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Message from Pat

"When we align our intentions with those of the Universe, with the flow of life's rhythmic energy, our life naturally moves toward our noblest dreams."

- Obaa San

I don't remember where or when I read this quote, but I find it somehow symbolic that the quote is attributed to "Obaa-San", which means Grandmother in Japanese. Not any specific grandmother, but somehow the Grand Dame with no name. It does sound like something a wise woman would say.

When I thought about devoting this issue of my eZine to "Intention", I wanted my intention to be clear. To be clear, I needed to be sure I knew what "intention" meant, so I looked it up in the dictionary. According to one of my favorite human beings, Webster, the definition states: "the act of determining mentally upon some action or result; a purpose or design; firmly or steadfastly fixed or directed; having the gaze or thoughts earnestly fixed on something; the act or fact of intending or purposing."

After reading the definition I thought it was perfectly clear that intention is all about finding a purpose and then, as one of my clients reminds herself: "Keep my Eyes on the Prize."

My intention for the "Live with Intention" eZine is to provide you information on how to look at your life and work in different ways; how to open up to possibilities you may never have thought of before; and perhaps leave reading this eZine with more questions than answers. I always feel I've learned something when I walk away with more questions.

Creating a vision (See my June eZine) and setting an intention will help you manifest what you want in your life. And doing the foot work, of course!

Have you chosen the work you do? Or does it hang around your neck, do you struggle with it? Are you doing things in your life that bring you happiness and fulfillment? Or are you resentful and feel full of obligation and responsibility? A good, hard look at your situation is a step in the right direction. And then you need to approach your true intention. What are you all about? What do you want to be doing? Who are you Becoming? Since our intentions impact and may even invent this world we live in, it behooves us to get them right.

A lot of us set intentions for the year at the New Year and call them "resolutions". I do that, but I also assess where I'm at mid-year. So, July is a perfect time for a mid-year assessment.

Here's an exercise I use with my clients to assist them in setting their intentions. It is remarkable to review these on an ongoing basis to see what you've successfully manifested.

Set Your Intention

Looking at all areas of your life, perhaps using the "Wheel of Life" located at <http://www.invisionaria.com/WheelofLife0903.pdf>, imagine ahead six months.

- Write a list of your Wins, Successes and Breakthroughs for the next six months. Be specific and write them as though they have already happened.
- Create a Right Brain Vision for the coming year. This might take the form of a poem, story, collage, or drawing; anything that captures the essence and excitement of the intentions you set for the next six months.

- Find a special place in your home or office to display the Right Brain Vision. The Vision will serve as a reminder of what you wish to manifest in your life.

Here's to following Obaa-San's wise words and to moving toward our noblest dreams! (Clink!)

May your Intention be Big!

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Approach Your Intention

If there's a common theme in self-help literature, it's the power of positive intentions. There's no way to dispute the connection between intention and outcome.

Want to conduct your own intention experiment? Look around and focus on something you can pick up that's within reach. Now pick it up. Look at it carefully, even appreciatively, and notice one thing you may not have noticed before; then put it back down.

What determined the outcome of your picking up and studying that object? In part, it had to do with your physical and mental capacity to conduct the experiment. But it also had to do with your intention. For whatever reason, you focused on one particular object. And that focus -- your intention -- combined with your capacity and action, produced an outcome.

Throughout the ages, this simple formula (Intention + Capacity + Action = Outcome) has generated countless words of wisdom from cultures around the world. Consider the following examples:

"You are what your deep, driving desire is. As your desire is, so is your will. As your will is, so is your deed. As your deed is, so is your destiny."
(Brihadaranyaka Upanishad IV.4.5, c. 500 BCE)

"If you can change your mind, you can change your life. What you believe creates the actual fact. The greatest revolution of my generation is the discovery that individuals, by changing their inner attitudes of mind, can change the outer aspects of their lives." (Williams James, *The Will to Believe*, 1897)

"Truly, 'thoughts are things', and powerful things at that, when they are mixed with definiteness of purpose, persistence, and a burning desire for their realization in the material world. Our brains become magnetized with the dominating thoughts which we hold in our minds and, once magnetized, these "magnets" attract to us the forces, the people, the circumstances of life which harmonize with the nature of our *dominating* thoughts. Success comes to those who become success conscious. Failure comes to those who indifferently allow themselves to become failure conscious." (Napoleon Hill, *Think and Grow Rich*, 1937)

"Dr. Karl Menninger once said, 'Attitudes are more important than facts.' That is worth repeating until its truth grips you. Any fact facing us, however difficult, even seemingly hopeless, is not so important as our attitude toward that fact. How you think about a fact may defeat you before you ever do anything about it. On the other hand, a confident and optimistic thought pattern can modify or overcome the fact altogether." (Norman Vincent Peale, *The Power of Positive Thinking*, 1952)

