

The Law of Intention and Desire

Sanskrit Mantra: Om Ritam Namah

My intentions and desires are supported by Cosmic Intelligence – set clear intentions/trust in the outcome/practice present moment awareness

Thursday's Principle is the Law of Intention and Desire. This Principle says that all our intentions and desires are supported by cosmic law. You may be aware of the number of really famous entrepreneurs who talk about this subject and in fact, the intentions and visualizations that we set with each of the laws really stems from this particular law. What is wonderful is that current scientific research supports the process of both affirmations and visualizations as changing behavior and bringing about the changes that we desire.

So, how do we active this law and really align ourselves in developing this Principle?

Firstly, it is really critical that we set very clear intentions. We can do this by understanding what we really want and what our true paths are. It is a good idea to write your intentions down or say them out loud, and importantly we don't map out how we expect these intentions to occur; we just have the intentions, which can be as grand as we want them to be. Now, it's important that you have no underlying doubts or thoughts that might sabotage the setting of the intentions. Sometimes, we subconsciously have feelings that will undermine the intentions we set. Careful introspection and self-discovery is all about understanding these underlying tensions that often occur in our psyche.

Now comes the tough part and that is we must trust that the outcomes of our intentions will occur. This is something that we often don't do and which according to wisdom traditions and current opinion amongst many modern-day thinkers, is what trips us up with this Principle. So, we have to learn to just let go. If we have made sure that there are no underlying roadblocks to our intentions, then the Universe/God/Higher Self (or as Deepak likes to say our Expanded Self) will take care of the rest. I've had so many examples presented to me amongst so many

successful people and I have also had many experiences of this in my own life. Trusting is certainly critical to a positive outcome in this area.

Finally, we must live in the moment and practice present moment awareness. Living in the now let's go of the guilt, shame and judgement of the past and the anxiety and stress about the future. It's when we do this that we begin to realize and create our true joy and fulfillment. Here we are not looking back at past experiences and or mistakes, neither are we focusing on the future, but we are content with living in the moment and being grateful for everything that we have at this moment in our lives.

AFFIRMATIONS TO ENLIVEN THE LAW

My intentions and desires are supported by the Universe

(Your Name) you set clear intentions that are meaningful to your (personal/life/career) goals.

(Your Name) you trust that the Universe supports the outcomes of your intentions.

(Your Name) you practice being present and aware in every moment every day.

VISUALIZATIONS TO ENLIVEN THE LAW

My Intentions and Desires are Supported by the Universe

Visualize setting clear intentions. These intentions may be of a personal or a work-related nature, but make sure that you only focus on one intention at a time. Feel the joy of the intention being realized.

Visualize yourself trusting the outcomes of your different intentions. Through your visualization feel the trust that you have in the Universe/God or your Higher Self. How does this feel to you?

Visualize being in the present moment. Bring your awareness to an activity that you are doing and really notice all your emotions, how your body feels and all the nuances of the present moment experience. During your day, take time to bring your full awareness to the experience you are doing right now – in the present moment. Worrying about your future or living in the past, are wasted energies; your life unfolds in the present!