

## **Intentions Make a Difference in Your Life and in Your Practice**

The power of the mind and thought is undoubtedly strong when we know there are areas of study that refer to it often such as sports psychology, marketing, group think, and psychology of culture. Recently there have been several self-help books that use this concept to help people seemingly get what they are looking for. Authors such as Wayne Dyer, Lynne McTaggart, Gregg Braden, Esther and Jerry Hicks and others have made a particularly strong impact on that market. These authors have brought what has been used in a variety of disciplines in the past to public awareness and daily use. It is up to the reader to sort through the material and filter out the most useful without getting mired in ego determined wishes.

I have found several of the more popular authors quite useful in providing the material to be sifted. I use intentions regularly in my personal life, in my work with individual clients and in my retreats and workshops. In fact clarifying one's intentions, working with the blocks and feeling the intention accomplished so as to move one to action have been the content and focus of several courses and retreats that I have offered. I am grateful to those who have written on the subject.

Braden best describes that intentions are basically your thoughts fueled with emotions. Conscious thought represents a very small portion of the thought behind your day. Your life is more apt to be affected by your subconscious thought. And that is why you have inner work to do to. We all have inner work to do. It is called self-awareness. Working with intentions is not easy or simple.

I would like to invite you to consider using intentions in your daily life, in the development of your healing practice and in your actual practice with a client in a session.

### **In daily life:**

There are many days that you would not consciously set intentions. Usually this is when things are going relatively well and so the need for intentions has not grabbed your attention. While it is not necessary to write daily intentions, my personal experience is that intentions work in a preventive and growth way as well as in a rebalancing and realigning way.

Your daily actions are guided by your thoughts-feelings. Without consciousness, your responses are often reactions to events. Notice the automatic thought in any given moment in response to the events of an ordinary day. Just noticing will heighten your awareness of what is really behind what happens.

Your subconscious thoughts are not necessarily formed in words. In fact, they may be better described as pictures, beliefs, perspectives that you hold – often without even realizing it. You are fully aware of some of the beliefs you know you hold because you can verbalize them. These represent only a small portion of the beliefs that actually

underlie your actions. Most are subconscious. Most were formed before you reached the age of 7.

There are times when you may feel confused, when a situation is perplexing you or when you simply feel lost or directionless. At these times you may find it particularly useful to regain your sense of balance with intentions. Consider using intentions in conjunction with applying healing strategies to yourself in your self care program.

Early in the day, sit in a quiet place with a journal and a pen. In a quiet way, allow the pen to express how you want to be that day. The following is an example of what you might write:

Today I am walking tall and with confidence. I am making wise choices for myself related to eating, exercising, and money. Today I am communicating clearly and with love and compassion with my family. Today I am remaining centered in conversations with \_\_\_\_\_. Today I am working well, giving it my best in an efficient and effective way. Today my intentions are for the highest good of all.

Of course you can also periodically write larger intentions that take you beyond today but there are times when it is too overwhelming to intend anything beyond today.

On days that begin with an unsettled feeling, just notice it at first. See it as an opportunity. Identify the uneasiness. The feeling is likely a picture of something going wrong – not the way you want it, not a feeling of joy and ease. Perhaps it is a difficult conversation with someone at work or at home. Perhaps an important project is not happening as you wish. STOP yourself before you get far along in that visualization. You have begun to picture what you don't want to happen. If you continue, the energy you put out there will be an expectation that it will not go well. You will feel it and begin acting in a way that will only feed the picture you don't want.

Give your attention to what it is that you want to happen instead. Picture it and feel it in your heart. Feel the shift in your energy. Notice how the new picture has lifted your spirits. Notice how your energy with the people involved has changed. It will make a difference.

### **Developing Your Healing Practice:**

If you have set up a private Healing Practice, you can focus your intentions on how you want that to be.

If you catch yourself picturing your practice in a minimal way, mediocre or unsuccessful, you have started to paint a very clear picture of exactly what you don't want. STOP. Start picturing what you do want to happen. Picture it and describe it. Feel the excitement in your heart as you watch it unfold.

I find it helpful to write intentions about my practice in specific ways. I have learned that it is better to focus your intentions on the service you are providing to others rather than on the people coming to you.