"It is comfortable and natural to say, 'I'll believe it when I see it, and not a moment before!' But the universal principle works the other way around: 'You'll see it when you believe it, and not a moment before!' If, for example, you believe strongly in scarcity, think about it regularly, and make it the focus of your conversations, then I am confident you will see a great deal of it in your life. On the other hand, if you believe in happiness and abundance, think only about them, talk about them with others, and act on your belief in them, then it is a very good bet that you are seeing what you believe." (Wayne Dyer, *You'll See It When You Believe It*, 1989)

"The First Principle of Creativity simply states that your *thought* creates. Therefore if you want to create an experience, you must begin by having a clear, focused thought of that experience. The First Principle also states that *whatever* you clearly focus on, you do create, whether or not you want to. Clear focus is the mind's magic wand. It points your creativity in a particular direction and channels your experience behind it. Wherever you clearly focus, you create." (Sonia Choquette, *Your Heart's Desire*, 1997)

"Every successful endeavor first begins in the mind as an idea, a thought, a dream, a conviction. As any great athlete, entrepreneur, or performer will tell you, 'You can't do it, if your head's not in it.' You also can't do it if you don't know where you're going, or why, or how you're going to get there." (Gayle Reichler, Active Wellness, 1998)

Without intention there is nothing. That's why Tim Gallwey suggests that once we approach the situation we find ourselves in, whether at work, home, or anywhere else, we need to approach the intention of what we want to happen with that situation. If there's any way to love the work we do, it's to feel as though we have chosen our work rather than to have it forced upon us.

But shifting into the mode of being at choice can be a daunting task. Many of us feel stuck, constrained, and victimized by a wide variety of factors, ranging from the almighty paycheck to office politics to entrenched life positions. "Better the devil we know than the devil we don't know" is a mantra that has kept many people in check with their old, tired ruts long after a change was indicated.

At times like these, Gallwey encourages a "conversation for choice." It may be awkward, fearful, and otherwise intimidating to honestly face the questions of what we want out of life in general and a situation in particular, but there is no better way to move forward than to discover and clarify your true intentions through the power of conversation.

I have written before about Victor Frankl, the Austrian psychiatrist who conditioned his circumstances in a Nazi concentration camp by choosing the attitude he would take in relationship to his oppressors and the lessons he would learn from his terrible losses, including the extermination of his wife. Frankl could not change his circumstances, but it was his intention to survive with dignity and grace. And his choices enabled him to do that.

Choices are always made in the context of commitments and constraints. You too can make the most of your situation. Gallwey suggests the following starter questions in the conversation for choice:

- What do you really want?
- What do you want to achieve?
- What are the benefits of x? What would be the costs of not pursuing x?
- What would be a fulfilling means of getting there?
- What changes would you like to make?
- What do you feel most strongly about in this situation?
- Who or what are you doing this for? How does this fit in with your current priorities?
- Do you have any conflicts about this course of action?
- What would success in this endeavor mean to you?
- What alternative possibilities can you consider?"

The conversation for choice, Gallwey notes, boils down to one, overarching question: "Why would you want to do that?" When you get clear about your true intention, it becomes second nature to develop the resources and reduce the interference in order to take effective action and achieve desired results. When that happens, it's only a matter of time before you too experience the promise of all those words of wisdom.

By Bob Tschannen-Moran of Life Trek.

Please visit www.lifetrekcoaching.com

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The Magic of Intention

I am always struck by how simple yet how powerful the "intentioning" process can be. It is really about focus, clarity, and stating your desires to yourself and the universe.

It can be as simple as declaring your attitude for the day, and holding that thinking in mind as you progress through the day's occurrences. I have noticed that when I am positive, my day unfolds in a positive way. I am more tuned in

to the positive when I get out of bed in the morning declaring that I am going to have a great day.

Similarly we can use intention to direct our unconscious processing through our sleep. Before falling asleep, state an issue that you want to resolve, or set your focus to a particular question or idea. You may be surprised the next morning to have your resolution, idea, or inspiration. This can be coupled with some journaling before bedtime, in order to "dump" the negatives and stress from the day onto paper. This frees the mind for more productive processing.

Clients use the intentioning process in coaching to get clear on what they desire, to focus on that desire in their mind, and to declare that desire to themselves and to the higher power they may believe in, so that assistance and guidance can be provided. I have witnessed numerous times how a clients' intention work producing leads, opportunities, and inspiration toward their desired outcomes.

Coaching Inquiries: What do you want to create or expand in your life? Are you finding time to think about it and clarifying the desire? Are you giving it attention and claiming it as your future? Are you willing to ask for guidance and assistance in making it happen?

by Kate Kriynovich

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COMMIT!

