



STEP 5

INTENTION

The Bible states that the road to hell is ‘paved with good intentions’. To me, this means that we may be all full of clever ideas, that we might be able to plan and even organise our efforts, but if we fail to apply the vital energy to complete the task, then it simply becomes just another good idea that went to waste. The intention to act is only a fantasy; it is making the effort to act that allows us to create the life that we seek.

The concept that creativity is 2% inspiration and 98% perspiration explains the ratio between creative ideas and their actual manifestation. The creative genius is the one who is able to put the effort into life to ensure that their creative idea is put into action.

A powerful aspect of the effort, or the perspiration, involved in the process of self-change is to inundate you with inspirational words, ideas and views. These may come from books, media, DVDs, seminars, courses and so on. My teacher would say to me..

*“When the flame is weak, it needs protection from the wind.
When the flame is strong, it is able to stand alone.”*

What he was telling me was that the ideas and images in my mind were weak, and were in danger of being extinguished by my negative paradigm, by my fears and beliefs. But, once my mind and images had grown strong, they would be able to stand up on their own and not be blown out, or blown away.

We only get to our journey's end when we remain focused, stay on task, or keep on track. To stay focused requires clarity of mind and there are several things that you can do to assist you in this task. If you do not attend to your mind, it will run all over the place. Like a shepherd keeping his animals together, he needs the help of a sheep dog; to keep your mind together, you will need help.

JOURNAL

Journals are fabulous things, when used well they are good sheep dogs. In a journal, you can gather your thoughts and focus your mind. A journal can be used to record what has been, what you have been doing during your day. It is better when you only record really useful things and positive events and experiences. This gives you the opportunity to look back and see just how far you have travelled. It can also be a useful resource to bolster you up when you are feeling a bit low. Reviewing some good times and good experiences can make you feel a lot better and raise your spirit.

FORWARD BASING

More powerfully, a journal can be used as a document of intent and creates a timeline from where you are to where you wish to be. I use journals for projects. At the outset, in the beginning of the journal, I record where I am up to, what the current state of events are. At the end of the journal, I write where I will be at the end of the project. The blank pages in between are where I record the journey and all the wonderful things that I have learned on the way.

I began using forward basing as a change management tool. Many UK public services were developing new services. I would gather together the entire team in a big venue, like a sports hall. At one end of the hall, I would stick an A1 sheet of flip chart paper and together we would write a description of where we were in the service right now. At the other end of the hall, I would stick another piece of A1 flip chart paper and on this one, we would agree a statement of where we needed to be by the end of the process of change or development.

In the space on the floor between these two statements, we would use further sheets of paper, like stepping stones, to map all that we needed to achieve to complete our journey. Once the stepping-stones were agreed and set in place, we were then able to create a timeline that gave us a structure to work with. Once agreed, together with an indication of who would take responsibility for what, this stepped programme was then recorded, copied like a map, and given to every member of the team. Then the journey would begin. Referring back to the map would keep the focus and the intent of the team on the task.

This process of ‘forward basing’ is what I use in my journal. It is my plan or map. The map can be as big as you like. Life maps are wonderful things. I use year maps, and I use project maps. The use of intent is the reality of the law of intentional creation. Once I am committed to the journey, it is never a case of ‘Shall I succeed?’, it can only ever be a case of time adjustment. Sometimes events will allow for early arrival. On other occasions, there may be a few delays or detours. What is certain is that what I have decided to achieve ‘will’ happen because it is my ‘intention’ to make it happen.

THE INTENTION BOX

Many people use a box to reinforce their intention to act. It needs to be a box that feels right for the task. On the lid of the box is written...

A black and white photograph of a beach. The sky is filled with dramatic, layered clouds. The ocean is dark, with white foam from waves crashing onto the shore. The foreground shows the texture of the sand.

When we cease to learn



we begin to die

“Whatever is put in this box will come to pass”

Into the box goes all and anything that will lead to my goal. Some people might drop a cheque in, made out to them for a sum of money that they are seeking. Others may put images, photos, etc. that reflect events, things or feelings that they are seeking to create or make happen.

When something is put in the intention box, it is done so with the clear understanding that whatever is in there will come to be. That is the intention in the act. To use an intention box successfully, you have to be sure that you are a truth teller.

THE POWER OF TRUTH

Do you ever say that you will do something, anything, that you are not really committed to? We tell people that we will do something when we have no real intention of doing it. Because we say that we will do something, because we feel that we ought, should or must, we have no real commitment to what we are agreeing; it is then very easy to let people down.

However, there is another side-effect that can stop our own development in its tracks. When we say something, we hear it. If what we hear ourselves saying we know to be a lie, how can we ever trust anything that we say. To use a journal, a forward base, or an intention box, we must first know that we are a truth speaker. When we know without a doubt that whatever we say we will do, we do actually do it; we know that we tell the truth; we can believe what we say.

