

The Power of Intention

Name: _____ Date: _____

“We don’t attract what we want. We attract what we are.” -- Dr. Wayne Dyer

The *Hua Hu Ching*, by Lao Tzu, says, *“Those who want to know the truth of the universe should practice the four cardinal virtues. The first is reverence for all of life. This manifests as unconditional love and respect for oneself and all other beings. The second is natural sincerity. This manifests as honesty, simplicity and faithfulness. The third is gentleness, which manifests as kindness, consideration for others and sensitivity to spiritual truth. The fourth is supportiveness. This manifests as service to others without expectation of reward.”*

What do you want to accomplish in your life? It has been said that if you don’t know where you’re going, any road will get you there. Living a life of intention means knowing where you want to go with your life and what you would like to do with your life. Imagine you are lying on your deathbed, looking back on your life. What are the things you’d like to be remembered for? What are the things that you’d regret not accomplishing? If your life were to be summed up in a few paragraphs in a “Who’s Who” at some future date, what would your entry say? What would your loved ones say about you and remember about you after you’re gone? Think about these questions. Take all the time you need before answering.

My intention (purpose) for this life is:

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In order to live a purposeful life, or a life of intention, we must live our values. The final skill of Mindfulness-Based Ecotherapy (MBE) is living in True Self. The way to live in True Self is to know who and what we are, and to use that knowledge to set our intentions and purpose. The first step lies in creating a roadmap. Looking back on your answers to the question on the previous page, think about which values and traits you have that might help you to accomplish your goals. Write these traits in the spaces provided below.

I demonstrate my reverence for all of life by manifesting unconditional love and respect for myself and all other beings in the following ways:

I demonstrate my natural sincerity by manifesting honesty, simplicity and faithfulness in the following ways:

I demonstrate my gentleness by manifesting kindness, consideration for others and sensitivity to spiritual truth in the following ways:

I demonstrate supportiveness by manifesting service to others without expectation of reward in the following ways:
