curiosity: "Oh, look at that. Isn't that interesting?" Take the time to be with what comes day after day, meditation after meditation, asking again and again, "What is the highest vision for my life?" This will allow you to nurture the oneness with your essential self and clarify the inner messages that make up your vision.

Once your vision feels solid and has some consistency—once it is clear—it's time to move into the practicalities of intention setting. Even then, the intentions may shift as you continue to make progress toward manifesting your vision. I experienced this when I first got the vision of working as a spiritual teacher and leader. Initially, I had an idea for how I wanted this vision to unfold: I wanted to start an independent New Thought center in San Francisco and launch a private spiritual counseling practice. I anticipated who my clients would be, what the work would focus on, even how many clients I would have by a certain time.

Because I dedicated myself to this vision and to all the steps in the process, this is exactly what manifested. I was feeling incredibly "on purpose," satisfied, and fulfilled. Over time, however, the vision began to shift. In other words, this process is not a stagnant one. It will usually change and evolve over time. The core vision of becoming a spiritual teacher and leader was still accurate for me, but the particular manifestation or expression of the original vision commenced to shift. It was imperative that I honor the shifting vision and dedicate myself to cultivating this new awareness.

As I continued to sit in the silence, my vision became clearer, and my eventual intentions turned out to be quite different from those set by my mind and original desire. I was led to write what would become my second book, *Conscious Recovery*, laying out an entire modality of addiction treatment, a ground-breaking new approach to viewing and treating addiction using the powerful spiritual practices and principles I had been applying to my own life for more than twenty-five years. Initially my mind resisted because this didn't fit with my idea of who I thought I was here to be: "I don't want to be pigeonholed as someone who just does

recovery work.” I noted this resistance with curiosity (“Oh, look— isn’t that interesting?”), and then I allowed myself to slow down and again spend dedicated time in the silence, asking the questions from the visioning process: “What is the highest possibility for my life today?” The same answer kept coming through: write a book about addiction, articulating my insights about the convergence of recovery and spirituality.

Even after you go through Step 3 and receive your vision, your mind may still have a response to it. You will most likely not stop using your intellect just because you’ve gone through the first three steps. Part of what we’re learning in this process is knowing when to put our thoughts on hold and listen further. My mind’s initial response was to come up with some specific goals that had nothing to do with the addiction treatment field, and if I had just gone with those goals, things would have taken a completely different turn. Instead I continued to sit in the silence and listen, and thereby moved beyond my mind’s limitations. What has transpired from this practice is pretty astonishing. The Conscious Recovery Method, which I created in 2017, has helped to shift the paradigm of addiction treatment, and it’s being facilitated at treatment programs all over the country. Additionally, the book, workbook, and online experiences are facilitating a shift in people’s lives in dynamic and meaningful ways.

When you listen deeply to your inner knowing, trust the inner voice, and take action on what arises, profound things happen not only in your own life but for the greater whole. Instead of serving just one individual life, the authentic vision speaks to how one person can be of maximum service in the world. In my experience, this happens every time we listen to the inner voice—we always serve more people. And it’s an ongoing process. Each time we go through the visioning process (no, it’s not a once-and-done sort of thing) and start the process of setting intentions, we once again spend time in the silence. In this inner work we might continue to look at what in the past needs to be liberated, and we might continue to look at our core false beliefs. The great news is that we can use these steps as a new way of being.

One powerful demonstration of the power of visioning is an incident that took place a few years ago. As I stated earlier, I started an independent New Thought center in San Francisco in 2012 called Awakened Living. It was growing at its own pace, which was much slower than my egoic mind wanted, but growing and thriving nonetheless. A huge part of our growing and sustaining our community was a commitment to holding monthly group visionings. For several months, multiple members and I received images of somehow connecting with Michael Beckwith and the Agape International Spiritual Center in Los Angeles. I even started having dreams where Michael would show up and talk with me about taking a journey with him.

Here is the key though. We didn't take any action. We simply sat with the vision and trusted in it. One day, after several months of experiencing these visions, Michael was on a call with Rev. Joan Steadman, who was the assistant minister of our community at the time and also one of the people who helped Michael start Agape in 1986. Out of nowhere Michael said, "I have an idea. I want your community to be the first satellite of Agape." It was then that our community became Agape Bay Area. All of this came through vision, not through our conscious thoughts. If I ever doubted the power of visioning before that experience, any residue of doubt evaporated instantaneously.

