

Change the quality of your experience and you'll change the quality of your thoughts.

# INTENTIONS

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"You must first be who you really are, then, do what you need to do, in order to have what you want."

-Margaret Young

## **A** Jump-Start to Realizing Your Intentions

Bravo to all of you readers for your creative use of last month's newsletter. Be joyful in knowing that your contributions ripple out to benefit many others within my coaching practice and beyond. On behalf of all, I thank you.

This month's offering details the key steps in getting any intention off to a great start.

Here are the steps:

- 1) **Desire - What We Want**
- 2) **Reappraised Meaningful Intention**
- 3) **Affirming Worthiness**
- 4) **Awareness, Connectedness and Gratitude**
- 5) **Imaging Our Fully Realized Intention**
- 6) **Setting a Trigger Mechanism**

1) **Desire - What We Want.** The creation process begins with the seed of desire. Desire always comes from an inner yearning. Implicit in this yearning is a lack of something. Our consciousness is led to giving energy to the absence of what we want - a scarcity mentality. The attention is on that which we don't have. Our thoughts are therefore seasoned with the remorse of undesirable present conditions, a blatant rejection of the present. Our internal dialogue becomes filled with negative self-appraisals - "I am overweight, I lack the drive to exercise, I try and fail, I am embarrassed by my lack of self control." Let's not jump to judgment with another negative self-appraisal about this behavior, for this is the seed of opportunity.

All honorable desires begin this way and all desires are honorable. What is important is how we respond to this yearning. If we stopped here, we would be left victim to the circumstance, pity ourselves and produce nothing but more of what we don't want. With the application of emotional intelligence we transform the lack, absence and scarcity into a...

2) **Reappraised Meaningful Intention.** This is the act of reprocessing our thinking toward energizing the benefits of our intended outcome. Returning to the weight control and exercise example, some of the benefits may include, an increased confidence and self-esteem, feeling more accepted by our peers, feeling better to the touch of our lover, being healthier and more in control of our behavior. The focus is then brought to...

3) **Affirming Worthiness.** Many of us have issues with worthiness and deserving. Most often this is from past conditioning very early on in our

*"Programs designed with the whole brain in mind."*

*John Felitto, trainer & coach*

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childhood. There are many techniques, which go beyond the scope of this writing, that can powerfully expand our sense of worthiness. For our purposes here, we simply wish to bring to the forefront of our thoughts that we are all innately worthy of fulfilling and abundant lives. Understand that there are no qualifications for deserving, it is our birthright. We are all worthy of happiness.

4) **Awareness, Connectedness and Gratitude.** Having brought these benefits to our awareness, we can find our connectedness to these benefits already. We bring to mind what we've already accomplished in our lives and what we are already proud of. We recall times where we've been acknowledged by our peers and sweet moments of intimacy with our lover. We direct our attention toward the gratefulness for our present level of health and the actions which we do take with great confidence. Now, we are choosing to ignore our weaknesses and focus on our strengths. This is a powerful shift. What we put our attention to expands. Expressing gratitude for what we already have serves to put us on the right channel and attracts more of the same. This is the essence of the law of resonance and attraction. This is the shift from a scarcity consciousness to an abundance mentality.

What motivates you more? Thinking about what you know you "should" be doing like revisiting that undesirable diet which you've never stayed on or forcing yourself to enter that dreaded room full of exercise equipment. For many of us, these machines represent images of guilt of money ill-invested and memories filled with disappointment and failure in our inability to develop ample discipline to take action. These are repelling images which further distance us from the fulfillment of our desires. These "shoulds" do us a great disservice and lead us to inappropriate conclusions about ourselves. We've judged ourselves as "bad" when we've simply chosen a disagreeable pathway or an inappropriate tool. Perhaps you may be more motivated by immersing yourself with the thoughts of enjoying more of what you love about life already. By putting our attention to the benefits of our intended outcome and increasing our awareness of how we are already connected with these benefits, we raise our spirits, resonate with self-love and set a thriving environment for our creativity. In this creative environment, we attract pathways more appropriate for who we are and we begin to achieve our outcomes effortlessly and joyfully. Now, let's get the whole brain involved...

5) **Imaging Our Fully Realized Intention.** Close your eyes, get quiet, take a few deep breaths and when you are feeling deeply relaxed, begin to get in touch with your gratefulness. Now, shift to reviewing your previous successes and present connectedness to what you already have and begin attracting more of the same into your already beautiful life. Bring in all of the physical and emotional senses. Now shift to seeing your intended outcome being fully realized. See yourself behaving in a way that pleases your sense of the real you that you want to be. Now bring it all to a present moment context. This is who you are now. Congratulations! You are now this image and the old behavior is now in the past. You are now attracted to behavior which is in alignment with these images.

6) **Setting a Trigger Mechanism.** This is an adaptation of a technique which comes from The Silva Mind Control Method. Before leaving this quiet place, create a trigger mechanism to use if past behavior shows up. Put the first two fingers and thumb of either hand together. This should look like an OK signal. Mentally tell yourself "This is all I need to do to shift to the desirable behavior which I've created." This trigger is then available to use if and only if needed.

By letting go of the "shoulds," honoring our strengths, getting in touch with our already abundant state and elevating our spirit, our creativity effortlessly takes us along pathways which are more in alignment with our authentic wonderful selves. You are now well on your way to fully realizing your intentions. Enjoy the benefits as they roll in.

"Intentions" is a free publication promoting the use of the whole brain and mind, to live life mindfully and purposefully through the awesome power of awareness and intention, for the benefit of all. Written by: John Felitto, Mind Development Trainer & Coach, 65 Mendolia Ct., Pearl River, NY 10965 (845) 735-4284 Email comments to: John@EvokeYourGreatness.com.