

## Day 22: The Law Of Intention or Deliberate Creation

**Quote today** "We are what we think. All that we are arises with our thoughts. With our thoughts, we make the world."

Buddha

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**Recap of the Law** This Law could be called the Law of Deliberate Creation. Intention is the process of getting clear and specific on what you want and planning it out. Intent alone is very powerful, because intent is desire without attachment to the outcome.

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**Today I am grateful for....** Write at least three things that you are grateful for on this magnificent day. Connect to the feeling of gratitude.

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**Meditate (at least 15 min.)** Feel free to meditate on this law or choose a meditation of your choice.

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**Exercise** What do you intend to feel as a result of your exercise today? Think clearly about that, and see what you create because of your intention.

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**Hydrate** Drink ½ ounce of pure water per pound of body weight (or 30 ml per kg). 2 glasses upon rising, 2 glasses between breakfast and lunch, 2 glasses between lunch and dinner and 2 after dinner.

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**Your Life Insight** Set three intentions: one intention for your journey toward perfect health, one intention in your business, and one intention for one of your relationships.

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**Your Mindful Practice** Take a moment, breathe and just be in the present. Notice the expression of the infinite organizing power in every blade of grass, in every blossom, in every cell of your body, in everything. Take some time out and notice the results of intentions in your environment and in your daily life. What intentions are you consciously and deliberately setting, and what intentions are you setting out of habit?

## Day 22: The Law Of Intention, Continued

**Your Success Strategy** Get crystal clear about what you intend. Write out a goal card and take it with you and look at it often throughout the day assuming the feeling that you already possess it.

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**Your reading meditation** This is your reading meditation time—time you have devoted to expanding your thoughts and understanding more about these laws.

Take a nice deep breath in through your nose and let it out through your mouth. You are going to let all the tension leave your body and as you exhale repeat in your mind the word, relax. You are in the right place at the right time. Your body and mind are in a highly creative vibration right now. Your mind and your heart are ready to receive, completely wide open. Ready to receive whatever it is that you need to know right now. You now have the best possible guidance to allow you to experience the teachings of this Law, and to gather all the important information in any way that it appears.

*Intention is a conscious thought process. It means getting clear on what you want internally and consciously planning it out, deliberately creating it. Be really specific. It is not about hoping, it is about a deeply felt knowing. Intent is the real power behind desire because desire for most people is attention with attachment. Intent, on the other hand, is very potent, because intent is desire without any attachment to the outcome. Intention lays the groundwork for the effortless, spontaneous flow of pure potentiality that seeks expression from the unmanifest to the manifest.*

*Intention triggers the transformation of energy and information into what you put your attention on. It organizes an infinite number of events to materialize your desires. You may have fallen in love with your desire, but it is really intent that moves it toward you. Never struggle against the present with intention. Accept the present and focus on the actions you can take today that will manifest your intentions for the future.*

*If you are not being intentional, then you are creating your life by default 96% of the time. Remember, if you are not deliberately creating, then your subconscious patterns are creating for you.*

*An intention with faith is like an arrow shot from a bow. Nothing can deflect it. So be on purpose when you co-create.*

Now, to finish your reading, take three deep cleansing breaths, knowing that with each breath you integrate the information you have received. Trust that this is so, and it will be.

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