

Setting Intentions

Why set intentions

Our intention creates our reality. ~Wayne Dyer

Our brain is magnificently complex and processes roughly 50 thoughts per minute, over 70,000 per day! This is an extraordinary amount of information and processing. Most of this work (between 95 – 97% percent of it) is happening habitually and without consciousness. It has to or we could never get anything done. What this means is that the vast majority of our thoughts, feelings and actions are all occurring on autopilot, based upon some default settings. The process of setting an intention is the process of pulling something out of autopilot and bringing it into active consciousness. In this way, we become more directive about how we want to focus our energy. The result is that we instruct our mind about what is important in a situation rather than letting it run on default settings.

How to set intentions

The most effective way to set an intention is to think about what you want to intend and to hone in on that which is within your control. For example, intending that your boss will give you a raise is not an intention, it is a hope or wish or desire. It is outside your control. Rather, intending that you will show up to the meeting with your boss in way that affirms your own strength and contribution IS within your control and therefore constitutes a powerful intention. You can set an intention at any moment that there is opportunity to focus your energy. You can set an intention for a meeting, phone call, interaction, exercise session, cooking experience... truly anything that will involve your energy. The more we consciously set intention, the more aligned our life becomes to what we feel is important.

Best practices

- Be sure that your intention relates to the focus of your energy and not to something that is outside your control. The only thing you ever control in a situation is how you show up to it.
- You can set an intention in your mind only but the more attention and energy you bring to your intention, the more powerful it will become. Writing it down adds energy, meditating for a few minutes on it adds power, and attaching a positive emotion to it adds energy.
- Once you set the intention and boost it with power, let it go. Once we set an intention, we must let it go. If we cling to it and try and manipulate a situation to meet the intention, we break the relationship to it. We set it, add power to it, and let it go.
- Sometimes intentions are mysterious. We might intend something at the start of a meeting. Nothing happens in that meeting, but two days later we discover that the intention has been met. Be patient with and curious about your intentions. An intention is not a magic trick, but setting them is a great way to experience meaning in your life.