

Create Inspiration through Focused Intention

What is the deepest desire or dream that you have hidden in the recesses of your heart? What is it that you have been wanting to experience but haven't up until now? What is that sacred urge that has been whispering to you? *Now is the time to uncover it and live it!*

Living an Inspired life requires conscious awareness. Maintaining that awareness can be challenging in our busy lives. This is why intentions are important. Intentions help us stay on track and remember what it is that we want to experience in our life.

Intentions become our touchstone to refocus our lives when we begin to feel anything less than happy and positive. They remind us of how we want to feel and be in the world on a daily basis. Remember *the only person we can change is us*. Being consciously aware of how we want to feel and be in the world will lead us from a life of uncertainty and struggle to a life of fullness, actualizing all that we have come here to be.

We can discern what our intentions are through several processes: meditation, visioning or mind mapping. When you do these processes consistently there will be an underlying desire that will emerge.

Listen to your inner wisdom. Allow it to guide you to the Truth of your being. Allow yourself to dream.

Look for the re-current theme that surfaces from these inner explorations.

Ask questions: What do you want to experience and feel? Is it love? Kindness? Joy? Happiness? Who do I want to become?

You want to get to the root idea, the kernel of truth that you want to live your life by. The inspiration that is calling you to live an amazing, fulfilling life.

For example, if you want more money in your life, ask yourself what will having enough money give me? What is the feeling of that experience? Perhaps it is joy or peace of mind or a feeling of calmness? One of these feelings is the intention you want for your life right now.

Choose one intention or feeling/experience your want to manifest and focus on that by creating an affirmation. "I experience joy in everything." "I have peace of mind in every moment." "I am

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Hold your intentions gently. They are not to be used to beat yourself up when you forget or make a mistake. They are not the thing you strive towards like a goal. They are what you are NOW. And who you want to become more of.

Use intentions with detachment; meaning *do not outline* what you need to have or get in your life for you intention to be fulfilled. It is not for us to “figure out the how”. It is for us to stay focused on the essence of what we want in life. Intentions are the gentle container that you hold your life in as it grows and expands into something beautiful and amazing. Staying focused on the intention we have for our life, leads us to live an inspired life!

I intend to be all that I am meant to be.

I choose to be happy in my life.

I choose to be joyful and prosperous, experiencing well-being in every area of my life.

And so it is! Namaste