

# Create your life with intention

By Jim Phillips 2009

The way we view life, our perspective, determines how we respond to life. And how we respond to life determines how we experience life.

What if there was a way to change your experience of life? To see life not as it appears, but as the potential it promises. What if you could fully manifest the power that flows through you and within you? How might your life be different if you knew you were living in alignment with your soul's mission?

All we want to be and experience manifests when the conditions for what we desire are met. Understanding and meeting those conditions begins by answering four simple, yet revealing questions. In answering these questions and applying the wisdom within the answers we open the way for richer, fuller, more rewarding life experiences.

As you answer each of the questions below, even though they only require a yes or no, consider why you answered the way you did. Think about your response and why you feel the way you do.

The four questions are:

Do I believe I can change my life experience(s)?

Do I have the desire to create a different life experience(s)?

Do I have the willingness to do what is necessary to create a different life experience(s)?

Do I know what life experience(s) I want to create?

## **Belief/Faith/Conviction**

Believe and accept that we do create our life experiences and always have. We begin with this thought because it is only what we create that we have the power to change. This is a challenging concept for most to accept because we have experiences that are or were uncomfortable, even painful, that we would never think or admit we created. And yet, if we look with truth at what we were thinking and more importantly what we were feeling

leading up to the event we gain insight on how we did in fact create the experience.

Once we understand and accept responsibility for our life experiences we are ready for the next step in the process, faith. Faith that the change we desire can and will take place regardless of evidence to the contrary. We do not have to accept who we think we are, where we are or what we are doing. We are not stuck in a programmed life with no input or impact on what happens to or around us. In fact, just the opposite is true. We are actors in humanity's play where we simultaneously are the writer and director. This means that at any moment we do not like what is playing out in our life we can write and act out a new script based on our innermost wants and desires.

The ability to create these new life experiences comes through the endowment of imagination, a gift we have been given to formulate in our minds anything we desire. All creation begins in thought and it is imagination that provides the freedom to create a virtual reality of what it is we want to experience. It is when our real life experiences begin reflecting what we imagined (desire) that our thoughts and beliefs change and become empowering. And it is from these empowering thoughts and beliefs that we gain our new perspective. This is when faith comes into play. It is after we have created this virtual reality that with faith it will manifest. In fact, the word faith contains within its letters instructions of what we are to do.

### **Fully Allow It To Happen.**

In other words, get out of the way and let the forces behind creation, the things we are discussing in this article, take effect.

When we change how we see things from the way they appear to the potential of what can be, we open the way for a different experience. It begins by acknowledging and accepting the power we have to effect change. This power lies in our ability to choose. We are presented the opportunity to make a choice in every situation whether we are conscious of it or not. We either make intentional (conscious) choices based on what we want to create or experience or we make reactive choices based on past experiences and memory. Our past experiences and memory do not tell us who or where we are, they tell us who and where we have been. It is our history to this moment, nothing more, nothing less. And it is only in this moment, now, that we can make new choices that create new experiences that become our history as we continue our journey.

Knowing we have this power means accepting responsibility for our choices. As we accept responsibility for our choices we also accept responsibility for our experiences. When we believe in our personal power to create change and have faith that what we desire to experience will come to be we clear the way for creating continuous, conscious change.

## **Desire**

Conscious change does not take place without a desire for change. Believing we can create change is one thing, but having a strong desire for change is the catalyst. Desire is that stirring within us that compels us to take action. It is the energy that builds up that overpowers and replaces complacency. Desire is the motivator that moves us through and beyond stagnation. Desire creates intention that provides the focus needed to bring about change.

It is when desire for change is strong enough that feelings and emotions emerge that serve as the force behind desire. We begin to change how we see and think about things. In fact, we might now see things that were always there but held no importance for we had no need for them. People, information and events that are supportive of what we want to create or experience begin to enter our awareness. We become more receptive to our surroundings and the opportunities they present. We open ourselves to potential whereas before we saw limitation. Desire facilitates the alignment process during which the Universe conspires to deliver that for which we have asked.

