

## THE BIG IDEAS

### Serotonin Overdose

Be kind and feel the hit!

### Act “As If”

Your highest says “Hi!”

### Coming to Oneself

The four steps of intention.

### Namaste

I bow to the divine in you.

### Say, “Yes!!”

Say it again! And again!

### Connect to Service

Find your purpose. Serve.

### What Are You Seeking?

Be what you’re seeking.

### Faces of Intention

Ahhh... behold the beauty!

### In-spirited

What inspires you?

### Empowering People

Choose friends wisely.

### True Nobility

Be better than yourself!

### Delete!

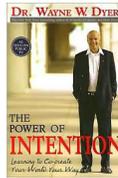
Fear appearing?!? Delete!

### Float

Focus on flotation.

### God: Good Morning

Relax. God’s in charge.



# The Power of Intention

Learning to Co-Create Your World Your Way

BY DR. WAYNE W. DYER · HAY HOUSE © 2005 · 259 PAGES

“Good morning, This is God. I will be handling all of your problems today. I will not need your help, so have a miraculous day.”

~ Wayne Dyer from *The Power of Intention*

Wayne Dyer is one of my absolute favorite teachers. In fact, in my spiritual family tree he’s right there below Maslow in the spiritual dad spot (a position he shares with several peeps)!

If you haven’t read this book yet, I hope you do. If you’ve read it, I think you’ll enjoy some of my favorite Big Ideas.

In any case, let’s get this show on the road and kick it off with a (healthy) overdose of serotonin! :)

## OVERDOSING ON SEROTONIN

Have you ever heard about the effects of kindness on your brain? Dyer shares the amazing science of kindness in *The Power of Intention*. It goes something like this:

Serotonin is the drug that makes you feel good. It’s what all the pharmaceutical companies pump into those wonderful little anti-depressants. It’s also a little drug God decided to pump through our brains when we do things he/she/it likes. It’s kinda like a little reward for good behavior, ya know?

Anyway, get this: When you do something kind for someone else, the person you’re helping has serotonin released in her brain—she feels happier. And so do you.

Good news! Two more serotonin-induced happier people in the world! Woo hoo!

But the most incredible thing is this: not only do you and the person you helped feel better, so does some random person who happened to watch your act of kindness.

Amazing...

I like serotonin. You? I say we overdose today. :)

## ACT “AS IF”

“Act as if everything you desire is already here... treat yourself as if you already are what you’d like to become.”

The way Dyer describes acting “as if” is genius.

My rendition goes something like this: Who do you want to be? What’s your ideal? Are you enlightened? Are you in perfect physical shape?

Whatever it is, get that image. Then, on a moment-to-moment basis, ACT “AS IF” you already were that person. What would the enlightened being who you are do in this moment of tension? Perhaps breathe in, breathe out, gain perspective and maintain equanimity?

Good. Then act like that enlightened person NOW.

“Change the way you look at things and the things you look at change.”

~ Wayne Dyer

How about that perfectly healthy person you imagine. Good. What would (s)he do right now? What would they eat? How often would they exercise? Perfect. That's what you do now.

Act as if.

Moment to moment to moment.

And, sooner than you think you won't be acting anymore.

How amazingly cool is that?

## COMING TO ONESELF

*"I slept and dreamt that  
life was joy. I awoke and  
saw that life was service.*

*I acted and behold  
service was joy."*  
~ Rabindranath Tagore

*"In the universe there is an immeasurable, indescribable force which shamans call intent, and absolutely everything that exists in the entire cosmos is attached to intent by a connecting link."* ~ Carlos Castaneda

Want to connect to The Power of Intention?

Dyer offer us the Four Steps to Intention: **Discipline**, **Wisdom**, **Love** and **Surrender**.

Exercise your **Discipline** by building strong habits. DO the things you know you should do. Live with integrity to your ideal!

Develop your **Wisdom** as you learn in this classroom that is our lives.

Open your heart as you learn to **Love** more and more—loving who you are, what you do, and those around you.

And, **Surrender** to the force that's bigger than you, the force that beats your heart, the force that Wayne calls, "The Power of Intention"!

In the words of Aldous Huxley: *"The spiritual journey does not consist in arriving at a new destination where a person gains what he did not have, or becomes what he is not. It consists in the dissipation of one's own ignorance concerning one's self and life, and the gradual growth of that understanding which begins the spiritual awakening. The finding of God is a coming to one's self."*

## NAMASTE

**"When you meet anyone, treat the event as a holy encounter."**

*Namaste*. It's one of my favorite words.

