

22. Intention and Means

Intention is clearly expressed understanding of what we want to be, feel and do. Too many of us are unclear about our intentions. If we don't know and express what we want, we may not get it. Like, duh. We may also be unconsciously sabotaging things that could help us realize our unconscious intentions.

When we ask ourselves what we want, many of us answer that we want a lot of money. Well, money isn't real. Money is merely a means of exchange. What do we want money for? It's only when we can answer that question with clarity that we start to get real. Money is a means, not a real intention.

Maybe we answer we want money for happy homes for our families, to be able to take care of our children, for good food, to take restoring vacations and have time off, to be healthy and cared for if we get sick, for good educations, for security, to be able to retire, to be able to help our loved ones, to be able to do what we want, for nice cars to be able to go around and see people, to be able to pay for gym memberships, yoga classes and beauty services so we can be fit and beautiful, to be able to be free and have fun, and to be able to consume stuff that makes us feel good.

Take money and other means out of it. Money is irrelevant. It's not real. Money is merely a means. Start with intention, not means. We intend happy homes for our families, to take care of our children, good food, restoring vacations and time off, to be healthy and cared for if we become sick, good educations, security, to be able to retire, help our loved ones, do what we want, go around and see people, be fit and beautiful, be free and have fun, and feel good.

Intention is about ends, not means. What do we want to be, feel and do? If we state that intention, clearly, the universe can engage to help us. If we can then open to possibilities, we can discover many real means to get there. If we can identify shared intentions, we can work together to realize them.

Our conflicts and inefficiencies are more about means of reaching our intentions than our intentions. Most of us really want and care about pretty similar stuff, when it comes down to it. We want things like the answer above. There's not a lot of conflict there. We have conflict over how we get it.

We believe the means is getting money from others. We invent and engage in no end of schemes to create demand and acquire money for what we do, which often has nothing to do with our intentions, with what we want to be, feel and do. We create and do things we don't often care about, which often have nothing to do with our intentions, and try to convince others to need or want and pay us for them. We spend our lives working for others, doing nothing related to what we want to be, feel or do, to get money to one day be, feel and do what we want, but we don't be, feel or do what we want now.

Many of us are spending most of our lives being, feeling and doing something other than what we want to be, feel and do, increasingly desperately trying to get money means to be, feel and do what we want, before we no longer have time to enjoy being, feeling and doing what we want. Seems dumb, huh? We're going around in circles, getting dizzy, not getting where we want to be, frustrated about it.

If we want happy homes for our families, let's make happy homes for our families. If we want to take care of our children, let's take care of our children. If we want good food, let's make and eat good food. If we want restoring vacations and free time, let's take restoring vacations and free time. If we want to be healthy, let's be, feel and do what makes us healthy. If we want to be cared for if we become sick, let's care for people if they get sick. If we want good educations, let's educate people well.

If we want security, let's take care of each other. If we want to retire, let's take care of those who retire. If we want to help our loved ones, let's do it. If we desire to be with people, let's be with those people. If we want to be and feel fit and beautiful, let's do what makes us be and feel fit and beautiful. If we want to have fun, let's have fun. If we want to feel good, let's do what makes us feel good.

Let's be clear about our intentions. What do we want to be, feel and do? Let's be, feel and do that!