

Living the power
You, Intention and the Law of Attraction
Conscious Evolution through Process, Prayer and Internal Dialogue

A Workshop

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"Living the Power" is a workshop on intention and the law of attraction in the universe. This workshop is designed to help people develop a conscious approach to their spiritual evolution and use tools such as prayer to access their personal power.

"Living the Power" is for anyone who desires to create or enhance a spiritual practice and realize their divinity in daily living.

This paper is organized into nine parts:

- i. Introduction and Overview
- ii. Understanding intention and the law of attraction
- iii. Recognizing one's current point of attraction
- iv. Understanding the cycle of intention
- v. Working with specific tools
- vi. Using personal prayer and meditation to create or enhance a spiritual practice
- vii. Understanding what happens in the brain through practiced meditation
- viii. Creating momentum for ongoing practice
- ix. Conclusion

Part i. Introduction and Overview

Introduction

"Living the Power" is about living one's authenticity.

The power of the universe is flowing to us and through us all the time - it is our authentic power, our authenticity. Our ability to live this authenticity is enhanced through awareness of intention and the law of attraction. Recent discoveries in science, contemporary philosophers and mystics of the ages tell us this power is our birthright and we only need to understand it to harness it and consciously direct it. Modern communications tools and technology have facilitated an accelerated spiritual curiosity and sharing of questions, answers and possibilities - a type of spiritual renaissance - leading to an evolution of spirit united across cultures. Greater understanding of intention and the law of attraction are part of this united spirit. Discoveries in medicine, quantum physics and mathematics support this understanding and invite re-examination and expansion of religious and mystical systems of belief and successful wisdom traditions practiced for centuries.

While many books, lectures and workshops on intention and the law of attraction are designed to increase our understanding of intention and the law of attraction, "Living the Power" goes a step further and offers the tools to implement and live this understanding. The process is easily digested in a step-by-step, practical and practicable application for living the power of intention through understanding the law of attraction.

Overview

Our lives are who we are in the universe, as a creation of God, as part of the intention of the universe. Our life situations are the places where we live our lives: occupations, relationships, possessions and history. We are always at the leading edge of our own and the planet's unfolding through the choices we make in our life situations; we are co-creating our world with every thought, every word, every decision, every habit, every interaction with each other and mother earth. Our lives originate in authenticity - our existence as part of this universe; our life situations originate in ego - in what we think is our identity.

Everything in the universe is energy with a vibrational value, and the law of attraction states that energy attracts like energy. Workshop participants come to see how their decisions create their point of attraction in the universe. If we understand how all the beauty and generosity and abundance of the universe is really who we authentically are in our lives, we can make choices in our life situations that reflect all that the universe is: we can choose or deny high vibration thought and behavior and allow or reject our alignment with all the universe has to offer, consciously directing our spiritual evolution.

The workshop includes: 1) a self assessment to determine the participant's current point of attraction in the universe, 2) a visual depiction of the cycle of intention, where the point of attraction is shown to be directly related to choices, inner-dialogue and behavior, 3) a template of questions focusing on opportunities for high vibration inner-dialogue and behavior, and 4) a template for personal prayer creation, designed to begin individual internal work, specific to the originator.

Part ii: Understanding Intention and the Law of Attraction.

Intention is the force behind all things being created in the universe. Situations, people, circumstances, the grass growing, development of a flower from seed, of a human being developing from a single cell are all part of the intention. Dr. David Simon, Medical Director and co-founder of the Chopra Center for Wellbeing says Intention is "power in the universe - the same creative force that generated the universe created your body. It is vibrating with intelligence and spirit." Wayne Dyer in The Power of Intention specifies what he calls the "Seven Faces of Intention." They are creativity, kindness, love, beauty, expansion, abundance and receptivity. This is what the universe is - and human beings are an expression of this creative force of intention in the universe.

The Law of Attraction states that energy attracts like energy. Everything in the universe - light, sound, color, matter - is energy and vibration, and that vibration ranges from high to low. Emotions, thoughts, words and behavior have a vibrational value ranging from high to low; those that are fear-based vibrate low, and those that are love-based vibrate high. In The Light Shall Set You Free, Dr. Norma Milanovich and Dr. Shirley McCune state "higher vibrations consume and transform lower vibrations. By assimilating higher vibrations we automatically raise our vibratory patterns. In so doing, we increase our light, consciousness, wisdom and higher powers. In other words, the higher our vibrations, the quicker we grow spiritually." Aligning oneself with high vibration thoughts, words and behavior insures attraction of high-vibration opportunities and situations.

Part iii: Recognizing One's Current Point of Attraction.