It's Sanskrit and means: *"I bow to the divine within you."*

May we make every encounter we have today an opportunity to see the divine within ourselves and others. *Namaste*.

## SAY "YES!"

**"One of the most effective means for transcending ordinary and moving into the realm of extraordinary is saying yes more frequently and eliminating no almost completely. I call it saying yes to life. Say yes to yourself, to your family, your children, your coworkers, and your business..."**

Dyer continues by urging his readers to adopt the attitude of the Sufi poet and mystic, Hafez:

*"I rarely let the word No escape  
From my mouth  
Because it is so plain to my soul  
That God has shouted, Yes! Yes! Yes!  
To every luminous movement in Existence."*

*"Say to yourself, 'I'm here on purpose, I can accomplish anything I desire, and I do it by being in harmony with the all-pervading creative force in the universe.'"*  
~ Wayne Dyer

And, the beautiful wisdom from another Sufi, Rumi (see Notes):

*You were born with potential.  
You were born with goodness and trust.  
You were born with ideals and dreams.  
You were born with greatness.  
You were born with wings.  
You are not meant for crawling, so don't.  
You have wings.  
Learn to use them and fly."*

...

Say "Yes!"

## CONNECT TO SERVICE

**"If you want to feel connected to your own purpose, know this for certain: Your purpose will only be found in service to others, and in being connected to the something far greater than your mind/body/ego."**

Dyer continues: **"You'll feel most on purpose when you're giving your life away by serving others. When you're giving to others, to your planet, and to your Source, you're being purposeful. Whatever it is that you do, if you're motivated to be of service to others while being authentically detached from the outcome, you'll feel on purpose, regardless of how much abundance flows back to you."**

That's beautiful.

Reminds me of Viktor Frankl's remarkably powerful wisdom (see Notes on *Man's Search for Meaning*): *"Again and again I therefore admonish my students in Europe and America: Don't aim at success—the more you aim at it and make it a target, the more you are going to miss it. For success, like happiness, cannot be pursued; it must ensue, and it only does so as the unintended side effect of one's personal dedication to a cause greater than oneself or as the by-product of one's surrender to a person other than oneself. Happiness must happen, and the same holds for success: you have to let it happen by not caring about it. I want you to listen to what your conscience commands you to do and go on to carry it out to the best of your knowledge. Then you will live to see that in the long-run—in the long-run, I say!—success will follow you precisely because you had forgotten to think about it."*

So...

What are you connected to? How are you serving?!?

## WHAT ARE YOU SEEKING?

**"You must be what it is that you're seeking. This is a universe of attraction and energy. You can't have a desire to attract a mate who's confident, generous, non-judgmental, and gentle, and expect that desire to be manifested if you're thinking and acting in nonconfident, selfish, judgmental, or arrogant ways..."**

What are you seeking?

Who are you being?

Are they matched?

Let's make it so.

*"Your friends are God's way of apologizing for your relatives."*  
~ Wayne Dyer

## FACES OF INTENTION

[Describing the field of intent:] "It grows my fingernails, it beats my heart, it digests my food, it writes my books, and it does this for everyone and everything in the universe."

Dyer details these "Seven Faces of Intention: Creativity, Kindness, Love, Beauty, Expansion, Unlimited Abundance, and Receptivity."

Just reading those words is a beautiful experience, isn't it?!? I actually memorized them and made them my mantra for a while.

*"I am Creativity, Kindness, Love, Beauty, Expansion, Unlimited Abundance & Receptivity."*

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*"I am Creativity, Kindness, Love, Beauty, Expansion, Unlimited Abundance & Receptivity."*

(Read that out loud a few times and soak in the mojo. :)

How can you be more creative today?

How can you be more kind today?

How can you appreciate beauty more today?

How can you embrace the expansion of our universe and grow today?

How can you flow with the unlimited abundance of the world today?

How can you open up to the world more today?

## IN-SPIRITED

"If you've ever felt inspired by a purpose or calling, you know the feeling of Spirit working through you. Inspired is our word for in-spirited."

What inspires you?

When do you feel the Spirit working thru you?

Let's feel it more. And more...

And more...

## EMPOWERING PEOPLE

"Choose to be in close proximity to people who are empowering, who appeal to your sense of connection to intention, who see the greatness in you, who feel connected to God, who live a life that gives evidence that Spirit has found celebration through them."