- My clients are feeling the positive effects of the healing sessions I offer and expressing it to me and others.
- The positive effects of the healing people experience is inspiring others to make appointments with me.
- The clients I see are open to healing and allowing the energy flow to be helpful to them.
- The clients I see willingly and joyfully pay for the treatments.
- My work is more effective each day
- I have \_\_\_\_ paying clients receiving the benefits of healing each week.

Sometimes we learn what we want because we have found out what we don't want. With your intentions, make the leap to describing what replaces what you don't want. Rather than saying "I do not have any clients who are not willing to pay." You would say. "All clients find the treatments are worth the fee I charge."

Your daily awareness is connected to noticing some limiting beliefs that you may need to examine and change in order to move forward more quickly. Journal, find a healer-counselor or coach and release or modify those beliefs so that you can feel the success of your practice without worries or encumbrances.

#### **With individual clients:**

The Specialization Program in the Canadian Holistic Nurses Association guides us to come to an intention that is mutually agreed upon with our clients. RNs may wish to view the web site [www.chna.ca](http://www.chna.ca) to review the Standards of Practice for Holistic Nurses. The following statements come from those standards:

A holistic nurse, using the health patterning practice method, will:

1. prior to the client nurse mutual process, prepare self by grounding and centering.  
and **make a specific intent to assist the client with their knowing participation in change.**
2. initiate the PMKP that may include acquiring information and knowledge related to the client's perceived life patterning difficulty and health events; lifestyle parameters of health such as nutrition, work, leisure; sleep / wake cycles; interpersonal networks; daily schedule and established routines; choices made and how patterns evolved; recurring health issues; space-time shifts; health care

access and use; experience with health care providers; and changes desired or expected.

3. use a pendulum and hand scan to apprehend the human-environment essence field and other health assessment tools or techniques to identify emerging patterns and their manifestations. Discusses the findings / manifestations with the client to facilitate further awareness and / or meaningful connections.

4. validate the pattern information, emerging patterns and their manifestations with the client.

5. initiate the Voluntary Mutual Patterning Process (VMPP) to **involve the client in knowing participation in change by setting mutually determined client intentions and health outcomes**, exploring non-invasive modalities and strategies that reflect the nature of change desired by the client and that are appropriate for healthful patterning change.

6. initiate an evaluation process that: documents health patterning changes related to each client intention, facilitates the making of informed decisions about the effectiveness of a modality, strategy, lifestyle change or other behavior or event in creating change.

Further on in the document you will read the Standards Statements. Below is the 3<sup>rd</sup> standard. While several of the indicators relate indirectly to intentions, item 3.5 is very specific.

### **3. Health Patterning Practice Method**

**The holistic nurse consistently provides person-environment care that facilitates the client's knowing participation in change and movement toward desired health patterns and well being.**

#### **Indicators**

**3.5 The holistic nurse validates and facilitates desired client intentions and outcomes.**

What we see here is the importance of including the client in the intentions for the treatment and forming an intention together. It is not unusual for the person practicing healing to have to guide the client with the intention but the client focuses on that intention with you. Sometimes, your intuition may tell you the intention you have set is

sufficiently clear or strong. Work with the client to find the right way to word the intention.

For example, an intention to be pain free may feel too big at the beginning. Changing it to an intention to feel calm in the presence of pain or to be able to manage the pain with comfort and ease may be more effective because you both can feel that. Just a slight modification of the words and it may feel far more possible. You may find that the intuitive nature of finding the best intention has a healing effect that complements the effectiveness of the healing strategy you use well.

In summary, I have offered some suggestions regarding the use of intentions in your daily life, in the development of your practice and in the actual healing treatment. In your attention to intentions, you will develop an effective style of working with them. Because of my use of intentions in a variety of ways, I can highly recommend their use. Please feel free to contact me by email if you have any questions.

[marieknapp@rogers.com](mailto:marieknapp@rogers.com)

Marie Knapp RN EdD

**References:**

Braden, Gregg. *The Spontaneous Healing of Belief*. Carlsbad, California: Hay house Inc. 2008.

Dyer, Wayne. *The Power of Intention*. Carlsbad, California: Hay House Inc, 2004.

McTaggart, Lynn. *The Intention Experiment*. New York: free Press. 2007.