It feels so good to align yourself with some higher purpose. *To become involved is to reduce our fear.* We become bigger, we move away from that "feverish, elfish little clod of ailments and grievances complaining that the world will not devote itself to making me happy." We move into true adult status, where we have much to give this world.

So commit! Commit yourself to pushing through the fear and becoming more than you are at the present moment. The you that could be is absolutely colossal. You don't need to change what you are doing – simply commit to learning how to bring to whatever you do in life the loving and powerful energy of your Higher Self. Whether you are a bank teller, housewife, corporate executive, student, street cleaner, teacher, film producer, salesman, lawyer, or whatever, it's yours to give. As you live this way, moment-by-moment, day-by-day, in perfect time. You will find yourself moving closer and closer to Home. The paradox is that when you stay close to Home, you can go anywhere and do anything without fear. The Divine Homesickness disappears as you find the place where we are all connected as loving human beings. Whatever it takes to get you there, Feel the fear and do it anyway.

Excerpt from "Feel the Fear and Do It Anyway" by Susan Jeffers.

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Allies

I am always on the look out for tools that will benefit my clients and I've found a great one to use to set your intention for an event or a day. Joy Hemp is the founder of "A Positive Thought". She has designed and developed 150 "I am" positive-core affirmation cards that instill feelings of empowerment and enable one to take charge of their life. Just pull one from the deck and leave it out to focus on for a day, a week, or longer. It's creative and fun and reminds us to "live with intention".

Check it out at: www.apositivethought.com

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Recommended Reads with links to Amazon.com

The Power of Intention by Wayne Dyer

Flow by Mihaly Csikszentmihalyi

Intentional Change by John Stephenson

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Upcoming Workshop Offering and Speaking

Workshop: Has something been calling you? Maybe a whisper, a tug or a knowing there is something bigger waiting for you...possibly something your soul has been craving. The Bigger Game is a dynamic interactive workshop that naturally calls the better you yet to be expressed. Come let your Bigger Game Player come out to lead and experience the fun and excitement of having a Bigger Game to Play. For more information, go to **Bigger Game Sept. 2005**

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"Quote For Your Day!"

I send out a "Quote for Your Day!" each business day. These are inspirational and sometimes humorous. If you enjoyed this e-zine, I think you'd enjoy the quotes.

You never know the impact of what you do in the world. I received an unsolicited email from Lloyd Winston from St. Louis, Mo., who wrote: "LOVE the quotes! I'm a middle school teacher and I'm always on the lookout for wise and/or funny quotes to have my students explain. No matter how much they try not to, it makes 'em think!"

So, if you'd like to think (and sometimes laugh), sign up for the daily quote by sending a blank e-mail to Quotes@inVisionaria.com with "Quote" in the subject line.

"Your vision will become clear only when you can look into your own heart. Who looks outside, dreams; who looks inside, awakes." - Carl Jung

Until next time I wish you joy and fun!

Pat Obuchowski, inVisionaria

Helping people step into their roles as leaders in their businesses, their communities and the world. Helping people find "Their Bigger Game."

I hope you enjoyed this second issue of "Live with Intention". This will be sent monthly around mid-month. I selected you to receive this issue as you have expressed interest in my work. If you would rather not receive this monthly ezine, please see how to unsubscribe below. I know how overwhelming email can get.

www.inVisionaria.com

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"By Pat Obuchowski of inVisionaria."

Brief Biography

Pat Obuchowski is the CEO (Chief Empowerment Officer) of inVisionaria. inVisionaria is a company devoted to helping people and organizations find and achieve their vision and their voice. She works with individuals and organizations that are looking for structure, focus and accountability to set and achieve their goals. She also works with people who are ready to make big changes in their businesses and their lives and step into the leaders they've been yearning to be. People who are ready, willing and able to begin playing their "Bigger Game." No kidding. Right now. The approach to achieve this and create this alliance is individually based and is designed between Pat and each of her clients.

Testimonial: "After our sessions were over, and using what I'd learned from Pat, I wrote a memo to my boss outlining why my job title didn't fit what I was doing - and it worked - I was promoted. Without Pat's support and guidance, I would not have been able to take any of the steps required for me to get from being the quiet person to being the woman who stood up to the CEO and said - You must promote me!"

"Pat is very down to earth, honest and open, intuitive, caring, and very knowledgeable about how companies and organizations operate. I also trusted Pat completely, which is very important when working on such sensitive and potentially volatile personal matters. Pat is an ace at what she does and I recommend her without reservations."

~ Director of a Biotech Company

CONTACTING ME. I receive a large number of emails every day. I get many questions and it's hard to get to them all. However, I do my best. If you don't

hear from me in a few days, please try again. Your email may have fallen between the cracks.

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