

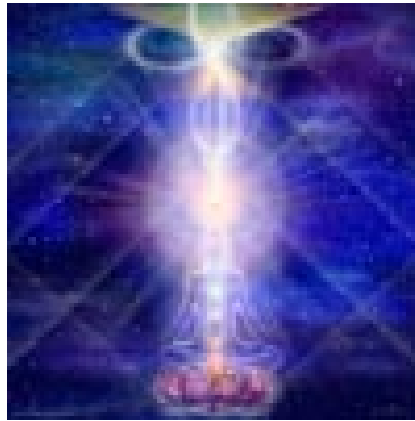




# Empowering your Spiritual Journey

Here  Now  This moment



## The Simplicity of Intention

*Inherent in every intention and desire,  
is the mechanics for its fulfillment ...*

~ Deepak Chopra

***The power is in Simplicity.*** Intention is a fancy word for concisely and clearly knowing what you want. It is intention that makes things happen. Without intention, the mind appears to wander without direction.

*Intention focuses your attention  
Your Intention is your attention focused*

Right now, intend to notice the floor...the floor... your attention automatically is drawn to the floor.

Intend to notice ceiling ...the ceiling...some aspect of your awareness automatically goes to the ceiling.

*Attention automatically follows Intention.*

Now intend red, the color **red**, *I now intend to notice red in the room.* Your attention effortlessly begins to favor red. *Allow more attention through your eyes and the color red begins to dominate.*

## *Willingness fuels effortlessness*

Now intend blue... the color *blue* ...the color blue automatically begins to show up. you can make it happen or let it happen. This demonstrates the simplicity of intention.

Additional Value:

### **Richard's Five Star Recommendations:**

Join the largest mind over matter experiment in history:

[The Intention Experiment](#)

### **One minute Intention Video:**

[http://oneminuteshift.com/videos/lynne\\_mctaggart\\_video/can\\_intention\\_change\\_the\\_world](http://oneminuteshift.com/videos/lynne_mctaggart_video/can_intention_change_the_world)

### **The Chocolate Intention 1-minute video**

[http://oneminuteshift.com/videos/dean\\_radin/intentional\\_chocolate](http://oneminuteshift.com/videos/dean_radin/intentional_chocolate)

### **Intend to become present each Tuesday**

<http://eempowerment.com/tuesdays.pdf>

### **The Power of Intention:**

<http://eempowerment.com/intention2.pdf>

### **Forward and Share with Intention to Empower Others...**

Copyright 2007 Richard Alan All Rights Reserved <http://eempowerment.com> You may make and distribute copies of this document in any media, so long as you do not charge for it, do not alter its content, and include this copyright notice.