This sentiment is echoed throughout the wisdom of all the great teachers.

From Rumi (see Notes): *"Stay with friends who support you in these. Talk with them about sacred texts, and how you are doing, and how they are doing, and keep your practices together."*

To Susan Jeffers in her great (!) book *Feel the Fear... And Do it Anyway*: *"It is amazingly empowering to have the support of a strong, motivated, and inspirational group of people."*

So... Who inspires you the most? How much time are you spending with them?

Are you spending time with people who bring you down? Who don't recognize your potential

*"What would you do if you weren't afraid?"*

*"The mark of the immature man is that he wants to die nobly for a cause, while the mark of the mature man is that he wants to live humbly for one."*  
~ Wilhelm Stekel

and see your greatness?

What can you do to create more and more empowering relationships?

Good. Time to do it! :)

## TRUE NOBILITY

"True nobility isn't about being better than someone else. It's about being better than you used to be."

Wow. So true.

Reminds me of Faulkner's wisdom: *"Don't bother just to be better than your contemporaries or predecessors. Try to be better than yourself."*

Don't compete. Come from your soul and CREATE.

Be you. The best you imaginable.

## DELETE!

"Hit the delete button every time fear appears."

That's brilliant.

Fear? Delete.

Delete.

Delete.

Delete.

And ask yourself the question: *"What would I do if I wasn't afraid?!?"*

... How about some more wisdom on the subject:

Per Dyer: *"By banishing doubt and trusting your intuitive feelings, you clear a space for the power of intention to flow through."*

Per Shakespeare: *"Our doubts are traitors, and make us lose the good we oft might win by fearing to attempt."*

Per Ramana Maharshi: *"Doubts arise because of an absence of surrender."*

Per Emerson (see Notes): *"Always, always, always, always, always do the thing you fear and the death of fear is certain."*

## FLOAT

"The Wright brothers didn't contemplate the staying on the ground of things. Alexander Graham Bell didn't contemplate the noncommunication of things. Thomas Edison didn't contemplate the darkness of things. In order to float an idea into your reality, you must be willing to do a somersault into the unconceivable and land on your feet, contemplating what you want instead of what you don't have."

As Thomas Troward points out: *"The law of flotation was not discovered by contemplating the sinking of things, but by contemplating the floating of things which floated naturally, and then intelligently asking why they did so."*

What do you want to see "float"?!!?

Well, it's time to contemplate it floating then, eh?!?!?

Try to catch yourself when you're focused on how your idea might "sink" and bring yourself back (diligently, patiently, and persistently!) to the place of contemplating the SUCCESS of your idea. Float. Float. Float. :)

## GOOD MORNING, THIS IS GOD

"Good morning,  
This is God.  
I will be handling  
All of your  
Problems today.  
I will not need  
Your help, so have  
A miraculous day."

How great is *that*?!?

Apparently Wayne left that message framed in his children's room. Love it. :)

And I think it's the perfect note on which to wrap up this little Note.

Relax. Embrace the Power of Intention.

And have a miraculous day.

B

**Brian Johnson,**  
*Chief Philosopher*

### If you liked this Note, you'll probably like...

**Ask and It Is Given**

**Seven Spiritual Laws of  
Success**

**Man's Search for Meaning**

**You Can Heal Your Life**

**The Selected Writings of  
Ralph Waldo Emerson**

**Rumi Daylight**

## About the Author of "The Power of Intention"

DR. WAYNE W. DYER



Wayne W. Dyer, Ph.D., is an internationally renowned author and speaker in the field of self-development. He's the author of 30 books, has created many audio programs and videos, and has appeared on thousands of television and radio shows. His books *Manifest Your Destiny*, *Wisdom of the Ages*, *There's a Spiritual Solution to Every Problem*, and *The New York Times* bestsellers *10 Secrets for Success and Inner Peace*, *The Power of Intention*, *Inspiration*, and *Change Your Thoughts—Change Your Life* have all been featured as National Public Television specials. Wayne holds a doctorate in educational counseling from Wayne State University and was an associate professor at St. John's University in New York. (from Hay House) Learn more at: [DrWayneDyer.com](http://DrWayneDyer.com).

## About the Author of This Note

BRIAN JOHNSON



Brian Johnson is a lover of wisdom (aka a "Philosopher") and a passionate student of life who's committed to inspiring and empowering millions of people to live their greatest lives as he studies, embodies and shares the universal truths of optimal living. He harts his job.