



Professional Certified Coach

How to Manifest Using...

The Law of Intention

Conscious Intention...Empowering the Beacon of Manifestation

Conscious or unconscious, we are always coming from intention. Showing up as an attitude driven by our thoughts, feelings, and beliefs, our reality is actually shaped by our intentions. Intention contains powerful creative energy that projects out into our world, paving the way for manifestation. I invite you to consider how your intentions influence your life. First, let's apply this to intentions around significant relationships.

Call to mind an important relationship that is not going well, one in which having a courageous conversation would be of service to you, the other person, and the relationship. You have the choice to enter that conversation with conscious intention or to enter with unconscious intention. A conscious intention might look like... "I intend to create a deeper connection and experience more harmony with my partner." Furthermore, you could set an intention to listen deeply to your partner really stepping into their reality to experience their point of view, and at the same time express yourself in a responsible way. When kept in mind throughout the conversation, your conscious intentions will go a long way to shape your desired outcome of creating harmony and connection. On the other hand, if you are not accustomed to setting conscious intentions, the conversation will take its normal course, likely you will allow your thoughts, feelings, beliefs, and communication habits to run the conversation, resulting in a predictable outcome. The same one you keep getting.

You can see that there is quite a bit of difference between the two scenarios, and the beautiful part is that ultimately you have much control over what will occur. Conscious intention applies to all areas of our lives, including relationships. You can set conscious intentions for anything you want to do... anything that you want to have... and any ways in which you want to transform yourself physically, spiritually, emotionally, or intellectually; To bring forth more of who you really are at the core... to live a life that exceeds your expectations.

Unconscious intention springs forth from our failure to turn inward and ask ourselves the important questions, like... "What do I really want?" "How do I want my world to be?" We fail to explore the reality of our thoughts, feelings and beliefs, ignoring the tremendous influence they have over our outcomes. Instead we go through life on auto-pilot producing results that are less than what we really want.

Conscious intention is energized with creative power. When we set a conscious intention we create an energetic field of possibility that actually goes before us and ignites the manifestation process. Conscious intention offers four major opportunities.

Shape Reality: You can be the architect of your life, visioning, and shaping a fantastic reality. The Universe is a friendly partner waiting to collaborate with you and fulfill your deeply held desires. Your job is to know what you really want and to allow those desires to spring forth from a place of love and goodness.

Claim Power: When you live your life from intention you step into and claim your own power. You get to decide how your life will go. This is not to say that others will fall in line and do what you want, you have no control or power over others. You can, however, influence them, as long as you are coming from a loving space. Claiming your own power means being responsible for your thoughts, feelings and behaviors... knowing what you want, and acting from a place of positive intention to manifest the life of your dreams.

Make Choices: You are at choice for every decision you make. Not making a decision is also a choice. Conscious intention is the bedrock on which you decide what your next steps will be. It serves as a beacon to guide you to what you would most enjoy so that you can make wise and energizing choices all along your path.

Enjoy Clarity: Conscious intention eliminates fuzziness. You know beyond a shadow of a doubt what you want, and you have an idea of how to get it. With this clarity you will also notice resources and opportunities coming your way because you will be seeing life through the filter of your intentions.

You get to decide what you will do. Conscious intention is a choice. I invite you to take a look at your life, and in particular your relationships, and explore your current intentions. First, take a look at any unconscious intentions you may be harboring.

Explore Unconscious Intentions

- What has been my intention?
- What results have I been producing?
- Have I been coming from my Essential Self (loving, creative, open, wanting to connect) or from my Personas (fearful, defensive, blaming, wanting to be separate)?

Set a New Conscious Intention

- What do I want to do? Who do I want to be? What do I want to have?
- What is the best possible outcome, even better than I have previously imagined?
- What attitude would I need to adopt to show up as my best self (Essential Self) and how will I choose to interact?

Conscious intention is an essential element to manifesting. I invite you to use this simple concept to begin shaping the life that you would most enjoy experiencing. You deserve to have what you want. And if you don't believe that, then I challenge you to explore the internal world of your beliefs and unconscious intentions. There is no real reason for you to live a life less than fantastic. Doubt your doubts and step into the world of conscious creation. It begins by setting positive conscious intentions.

(Chris Lucerne is a Master Certified Coach. Using a BodyMind approach, she specializes in two areas: Supporting clients to *Build Relationships that Matter (including the relationship with yourself)*, and to *Go Beyond Loss and Embrace Life*. www.ChrisLucerne.com – 210-408-7699. The twelve laws of manifestation are based on the "The Manifestation Course" by Gay Hendricks, Ph.D.)