That means that if I write on a piece of paper: ‘In the coming 12 months I will (fill in the blank)’, then it is a done deal. If I am a truth speaker, then I will always complete whatever I write on the paper.

If I know that I tell lies, these tools become less and less effective. Never, never commit yourself to anything that you will not carry out. Do not be a people pleaser. Do not do things on the basis of 'ought', 'should' or 'must'. Do things because you want to, because you are committed to seeing it through. Do things that inspire you and fill you with joy.

IDLE MINDS AVOID SUCCESS

When you have spare time, perhaps when you come home from work, what do you do?

Most people watch TV and maybe pop a cork. People do not become millionaires by watching X Factor. When Karl Marx described religion as 'the opiate of the masses', he was saying that religion kept the population at bay and that it kept them conforming. It avoided conflict, change and development. In modern society as religion has been on the wane, television and the media have been on the rise. So that now it is probably more applicable to say that television is the opiate of the masses. Along with shopping, we have television. These are new religions of modern society.

My point is that if you want to change your life and create success for yourself, stop watching TV, get off your backside and do something. It is estimated that the average sixty-five year old American will have spent nine years watching television. If someone were to say to you, 'Hey, here is nine years of free time so that you can do anything that you wish to', would you say, 'Bring me a TV!'?

Other things to do with your spare time!

- » Talking
- » Sport/Exercise
- » Games that exercise your mind

- » Write a book
- » Read a book

WHAT BOOKS ARE YOU READING AT THE MOMENT?

Books are full of ideas. They can be inspirational. They can help keep the fire of your intention alight. It doesn't have to be science, a good story will tell you thousands of things and inspire thousands of ideas. So what are you reading? Are you reading fact or fiction? Is what you are reading taking you nearer to your goal? Is it helping you?

If you are not reading anything (aside from this!), then why not?

If you are reading something, are you actively reading it? That is everyday, maybe making notes and acting on the information you are reading? As you are reading, or listening, to this then you must be engaged in at least one book. As you read these words, how much of the time are you able to concentrate? Does your mind have a tendency to wander? It might simply drift away. Often, your mind will just be too busy or too loud. To develop the ability to focus and concentrate, you might need to train your mind to be quiet.

CONCENTRATION NEEDS SILENT TIME

Silent time is meditation. Meditation is often confused with religious practice or the idea of an Indian gentleman in a loincloth sat beneath a banyan tree chanting Om. To meditate simply means to stop thinking. In silent time, you seek to still your mind.

IN THAT SILENCE, YOU BEGIN TO HEAR THE ANSWERS TO YOUR PROBLEMS

Stilling your thinking mind takes your creative and intuitive mind on a daily workout. Meditation uses your natural potential to achieve clarity of thought, direction and purpose through focused concentration.

The problems of an unfocussed mind are not unusual. Very few people are able to take control of their mind, and subsequently most people are poor thinkers and manifesters. Researchers estimate that most people cannot concentrate on a single thing for more than seven seconds. Beyond that, their mind wanders away on ideas, worries, concerns, anxieties or other thoughts and feelings.

You need to ensure that you have at least ten minutes silent time each day, preferably two or three times a day. Reducing the unhelpful activity in your mind is the process of silent time. The state of silent time is not some esoteric magical space, though it often does feel magical to become the observer of your own creative potential. The process of silent time is to enable you to become a creative and effective thinker.

Imagine that your mind has a thousand thoughts a minute. Many of these, probably most, will be negative, supporting your old paradigm. Using silent techniques, you can actively reduce negative thoughts, and replace them with positive alternatives.

By learning to focus your mind, each time you practise, you will increase the quantity of your positive thoughts. With practice your positive mind becomes deeper and more profound, increasing in both density and intensity.

Imagine how much more powerful your mind would be if, every day, you could increase the amount of positive thoughts you are having. If you could concentrate on what you really want, just how good could your life become?

There is a point in the still mind when all thoughts cease. This is termed 'the void'.

THE VOID

The void is a point of focus that is total concentration, when the mind is completely still. In stillness, there is no negative input and no negative output. When we learn positive focus, positive thoughts, leading to positive feelings, then we create positive outcomes. The strange thing is that in the focused void of no thought, where there are no negative thoughts at all, we enter a world of feeling, a world of positive joy.

Learning to focus the mind is easy for some, and hard for others. The process is quite simple...

1. Realisation, knowing that you need to focus on your silent time.
2. Intention, deciding to make space to attend to your silent time.
3. Relaxation, stilling your body by removing psychosomatic tension.
4. Visualisation, taking control of your silent time.
5. Contemplation, focusing your silent time and considering your various possibilities and potentials.
6. Concentration, sorting and sifting your thoughts to enhance those that serve you well.
7. Meditation, a still mind of positive feeling.

