

## On 'Intention'

If you know anyone - there is still very limited space in Friday's seminar, have them contact me ASAP!

This topic seems to be all the rage now days, and actually has been for some time now.

Let me relate a personal anecdote.

While attending Tony Robbins's Leadership Academy I became aware of the word "Intention" as a possible focal point. We had been given two massive books to study and we were learning many of the techniques to help people that Tony had spent a lifetime developing, (the whole reason that I was attending the training).

The training was across a week and was all day every day lasting from 14 - 20 hours per day. Trust me the days were FULL! Ordinarily Tony himself did not attend or even make an appearance during the training, we however were given a gift, in that Tony came to the training one afternoon to teach us his newest technique. At this point in the seminar, we were pretty overwhelmed. So much was being thrown at us, we were exhausted, a little punch drunk, thinking we needed to learn everything right then!.

Tony said something that evening that did a great deal towards making me feel a lot better, and increased my respect for him as well. A concept that I have used as a focal point ever since.

He said, "I know we are throwing a lot at you, and you think you need to learn it all. Well you don't, these are only tools to help you. All you need to do is keep your mind on the "INTENTION" of what you are doing and things will work out. You will somehow manage to accomplish what you want."

Tony was talking to a group of people who had come to San Diego because we were interested in trying to help people, so he knew that our "intentions" were good, which is why he so advised us. I suspect his advice might have been different to a different group of people.

When you set about doing something, do you focus on the "intention"? Or, do you get so wrapped up in the task and the tools that you lose sight of the reason you are doing it?

If you are trying to help someone because you are truly trying to help them, both they and the universe will know that your "intention" is true. If you have an ulterior motive, that too will be apparent no matter how you try and conceal it.

My challenge to you for the next few weeks:

"Stay focused on the positive 'Intention' of what you are doing, and do things with a Focused Positive Intent!"

I am in the process of reading a book by Wayne Dyer called "The Power of Intention". I have yet to read enough of the book to pass on much of what he has to say.

I will give you a mini book review at some point in the future. If it is of value, it will also show up under 'recommended reading' on the website.

