

What's Intention?

Well, I *intended* to write this newsletter much earlier in the month, and I didn't get around to it for a variety of reasons, although I knew early on the topic would be about intentions. I could beat myself up mentally with negative thoughts for not writing it earlier, I chose not to do so. Every day I could have said, "I've got to get to that newsletter, people are waiting", and I would have felt even more pressure to just stare at the computer screen but the words were not coming and I thought what a waste of precious time. I could have written the words 'write newsletter' down on my 'to do' list. Although when I looked at the list I would have first felt pressure, then guilt, and then ignored what I wrote, and clutter would have built up in my mind. So here's what I decided to do.

I decided to wait for the right timing so that the words would flow smoothly and quickly with the ability to convey my thoughts, and today just happened to be the day that I felt inspired to write about intentions. And it is no coincidence that I read, with interest, an interview with Joe Vitale (author of *Spiritual Marketing*) and found some words that expressed what I wanted to convey. Joe has a quote, "Everything that happens in your life happens because of the magnet in you." I equate that quote with the 'Law of Attraction'.

How badly do you feel if you set forth a goal or a dream with respect to your life's desires or health, and it doesn't come true? Every time you revisit that goal or dream in your mind that hasn't come true it has the potential to weigh you down energetically. It has added clutter to your mind and body and that creates negativity. So I offer you a more effective approach since the role of the mind in health is often ignored or underrated by Western medicine.

In 'Energy Medicine' by Donna Eden she writes, "Your body *minds* your mind, responding to what you feel, think, and want. But if your mind does not *mind* your body -- if your will, intention, and actions are not aligned with your body's requirements -- you pay a toll in health and happiness." So I propose the following, what if you set forth the most basic change (intention) that will help you? For example some ideas with respect to health are: "my body is strong", "my immune system is magnificent", "my heart functions efficiently, "my broken leg is healing", "my breathing is improving."

The above intentions are a more expansive thought process. If you wanted you could even break up your day into segments, and do what is know as segment intending. I read an interview with Joe Vitale, author of '*Spiritual Marketing*' and before his interview this was his intention, "I had the intention that I was going to give an inspiring, informative, articulate, up-beat conversation with you, that you and I would have a great time doing this, and that the people who listen to it down the road will learn something that will make a massive difference in their lives - they'll get more of what they want, they'll be happier in each moment, something will shift for them in a wonderful way." He goes on to state that "I set that as an intention, but I didn't go and map out, 'Well, I've got to make sure I say this, I've got to make sure I answer a question in this particular way, and there's really this quote - I've got to make sure I say this quote. I didn't do any of that. Out of my intention for where I want to go, a lot of these other things will just bubble up." This was Joe's '*intention*' for the interview, which was a very small part of his day.

So how might you reframe your 'intentions'?

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