

# THE POWER OF INTENTION

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### THE POWER OF INTENTION

From an early age in life most people have ideas of their life journey intentions. Some of these journeys have resulted in different outcome than the original intent, but if that outcome brought a lesson that strengthened our character, defined our purpose made a difference or created new choices, the lesson was immeasurable.

Intention plays a role in every result in your life. **Consider this**, every thought is attached to an intention.

In our 'master teacher training class' we visited these words from the musical 'Time'. Read the words then read them again out loud, truly speak them to your-self, place the emphasis (**Your....You Are ....It's entirely...**) on the message that's right for you today...

*'Your life is an expression of your mind. You are the creator of your own Universe, for as a human being you are "free to will" whatever state of being you desire through the use of your thoughts and words. It can be a blessing or a curse. It's entirely up to you, for the quality of your life is brought about by the quality of your thinking. Think about that!*

*If your thinking is in order, your words flow directly from the heart, creating ripples of love. If you truly want to change your world my friends, you must change your thinking. (extract from 'TIME')*

Watch every thought - **thoughts are attached to intent and outcome**. Many intentions come from the superficial self, that's why so many lives lack meaning and are full of unfulfilling, superficial relationships and events.

Through being mindful of your thoughts you can be selective of your intentions and in so doing you change patterns of limiting behavior and in it's place you create the life and self you desire, a life that is abundant in natural- flowing love, grace, kindness. **Intentions sculpt our life. Choose well.**

Written by Sylvia Marina

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International Conference Keynote Speaker Sylvia Marina has more than twenty five years experience in Behavioral Change Mastery Programs and Retreats, Master Teacher Training & Mentoring. A high performance life-skills educator, Sylvia weaves her humour, knowledge and wisdom to bring you interactive programs that have long lasting results.

HELPING PEOPLE THROUGH TIMES OF CHANGE.

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