A detailed self assessment guides participants in understanding their current point of attraction. This matrix assesses 22 intentions for one's life in 12 areas of one's life situation. Those intentions include but are not limited to love, peace and calm, healing and wholeness. A value is then given to these intentions in each of the life situation areas by the participant. Those areas include but are not limited to occupation, family relations, circle of friends and co-workers. In all, there are 264 inquiries focusing attention on one's current point of attraction.

Part iv: Understanding the Cycle of Intention.

Before anything is anything, it is potential. Inserting an intention into infinite potential brings about an event or a circumstance. Our perception of these events and circumstances - how we see them - initiates and forms our reactions and thoughts: do we respond with fear, denial and doubt? Do we respond with love, gratitude and eager anticipation? Our thoughts, internal dialogue and behavior reflect our perception - and become the vibrational values we generate. These vibrations are the intention we insert into the potential of the universe, thus attracting more of what we are intending - creating a cycle of intention.

Part v: Working with Specific tools

In addition to the self-assessment, the workshop includes two templates: the first is a template of 29 fill-in-the-blank statements prompting the participant's focus in different areas of living situations and circumstances, bringing awareness to specific opportunities for high vibration or "alerts" to pitfalls of low vibration. Being aware of these opportunities and pitfalls forms the foundation for direct creation of internal dialogue through a prayer-meditation "loop." The second template is for the participant's creation of individual prayers and is in three parts: part one is the morning prayer, part two is a prayer for repetition during the day or whenever the participant feels the need, and part three is for bedtime. These prayers are constructed by the participant, using the self-assessment and first template making them particular to the creator and addressing areas specific to the creator's life situation and needs.

Part vi: Using Personal Prayer and Meditation to Create or Enhance a Spiritual Practice

It has been said that the average person has about 60,000 thoughts a day. The problem is they're the same 60,000 thoughts we had yesterday and the day before and will be the same thoughts we'll have tomorrow and the next day. Getting into the space between the thoughts - the silence beneath all the thinking - brings us to stillness and peace - our intention in the universe. All successful wisdom traditions teach prayer and meditation as a means to joyful living and personal peace. Many people understand praying to be like talking to God, and meditating to be like listening; we can't hear the voice of God if the only chatter in our heads is our own. Living the Power teaches a process of replacing the thoughts we're already generating in our heads with ones of high vibration and intent, surrounding the space - the stillness - in between with positive internal dialogue. This prayer-meditation loop is practiced with the breath, in a rhythm bringing us to the silence beneath the chatter. This silence enables calm self reflection and intuitive guidance, reconnection and realization of who we really are. We feel a centeredness of being.

Words are a vehicle of thought. Through the self-assessment, the two templates and three meditations of the workshop, the intention of the participant is clarified in words and structure. A path is formed.

Part vii: Understanding What Happens in the Brain through Practiced Meditation

Recent discoveries in the area of "neuroplasticity" explain how our brains are designed to adapt to training and practice.

"How Thinking Can Change the Brain - Dalai Lama Helps Scientists Show the Power of the Mind to Sculpt our Gray Matter" was Published Monday, 29 January, 2007 (Sharon Begley, Wall Street Journal). The article states in conclusion "This (positive state) is a skill that can be trained...our findings clearly indicate that meditation can change the function of the brain in an enduring way."

As part of a thematic initiative of the NIH 2007-2009, The National Institutes of Health report from the Blueprint Neuroplasticity Workshop, August 2007, states "the adult nervous system has remarkable plasticity, that is, the capacity to adapt to experience."

In the, November 2008 article "Dyslexia Studies Catch Neuroplasticity at Work" the Dana Foundation states "(functional MRI) scans reveal the vigor of neuroplasticity, the process by which neurons create new connections among themselves."

These and other studies are revealing more and more about the adaptability of the brain. Knowing this, we can see how our intent of conscious spiritual evolution, practiced regularly, restructures the way we perceive ourselves, our neighbors and our planet, forming the foundation for high vibration behavior and choices.

Part viii: Creating Momentum for Ongoing Practice

The Living the Power manual is designed to be a reference tool, containing the salient points and lessons of the workshop. Quotations from great thinkers, teachers and spiritual advisors are included to keep the participant focused on the message and identifying with endless possibility. A cd of the three meditations practiced during the workshop is included, along with samples of prayers, affirmations and directions for meditations.

Part ix: Conclusion

The choices we make every day determine the degree to which we live a life of peace or a life of turmoil. Staying conscious of who we are as part of the intention of the universe and staying spiritually aware assures decisions and choices made from authenticity and truth instead of the artificiality of ego. When we forget who we are as part of the creation of this universe, everything becomes a competition, a value judgment, a contest, a basis for struggle and rivalry. Living a life of peace begins with the decisions we make, and understanding who we really are in the universe assures decisions which bring us to living the lives we want to live.