

Succeeding With Clear Intent

Success means different things to us all. But so very often it is measured largely in material and worldly terms, and fails to take account of what aspects of our humanity may have been sacrificed in attaining that success. All human beings operate within a paradigm, or predominant view of the world, and this paradigm will determine how they act and respond in all of life's situations.

For many the paradigm that defines success has been defined by perceptions of struggle, scarcity, competitiveness, and looking after number one. This view allows us to cultivate many worthwhile qualities such as commitment, hard work, focus, courage and the willingness to take risks. Sadly it often fails to include our deeper sensitivities and can end up diminishing our sense of humanity.

Is it possible to enjoy success in a way that allows us to cultivate a deep heart-felt connectedness to all of life rather than isolating us and alienating us from the world around us. The answer is yes and one of the main ways to do so is to create a clear intent that is open and inclusive

We all operate by intention but for most it is unconscious and has never been examined or consciously chosen. Your intention is closely connected to your values and the values that are important to you will powerfully influence the nature of your intention. So what is intention?

Intention is a quality of the heart and is much deeper to the truth of your being than the goals that may fill your mind. Intention is an expression of your very nature as the one who is acting. It speaks of what you want to give to life.

What is the quality of your self that you want to give to life and to the world?

What is the type of impact you wish to have on the world?

The answers to questions like these will characterise your intention.

Intention is the energy that carries everything towards fulfilment, whether that is the grand sweep of evolution, starting a business, or entering a new relationship.

One of the most powerful things you can do when aiming for success is to get clear and conscious about your intention. Spend some time finding your deepest answers to these questions

What quality or experience do you wish to bring to life through this success?

In what ways will this success add value to you and to your world?

What do you wish to give to life?

As with values you need to be clear about the ways you embody your intention into your life. It's easy to give yourself a warm fuzzy when you are reading something like this, but how do you consciously live with clear intent day in and day out?

How do you live with clear intent during a recession?

How do you add value to the world when the competition is squeezing you out?

Why bother giving anything to life when you are struggling with problems?

These are the types of questions and objections that can arise in your mind when you think about living with intent. There is no easy answer. Embodying a conscious intention is not for the lazy but if you are determined to live your own extraordinary life then you need to commit yourself to living with conscious intention. By doing so you are saying to yourself – ***My life counts for something. I am the living expression of something great and magnificent. It is important that I do the very best I can with integrity.***

When you have a conscious powerful intention then you give a clear message to Life about what it is you want and how you can be best supported. We hear much talk these days about synchronicity and the Law of Attraction. They happen because of the power of clear intent. The scientific definition of life is that it is an infinite field of energy and information and, as Deepak Chopra points out, it is intention that organises the informational field and aligns us with the greater life that surrounds and supports us.

We have inherited the Darwinian interpretation of evolution that it is “survival of the fittest.” This is just one perspective that can lock us into feelings of struggle and fear. Another more helpful perspective is that evolution supports those activities and successes that enhance and add value to life.

With clear intent it is easier to have a big picture of life that supports a compelling vision that fulfils you personally and adds value to life. It can help you to overcome the temptation to settle for quick easy solutions that may sacrifice the good of the whole. All great leaders have been filled with clear intent and guided by a compelling vision. That is the energy that Life supports and it is that energy that will bring you success in the world and in the fulfilment of your humanity.

If you want support in establishing clear intent and a compelling vision contact us at www.lifecoachassociates.co.nz

Wishing you abundant blessings and success

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