Five Keys for Step 4

Let's assume you've worked through the first three steps, you've spent time in the silence, and you've dedicated yourself to listening to that inner voice and clarifying your intentions. Now it's time to give all this work some traction.

Here are the tangible keys of Step 4 in brief:

1. Creating a list of specific, measurable, and realistic intentions that spring from your visioning process. Include specific target dates for completion.
2. Identifying obstacles to your intentions, both inner and outer.
3. Discovering strategies for overcoming the obstacles.
4. Listing action steps that will help you fulfill your intentions.
5. Connecting with someone you trust who can act as an accountability partner.

Let's move through each of these in greater detail.

Key 1: Creating Your Intentions

Something powerful happens we state what we want and when we want it. Make a list of your intentions. It's important that these intentions are congruent with what you received in the visioning process and after you have allowed yourself to sit with these images and messages. The intentions should not come from your mind, your judgment, or your previously held assumptions, but only from deep inside.

The intentions should be specific, measurable, and realistic, but also a stretch. For example, when I made my first list, it included how much money I wanted to make per month. It was a specific and measurable amount, and it was realistic, even a bit of a stretch. But it didn't really push me or move me out of my comfort zone. When I sat further with this intention, I

realized that what I really wanted was a lifestyle that was not congruent with the amount I listed. So I had to stretch my intention quite a bit beyond what I initially thought realistic.

Also make sure your objectives have a specific target date for completion. Often I'll do this for the whole year, but at the beginning I recommend that you start off with six months. For example, you may choose to make a list of five to ten intentions to be completed within six months. Some people start with three months. Another important piece is that you write your intentions as if they have already manifested. In other words, you write them as if it is at the end of your designated time and you are looking back. Here is an example: Rather than writing, "My business will grow by 30% in the next six months," you write, "My business has grown by over 30% in the past six months." I always like to add something like: "I am serving people in profound ways, and I'm happier and more energized than I've ever been in my entire life."

Key 2: Identifying Obstacles

The next key is to identify perceived obstacles to your intentions. Look at each intention on your list and write down any perceived obstacles to that intention. These might be outer obstacles, like opposition from somewhere or lack of funds. Look also for inner obstacles, like any core beliefs that can still be activated, such as "I am unworthy" or "I am too much of a loser to succeed in this." Add all these imagined obstacles to your list.

When Travis worked with this process and spent time visioning, he discovered that he wanted to work with foster children. After dedicating himself to working through the first three steps, he was ready to move deeply into the intention setting portion of Conscious Creation. He created five specific, measurable, and realistic intentions that were also a stretch. Now it was time for him to address his perceived obstacles. He had plenty: "What if I don't have the required education?" "What if I can't connect with the kids, what if they don't like me?" and finally, "What if I find myself immobilized by fear and my core false beliefs?"

Key 3: Discovering Strategies

Once you've identified intentions and their obstacles, write out your strategies for working through the perceived obstacles. Travis found it important to have some specific, tangible strategies for his three perceived obstacles, so he wrote them out.

What if I don't have the required education? For this one, he simply created action items to assist him in getting a clear answer. He found two different agencies that worked with foster kids and scheduled informational interviews.

What if I can't connect with the kids, what if they don't like me? He recognized this was an issue related to his sense of self-worth. His strategy was simply continuing with counseling and maintaining his affirmation and mindfulness practices.

What if I find myself immobilized by fear and my core false beliefs? The strategy for this fear was quite simple—spend time in the silence and recognize the power of presence. In other words, he agreed to not get lost in future thinking.

Key 4: Listing Action Items

After you write down your strategies, come up with five to ten action items that will help you fulfill your intention. These are actions to carry out this week. This is the step that has been life-changing for me. If you skip it, you will be left with wonderful intentions but no follow-through. As the old saying goes, “The road to hell is paved with good intentions.” As a reminder, make sure your actions directly relate to your vision and intentions.

Key 5: Connecting with an Accountability Partner

Let's say you've set intentions for six months. Each is specific, measurable, and realistic, but also a stretch. You've thought about strategies for meeting inner and outer obstacles, and you've come up with action items for the week. The next thing you need is a way to make sure you actually undertake those action items. Our lives are so full and busy, and it is so easy to put things off.

