

In the universe there is an immeasurable, indescribable force which shamans call **Intent**: or choosing, and absolutely everything that exists in the entire cosmos is attached to intent by a connecting link.

"Intent is a force that exists in the universe. When sorcerers (those who live of the Source) beckon intent, it comes to them and sets up the path for attainment, which means that sorcerers 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?

"Dormant forces", faculties, and talents come alive, and you discover yourself to be a greater person by far than you ever dreamed yourself to be. Dormant meaning non-existent or dead.

Animals don't question their intention. We beings, however, with our capability for presumably higher brain functions, have something we refer to as ego which is an idea that we construct about who and what we are.

Ego is made of six primary ingredients that account for how we experience ourselves as disconnected. By allowing ego to determine your life path, you de-activate the power of intention/choosing.

Here are six ego beliefs.

1. I am what I have. My possessions define me.
2. I am what I do. My achievements define me.
3. I am what others think of me. My reputation defines me.
4. I am separate from everyone. My body defines me as alone.
5. I am separate from all that is missing in my life. My life space is disconnected from my desires.
6. I am separate from God.

No matter how hard you try, intention can't be accessed through ego, so take some time to recognize and readjust any or all of these six beliefs. When the supremacy of ego is weakened in your life, you can seek intention and maximize your potential.

Stop being offended. The behaviour of others isn't a reason to be immobilized. That which offends you only weakens you. If you are looking for occasions to be offended, you will find that at every turn.

Let go of your need to win. Ego loves to divide us up into winners and losers. The pursuit of winning is a sure fire means to avoid conscious contact with intention. Ultimately, winning is impossible all of the time.

**I intend  
to be  
kind  
rather  
than right.**

Let go of your need to be right. Ego is the source of a lot of conflict and dissension because it pushes you in the direction of making other people wrong. When you are hostile, you have disconnected from the power of intention/choice.

Let go of your need to be superior. True nobility isn't about being better than someone else.

It's about being better than you used to be. Stay focused on your growth, with a constant awareness that no one on this planet is any better than anyone else. We all emanate from the same creative life force.

Let go of your need to have more. The mantra of the ego is more. It's never satisfied. No matter how much you achieve or acquire, your ego will insist that it isn't enough. You will find yourself in a state of striving, and eliminate the possibility of ever arriving. Yet in reality, you have already arrived, and how you choose to use this present moment of your life is your choice.

Let go of identifying yourself on the basis of your achievements. This may be a difficult concept if you think you are your achievements. God writes all the music, sings all the songs, builds all the buildings and is the source of all your achievements.

Allow yourself to be greater than!

I intend to be kind rather than be right.  
I allow myself to choose love and radiate my love to all.

Low energy thoughts that weaken us fall in the realm of shame, anger, hatred, judgement and fear. Each of these inner thoughts weakens us and inhibits us from attracting what we choose.

One of the biggest stressors is letting your mind obsess over things that you can't change. Every time you focus on the past and relive painful memories or worry about the future your body starts to react to those thoughts and feelings the same way it would if it were actually happening to you.

You see, your brain doesn't know the difference between what's real and a powerfully imagined reality. That's why all you have to do is think of something you are afraid of your body will instantly prepare for fight or flight even though there's no logical reason for it.

Whether you have an argument with a loved one or work colleague, make a mistake or miss an opportunity because you were afraid to take a risk, chances are, that six months from now you simply aren't going to care.

The point is that what's frustrating, worrying or stressing you now will pass. How long it takes for this to happen depends on a few things. The biggest secret is how well you master your mind. Just this one thing can give you a lifetime of happiness, health and peace.

Here are 5 Stress Relaxation Secrets for Your Mind...

#### **Relaxation Technique 1 - Stop the Blame Game**

You and you alone are responsible for your feelings and emotions. However much you might think otherwise, no-one else is to blame for what you think or how you feel and only you can stop yourself from feeling stressed. If you don't like the way you feel - change it!

#### **Relaxation Technique 2 - Don't Sweat the Small Stuff**

Life events, both trivial and traumatic are not what causes stress - they are just the trigger. It is how you think and react to the event that causes you stress. Stop escalating every event that happens to a level it doesn't warrant. If it's something you can take care of now - then don't put it off another minute. If it's not something you can deal with right now, then leave it until you can.

#### **Relaxation Technique 3 - Choose Happiness**

You really can choose how to feel, just like you can choose how to behave. You can do this quite simply by remembering an event that you really enjoyed and allowing those feelings to flow through your body. It's that simple. You can do this anytime and any where you like and as often as you like.

#### **Relaxation Technique 4 - Control Your Mind**

The second part is to surround yourself with people who are supportive of you, read personal development books, listen to CD's that inspire you and learn how to meditate to turn your mind off at will.

#### **Relaxation Technique 5 - Be Objective**

You will be much less vulnerable to feeling stressed if you just take a moment to look at your events from a fresh perspective. Just doing this one thing gives you the time to let your natural emotional reactions calm down. Then it's easier to manage them.

#### **To start your new great life and health...**

Start today to develop the thinking that will help you live a calm, happy and long life! Melody has created the Break Thru to Freedom Course. In less than a few minutes you can learn how to take charge of your mind, relax your body deeply and quickly and enjoy better health!

One of the easiest ways to do this is to begin eliminating negativity from your life. The less negative input you take in from your environment, the less stressed you will be. Don't participate in gossip or talk of doom and gloom and let go of the need to criticize, condemn or complain about anything.