

# Intention vs. Effort

## (A little Philosophy)

*“When you change the way you look at things, the things you look at change.”*

Einstein said – “Nothing happens until something moves.” Before something can move, there has to be thought. Thought at first an idea comes more like a curiosity than an actual possibility; turning into something that can only be felt (as a sensation is felt); and finally evolving into a state of being – or a realm of practicalities – or a preeminent force that opens for us worlds beyond our dreams.

Things rarely just happen, but need to be intended to set up your mental focus on what you intend to have happen. So you are controlling the topic and outcome of your thoughts. Usually this needs to begin with something very simple and gradually expand your focusing skills until you have precise and practical command over your thoughts.

The dictionary defines intention as a strong purpose or aim, accompanied by a determination to produce a desired result. People driven by intention are described as having a strong will that won't permit anything to interfere with achieving their inner desire.

But here is another way to look at intention. Carlos Castaneda in his book “The Active side of Infinity” says, Intention is a force that exists in the Universe when sorcerers (those that live at the source) beckon intent, it comes to them and sets up the path for attainment, which means that they can always accomplish what they set out to do. Imagine that intention is not something you do, but rather a force that exists in the universe as an invisible field of energy.

Accessing the power of intention relieves so much of the seemingly impossible work of striving to fulfill desire by sheer force of will. If you have ever felt inspired by a purpose, or a calling – you know the feeling of spirit working through you. This is much like being in a “zone” (no effort – great things just keep happening). Intention is a force that we all have within us. Intention is a field of energy that flows invisibly beyond the reach of our normal, everyday habitual patterns. It is there even before our actual conception. We all have the means to attract this energy to us and experience life in an exciting new way. Some call this “future pull”. It is in the DNA that is present at our conception. Example (Acorn to Oak tree), you get what you intend to create by being in harmony with the power of intention, which is responsible for all of creation. When you become one with intention, you are transcending the ego.

Self-importance is our main greatest enemy. What weakens you is feeling offended by the deeds and misdeeds of others. Self-importance requires that you spend most of your life offended by something or someone. It is important to have self-confidence. The problem is when we misidentify who we truly are by identifying yourself as your body, your achievements, and/or your possessions. IF you think this way, you identify people who have accomplished less as inferior and you as superior. This causes you to be constantly offended in one way or another. This misidentification is that source of most of our problems.

The power of intention is like the ocean, while the ego is like a ripple on the ocean. The ego sees itself as the whole ocean, while it is only a ripple. The ego compares itself to other ripples. It feels bad because another wave has a better shape, or

more surfers on it etc (Ego is simple an idea of who we are, that we carry around with us).

Some ways to stay connected to the Power of Intention:

- 1) Stop being offended – you cannot control the actions of others (thing that offend you only weaken you).
- 2) Let go of the need to judge people as winners and losers. It is impossible to win all the time. It is better to measure your individual performance. Do not assume that the opposite of winning is losing.
- 3) Let go of the need to be right (and making everyone else wrong). Do you want to be right, or happy?
- 4) Let go of having to feel superior (only judge your own progress).
- 5) Let go of the need to have more, and never feeling satisfied. St. Francis of Assisi said, “It is in giving that we receive.”
- 6) Let go of identifying with your achievements. Give the credit to the power of intention. Be grateful for the abilities you have been given, the motivation to achieve, and the stuff you have accumulated. The less you need to take credit for your achievements, and the more connected to the source that you can stay, the more free you are to achieve, and the more will show up in your life.
- 7) Let go of your reputation – your reputation is not located in you. It resides in the minds of others. You have no control over it. If you worry about how others perceive you then your ego is in control. This is an illusion that stands between you and the power of intention.

Stay on purpose, detach from outcome, and take responsibility for what does reside in you – your character.

One of the best ways to check yourself, to see what your obstacles are to connecting with the power of intention is to monitor your inner dialogue. Notice how much of your thought focuses on what is missing, the negative circumstances, the past, and the opinions of others. The more cognizant you become of your inner speech, the sooner you will be able to change to a new inner dialogue which is connected to the power of intention.

Be aware of low energy. Everything, which includes your thoughts, has an energy frequency that can be calibrated to determine whether it will strengthen or weaken you. Resolve to function in a higher energy way (Power vs. Force – Dr. David Hawkins. Dr Hawkins has a scale for energy, which ranges from zero to 1000). View the obstacles as opportunities. To stay connected to the power of intention, this means being at peace, detaching you from the circumstances and seeing yourself as an observer rather than a victim.

In the Cal program, we strive to be better (both as a person and as a swimmer and only focus on our own performances). We intend that the training program, both on dryland and in the water will move us step by step closer to becoming the person/swimmer you wish to be. It is best described as going on a train ride. You know the destination, and you only have to decide to climb aboard and go for the ride. There are many stops along the way. Some different people get on, or get off. Some may even get on again. You do not have to worry about destination you just relax and go along the

ride – all the time knowing where you will end up. The litmus test for this process is “I want to feel good.” If you aren’t feeling good, then maybe your ego is trying to drive the train. Stay connected to the power of intention. Stay focused on the individual progress that you are making (remember you are the only one that you can do anything about anyway). After many little stops along the way eventually you will pull into the station of your original intention. As long as you stayed on the train and stay connected it will be an enjoyable effortless journey.

People who live their lives connected with the field of intention are “connectors” who have made themselves available for success. They won’t be pessimistic about what they desire. They have an inner conviction that their universal source will supply everything they say that they refuse to think about what can’t happen, because I’ll attract exactly what I think about what I know will happen (no matter what has happened before). Connectors don’t place their thoughts on what they don’t want, because, the source will send back what you are thinking about. Keep your thoughts on what you intend to create.

Everything that shows up in your life is there because the power of intention intended it there. Connectors tend to think from the end. They can see what it is they intend to manifest into their lives as if it already had materialized, and for them, because it is so real in their thoughts, it is their reality. Connectors are highly inspired people. They are inspired and inspiring. Their level of energy is exceptionally high. They don’t dwell on illness or disease – they see the beauty in the world. They never can know enough, they are inquisitive about life. They love life and people in their lives. If you ask a connector what you can do to make your desires come true, they will advise you to change the way you look at things, and the things you look at will change.