Another imperative part of this process is to have an accountability partner. This can be a trusted friend, coach, or counselor—someone you check in with at least each week about your action items. The idea is simple: having an accountability partner keeps you focused and on track. I've been doing this for more than a decade, and believe me, it works. Every Monday, I email my accountability partner to describe and review the action items I set for the past week. Maybe I did seven out of ten items. The seven items get checked off my list, and the three remaining get rolled over to the new week, and then I add seven new items.

Just knowing that my accountability partner expects to receive that email from me every Monday encourages me to accomplish them. It moves my thought pattern from “I know I

should do this” to “I will do this” and then “I have done this.” Even if you do it at the last minute, it still counts. Especially in the beginning, I would often find myself on Monday morning looking at the items I still needed to accomplish and then doing at least some of them at that very moment so that I could count them as finished in my Monday accountability email. This brings up an important point: breaking down your intentions into the smallest action items makes it more likely that you will accomplish them.

Again, your action steps are specific to an intention that was created out of your larger vision, which came after you did the clearing work of Steps 1 and 2. The action steps get you incrementally closer to fulfilling your intention and thus closer to bringing your vision to life. It’s important that this whole process remain an uplifting practice. Steer your process away from any judgment about what has or has not been accomplished or how well you believe you’ve done. The person I work with always responds to me with language like “Great job on accomplishing those seven items.” It’s never “Why didn’t you complete the other three?” To avoid moving into guilt or shame about the practice, it’s vitally important to have people in your life who are supporting you in the highest and best way.

The Importance of Language

Words hold power. How we articulate the vision that comes to us tends to reveal not only our vision but also our particular perspective on reality. Our habitual mode of self-description enters into the way we see and describe our vision. This tendency to see what we expect to see, to project our core beliefs outward, is powerfully apparent in what we say, in our words about ourselves and about our vision.

For example, I might unconsciously downplay or devalue my vision in how I describe it. “I had this crazy idea. . .” or “That would be great, but. . .” or “I’m too [lazy, incompetent, etc.] to make that happen.” Or even “I’m going to *make* that happen”—what does that say about my approach to the process? So continue to pay attention to your thoughts and speech. When you set intentions, set them as if they were already done. In your meditation, hold them as already done. Instead of “I would do x if. . .” or “I will do x” or “I want to do x in six months’ time,” try “I have done x” and “I am doing x.” The small shift in verb tense makes a huge difference.

You might also come to see that some language is more conducive to the work. There are some words that I have decided to stop using because they immediately take me out of an awakened state or keep me from getting to my essential self. You may find yourself becoming aware of things you have said or thought for a long time, maybe your whole life, without being aware of it. As this language comes into your conscious awareness, you can decide

what to do with it. If there are words or phrases that do not support your creation process or that cause separation from your essential self, make a commitment to noticing them. How do you use them? Under what circumstances do you find yourself saying or thinking them? What happens to you? What happens to your energy? What thoughts arise?

Once you are more aware of such words, make a commitment to taking them out of your vocabulary. At first, if they're words you use habitually, you might notice yourself still using them. That's OK. When you hear them, just gently notice them and then find more uplifting words to replace them. Here are some words that I have committed to taking out of my vocabulary: should, must, good, bad, right, wrong.

I've found that these words cause a dualistic perspective instead of a holistic perspective, as well as create a sense of stuckness. For example, when I call something good, it immediately creates a judgment, a measurement of value. It creates the possibility of some other thing being bad. And what gets created when I have a strong judgment of myself or another? What happens when I'm looking at the world through the lens of right and wrong?

One example is how we view cloudy weather. When we call it "bad" weather, what happens? We might notice that it has an effect on our mood. One grumble begets another, and if we don't notice this and stop it, pretty soon our whole day feels ruined, simply because of our point of view. More to the point, such judgment might keep us from noticing anything else. If we call something bad, then why pay any more attention to it? Let's say that we've judged the clouds as bad because they appear to hold rain, and we don't want it to rain. Once we imagine the rain and call the weather bad, we don't notice that the clouds are beautiful. We don't think about whether the rain will be useful, even vital, for the earth. In short, we miss out on all the other phenomena we might have observed.