The ability to focus can be difficult and may seem impossible. It is dependent on your ability to visualise and concentrate, and on your ability to contemplate. This takes practice.

I have never yet met a successful person who does not, in some form or another, take 'still' time every day. The point is that each person who creates the stillness of silent time is creating that state in which

they are able to hear the answers to their problems.

If you do not already have a silent time space organised, it is now time to sort it out. I use the word 'organise' deliberately; it is only when you build this into your life as a habit that it becomes truly effective. It needs to be a daily event and if you want to be really effective, it needs to be twice or three times a day. It starts with just a few minutes and ideally becomes twenty minutes morning, midday and evening.

The process of silence enables you to develop skills in relaxation, contemplation, visualisation, concentration and meditation, all skills vital to being able to let go of the past, live in the present, and create the future that you desire. Once you have committed yourself to silent time, then you are ready to begin to create what you really want. I cannot say it often enough, that to create your future you need to be free of your negative past.

You, hopefully, now realise that you are the creator of all that you have experienced and all that you ever will experience. If you are still harbouring negative attachment to the past, it is time for you to take responsibility for it and do something about it. If necessary, go into long-term therapy, but whatever you do, let any negative thoughts and feelings within you go and enjoy living in your present.

BELIEFS

The cells of your tissues are the building blocks of your body. Your beliefs in your mind are the building blocks of your paradigm. Just as a cell in your body can decide to leave the collective image and become a cancer, an attitude or belief in your paradigm can do the same thing. If we have a negative belief or attitude or some other negative energy within us, it will, just like a cancer, damage the whole of us. Cancerous beliefs include prejudice, delusions, hurts, hatreds and so on. They are often held in place through our inner defensive mechanisms that

include illusion, denial, justification and rationalisation.

Your paradigm is your essential mind, it is your essential identity or self. Your paradigm is the total you, not only the negative but also your positive. The most positive people are manifesting their paradigm just the same as most negative people; it is simply that their paradigm is composed of positive, not negative, beliefs.

As you move into this stage of your journey using the skills you have been learning to tune into your desires and create your future, any negative residue in your paradigm will attempt to reassert itself and hold you back. As you create, develop and work on your positive dreams and plans, the process will activate all your inner worries, concerns and limitations.

- » Will I fail?
- » Will I be abandoned?
- » Will I be let down?

Self-belief is based in your sure knowledge that you have the ability and the right to have and achieve all that you desire. The laws of the universe are neutral, whether that is the most altruistic or the most self-centred goal. The Law of Attraction is constant and will simply reflect back to you more of what you focus on.

DREAMS

When you dream, you are engaging in the creative process. All of the things that you achieve begin with an idea. They begin with a dream. In your journal, write out a vision of how you would like your life to be. Pretend that this is magic paper and that your pen is a wand and that whatever you write on this paper can, and will, be yours. If you could have a new life, what would it look like?

GRATITUDE

It goes without saying that the most important factor in attracting anything positive into your life is the gratitude for what you already have. The more grateful you are/feel, the greater will be your ability to attract what you want. So, write a list in your journal of all the things that you are grateful for right now. Remember, nothing is too small or insignificant to appreciate!

NEGATIVE PARADIGM

For most of us, negativity is the natural state of things. It will still be kicking around for a while. As you listen to your conversation with others or your inner conversation with yourself, the chances are that you will hear yourself complaining and moaning, maybe even bitching and gossiping. In your journal, write a list of the things that you typically complain about: the 'don't wants' and the 'don't likes'.

THE NEED FOR SELF-IMPROVEMENT

What skills or qualities would you need to develop to enable you to achieve your dream? These may be practical skills such as learning to drive or maybe emotional skills, such as confidence or assertiveness. In your journal, write a list of the qualities and skills that you need to develop.

WHAT DO YOU WANT?

When you don't know what you do want, but you are clear about what you don't want, there is a way of turning it around. By definition, what you do want will be the opposite of what you don't want. So, 'I don't want this headache' becomes 'I want a clear head'; and 'I don't want this backache' becomes 'I want a strong back'; and 'I don't want

these bills' becomes 'I want more than enough money for everything that I desire'.

Go back to your list of complaints and rewrite each one in terms of its opposite starting with 'I want...'

EXCUSES

Despite focusing and getting some clear ideas about what you desire, that paradigm will still be playing its games in your unconscious mind. The most common excuses people will give for not believing in their goals is that they are, in some strange way, different to other peoples'. People will say things to me like, 'It's alright for you because ...', or, 'I couldn't do what you did', or, 'He/She won't let me do that', or, 'I'm not good enough to do/have that'.

List your excuses down in your journal.

Think about your list of excuses. Ask yourself if there is any way of getting around them. Be honest with yourself and, in your journal, write how you can/will get around your excuses.

FINALLY

What would you do, or be doing, if you had no excuses? Write your answer in your journal.

Now you are getting near to your goal. Leave your excuses behind and you will begin to attract all that you need: people, opportunities, things, resources, wealth, success, love and happiness. Leave your excuses behind and your life will take off.

If you do not act now – ask yourself, why not? Whatever your answer, it is an excuse – will you let that stop you?

FOR THERE
IS NOTHING
EITHER GOOD
OR BAD,

BUT THINKING
MAKES IT SO.

Hamlet Act 2, Scene 2

INTENTION

Understanding intention is a process. It is a tuning of your system so that you can become effective in all that you do. Intention can take you from being a victim of other people's ideas and images through to being an awake self-starter.

Stage One: Victim

Most of us are born into situations where we are told that there are those that have and those that have not, those that can succeed and those that fail, those that are happy and those that do not deserve happiness. Often, when we see our self as 'unable to succeed', these beliefs will create a paradigm that is dominated by helplessness and in this helplessness, we become victims of circumstance, of other people and external forces that we see as, or experience as, keeping us down.

Stage Two: Waking

In the waking state, we feel able to question the beliefs that have programmed our paradigm. There is the beginning of a realisation here that we might have, or do have, the power to change, if only we can find someone with the answer. This can be an exciting time as we set out on a journey of discovery. We meet Gurus and teachers, read books, see films and listen to CDs. Yet there is no real change because we need to make the next step of choice.

Stage Three: Conscious Intent – Awakeness

Once we decide that we are going to change, we begin to taken action. When we are able to act with conscious intent, we are exercising choice. When we choose to act, we choose to be in the NOW. In the now, the old paradigm has lost its power. There is no part of the past that is affecting the present. I am what I choose to be, I do what I choose to do, and I choose success.

The ingredient that we use, that is added in with our conscious intent,

is passion. The universe is a creation of energy; energy is feeling and emotion. When the energy of emotion is used to fuel my desires and passions, I act with conscious intent, assured in my success because I can feel that the outcome is inevitable.

To create a future, you need to dream. The dream is the first part of turning your fantasy future into your reality future. So try this: imagine it is your 100th birthday party. Someone is calling the assembled masses to silence and is beginning to recite a speech all about you. What are they saying? What would you like them to be saying?

First, you need to write your speech. This may take several attempts before you get it right.

Now visualise the things that you have written both from the point of view of the person reciting the speech and also in real time, as though you are actually doing the things that are being described, as though you are in the story.

Sometimes, it is easier to imagine yourself watching a television screen where you are the actor playing the parts that you need to visualise in a film or a DVD.

Use your daily quiet time to visualise clearly your future, as you want it to be. Visit the TV room in your head and watch your future life being played out before you. As you do this, you are building future memory so that by the time you achieve these things, it will be familiar as though you have already been there.

If, for example, you have difficulty with money, learn to see yourself acting in ways of abundance. If you have trouble in relationships, see yourself living a life of love and security. Whatever you want can be yours. The journey is living your dream. Teach your paradigm that it

is ok to be successful, to be happy, to be an achiever.

In your visualisation and in your dreaming, you are allowing yourself to enact the law of intention through visualisation.

A collection of various black geometric shapes, including circles, hexagons, and polygons, scattered across the bottom half of the page. Some shapes are large and prominent, while others are small and subtle. The shapes are arranged in a way that suggests movement or a dynamic composition.

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CHAPTER 5 TASKS

Daily Tasks

INCORPORATE AT LEAST TEN MINUTES
SILENT TIME EACH DAY

(Download the 'Morning Focus' and the 'Evening Review' from our website)

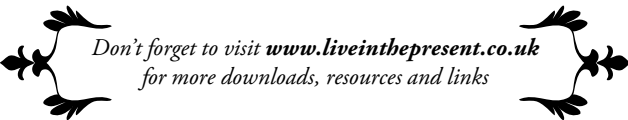
**REDUCING THE UNHELPFUL ACTIVITY IN YOUR
MIND IS THE PROCESS OF SILENT TIME**

Thoughts

LIST ANY EXCUSES STOPPING YOU FROM ACHIEVING YOUR GOALS
& LOOK AT WAYS OF GETTING AROUND THEM
WRITE YOUR SPEECH

What you think about, you bring about; thoughts become things; and dreams become reality. The tool that takes ideas into action is **visualisation**. If you can see it in your mind, you can become it in your life.

The best place to develop your dreams is in your silent time using the power of visualisation.



Don't forget to visit www.liveinthepresent.co.uk
for more downloads, resources and links