It may seem completely normal to get into language habits that stop our conscious evolution. And it can be eye-opening to notice the effect that words have. That's the key to identifying language to use or not use—it's not so much the words themselves as the effect they have. When I notice that certain words or phrases, whether spoken or thought, put me into debilitating states of mind and emotion, then I know those are words I may want to eradicate from my vocabulary. Whether it's habits of judgment like "I hate that place" or "He's a jerk," or even knee-jerk, unconscious assessments I consider enjoyable, like "I love this place" or "This is the best show ever," such statements reiterate long-held, unevaluated opinions that ultimately put me in the position of judge, which is not a place of pure conscious awareness.

The more we liberate ourselves from dualistic perspectives, the clearer our vision-based intentions will be. When we're working out of a dualistic framework, there's a constant tendency to view through the lens of judgment. Our habits of judgment don't always

magically disappear when we go through the first three steps, but if we habitually give into judgment, even after going through Steps 1 through 3, we'll be more apt to judge the powerful inner voice and whatever intentions come from our vision. The freer we are from judgment, the easier it will be to simply be with the inner voice, to notice it, to ask it additional questions, and to fully hear the answers. When we question our thoughts about the world, we awaken to reality.

Conscious Action

Action is required in Conscious Creation, but it's a very different type of action than we usually see in the world. It's not about achieving something in order to feel successful or to be accepted or acceptable. It's action that nurtures us internally and comes naturally out of who and what we are as whole and perfect and one with source. Our action items are not obstacles we must force our way through, and the process is not one of "no pain, no gain." Because they flow out of our vision, our action items are gifts for which we can be grateful. And remember, when our intentions come from visioning, we always have what is needed to fulfill the vision. We have the unique skills and talents, and we have boundless energy to step fully into our perfect vision. These weekly tasks are an expression of our deeper relationship with source, so acting on them is a different way of living in the world.

What If You Feel Stuck?

Here I would remind you that your primary goal is not to receive a personal vision—it's to open yourself to the fundamental vision, to come into greater conscious awareness of your authentic self, that unharmed and unharmable individual who was born into this world whole, perfect, and one with source. Coming into conscious awareness is our principal purpose in life. Focus on this all the more intently if you feel your vision hasn't come. Continue sitting in the silence and moving through Steps 1, 2, and 3, knowing that the fundamental understanding of who and what you are is your primary purpose. A lifetime spent in this awareness is a life well lived. Remember, too, that your intentions don't have to look like traditional X, Y, and Z goals. Maybe now it's time for you to just sit in the silence. Perhaps that is an action item. Maybe the intention is not to identify and achieve things in the external world, but to simply be with yourself.

As Sasha pursued her vision, she found that the biggest barriers to her creation process were the habits of producing, performing, and ultimately pleasing others. From a place grounded in acceptance and love, she caught a vision of herself as free from those habits and the critical perspective that generated them. She saw herself as joyful, relaxed, and laughing out loud at

herself, as gracious and generous, as a close friend. This person had never even entered her thoughts before; she never imagined such a state of being was possible for her. But now it felt so perfect, so attainable, and she wanted it.

In order to bring this vision to reality, to solidify the shift from Magical Thinking Consciousness to Metaphysical Consciousness, Sasha set intentions to make this vision manifest, including things such as developing a daily meditation practice, taking vacations, and having fun. She had to work hard to stop working so hard. Because she was passionate about it, because the vision was so clear and compelling, she was able to ignore all the voices that told her it was erroneous. And those voices were plentiful.

In the United States we have been programmed from childhood to always be striving—we're always looking to solve some problem or another or trying to level up to the next achievement. What a magnificent intention it is to put all that on hold and listen for a change. By spending dedicated time in the silence and moving into an inner purpose of awakening, you may come into an altogether new way of looking at intentions. Like Sasha, you may find that your vision is about inner alignment rather than outer achievement. Or maybe your intention is to spend more time with yourself or to do things that make you happier.

No matter what our vision is, many of us will still experience perceived blockages. Sometimes these blockages will come from what hasn't yet been cleared during Steps 1 and 2. Remember, the process isn't linear—in an ongoing spiral of awareness, we repeat the steps, or we go from Step 4 back to Step 3, or to Step 2, or to Step 1, and back again. As we work through the steps again and again, what we once referred to as the still, small voice will become clearer, until it's neither still nor small—it's the powerful and predominant voice, leading us in all things. As we move through the visioning and intention setting process, we find ourselves in deeper connection with and dependent on a larger whole, and we look to a higher consciousness to guide us. And as we repeat the process throughout life, the more consistent this connection and this dependence become.

Beyond the Visible

When we operate out of the everyday, visible realm only, we're likely to feel like a victim to the vicissitudes of life. We're buffeted by what's happening around us. We're more likely to be battered by the tide. When we tap into an authentic vision, we move beyond our everyday mode, beyond the mode of responding and reacting to what we can see, what we can touch, and what exists in the visible realm. Visioning gets us beyond the visible realm, because a deeper vision requires us to trust the power of the invisible realm. This inner awareness shows us how our individual self, our ego, can be harnessed in service to our vision.

In many spiritual traditions and practices, the goal seems to be eliminating the ego. But as Dr. Sue Morter says, “Only ego would want ego to die.” Rather than looking at your ego as something that needs to be silenced, squashed, destroyed, or ignored, I invite you to discover a new way of seeing your ego. When you hear the phrase “my vision,” you might think it sounds selfish. All this attention to yourself might feel uncomfortable, and you might even remember critical messages from your upbringing, familial narratives, or religious background. Viewed through the lens of higher levels of consciousness, these teachings guide believers away from putting conviction in their own ego and into relying on spirit or source, the powerful inner voice. The more you do the work of inner clearing, the more you can embody and express your unique source-given gifts and your authentic power. It’s a bigger vision for yourself and for the planet. Authentic spirituality is not a destination; it is an inner discovery.

In the awakened state, it’s possible that the ego can become a vehicle for spirit. The ego contains aspects of our individual personality that can be powerful when connected with our deeper vision. For example, I’m really grateful that I have certain talents and skills that allow me to deliver a message to large audiences. What are the gifts in your personality that can serve you as you work on your intentions and action items? Making the invisible visible in Step 4 is about liberating your whole self, your mind, your emotions, your spirit, your personality, and even your ego, to deliver this profoundly deeper vision into the world.

The Promise of Fulfilled Intentions

Before I started this practice, as you know from my earlier stories, I went through a dramatic upheaval. Around fifteen years ago, things in my life looked really great on the outside. I had used manifestation principles to create what looked like the life of my dreams: a successful business, a beautiful home, a nice car—but I was sensing a deeper calling, a yearning for something entirely different. For a period of time I resisted this calling.

This resistance had been a theme in my life, and I suspect it’s not uncommon. Sometimes we don’t like change. Even when we say we’re open to the universe and we hear what the universe has to tell us, often it doesn’t jive with what we’ve imagined. So we resist. Getting the inner message is only one step, and receiving the vision doesn’t guarantee that we’ll manifest it, especially if we’re used to listening to all the reasons things won’t work, all the reasons we won’t succeed.

Throughout the last ten-plus years, as I’ve dedicated myself to listening to that inner voice and thoroughly trusting that it always includes a bigger vision not only for my own life but

for all of life. I've been able to follow that inner voice to identify and carry out my intentions from a place of trust, knowing that through this process more people will be served. The five steps have brought me from a place of almost total loss, bankrupt in so many ways, to a life filled with purpose. And the process has had a profound impact on my ability to be of service to the world.

What is your vision for your life and for the world? What is your soul trying to reveal to you? Are you ready to unquestioningly dedicate yourself to listening to that inner knowing? Are you prepared to create a space where you can listen carefully to that inner voice as you move through the intention setting process? Are you willing to evaluate your responses so that you can recognize when experiences or beliefs about yourself or about the world are taking over and running the show and keeping you small? Are you ready to create a relationship of accountability that will help ensure that you do follow through? Are you willing to step into absolute trust in the powerful inner voice, knowing that as you listen more deeply, the authentic vision for your life of happiness and joy will become clearer?

If you are ready, then I invite you to continue this process and bring it into concrete manifestation. Your soul is hungering for its evolution. I can't wait to see what this bountiful life has in store for you.