## **Willingness**

Desire for change brings about the opportunity for change however it is our willingness to change that fully opens the gate. Unless we have a willingness to do what is necessary for change it remains unfulfilled potential.

Willingness comes from our depth of passion for life and what we want to experience. It is embracing our potential, dropping limiting beliefs and thoughts and going after all life has to offer. Willingness as used here has no reluctance. We joyfully do what is necessary to bring about our desired experience or change. Some might say that the sacrifice involved is too great a price to pay and yet when our passion is deep enough there is no

sacrifice. We place far greater value on that which we want to experience than the perceived sacrifice necessary to bring it about.

Willingness is being available and receptive to change. It requires us to be vulnerable. It is being open to new ideas, new information and in most instances a new way of thinking and seeing. It is accepting that what we see as truth now might not be. Willingness is letting go of what has not and does not serve us in our desire for more rewarding and richer life experiences to that which does. It requires living from imagination (potential) not memory.

**“Whatever you can do or dream you can, begin it.  
Boldness has genius, power and magic in it.”  
Goethe**

## **Clarity**

And lastly, to create our life with intention we need to know what it is we want to experience or be. There must be clarity and a deep sense of what we truly desire. How do we gain this clarity? How do we really know what it is we want to be, to do and experience? How do we get beyond the societal and self imposed limitations to our true desire, our soul’s purpose?

It begins with understanding and connecting with who we truly are. Not who we think we are or who others say we are. Not the roles or titles we assume in everyday life. It is connecting with our true nature and essence for which we have an innate knowing but perhaps haven’t expressed. The expression of our true self is done through the process of fulfilling our soul’s purpose or mission.

**“When our thoughts, words and deeds are in alignment with our soul’s purpose our lives are fuller, richer and more rewarding”**

The questions we might ask ourselves are, “What is my soul’s purpose? How do I make the connection that allows me first to understand and then express that purpose? How do I uncover my soul’s purpose?”

Let me begin by explaining the difference between soul’s purpose and soul’s desire. Our soul’s purpose is our underlying life mission. It is what we have been given the opportunity to learn, express and fulfill during this

lifetime. Our soul's desires are experiences our soul wants us to have at different stages in our life that are congruent with and lead to the fulfillment of our soul's purpose. It is also important to note that for most of us our soul's purpose is not some major event or act that will play out on a grand scale on the world's stage like that of a Ghandi or a Dr. Martin Luther King. However our impact is just as significant as if it were.

So once again, "How do we uncover our soul's purpose?" It begins with accepting that we all have a purpose beyond what we perceive as our everyday life and yet it is through our everyday lives that our soul's purpose is expressed. We are given clues or inklings towards our purpose throughout the course of our lives. If we reflect on our life experiences to this moment we might notice a pattern of being presented opportunities to do something that initially created a deep stirring within. In some these early signs created an immediate curiosity and a passion that led to expressing their purpose, as an example through art or music. Others are/were unaware or completely ignored these first signs. The soul however is persistent in what it wants to experience so continues to provide signs and evidence of our purpose throughout life. As you reflect what readily comes to mind that brings you the greatest sense of joy and fulfillment? What are you good at and like to do that when engaged in you lose all sense of time and self? Answering these questions should give you insight on your soul's purpose.

Looking within through meditation or sitting still and quiet will help you connect with your soul's purpose. Listen to your heart. As you meditate ask to be shown what your soul wants you to experience and how it can be done. The key here is to allow the answer to come forth naturally without forcing it. And understand it might not be presented during the meditation but will be given as you go through your daily activities. Become more aware of all that happens around you and trust that the answer will be given and it will.

Even with reflection or meditation some are still unable to grasp their soul's purpose. This can be due to stress, frustration or just inexperience in quieting oneself enough to get clear. Working with an experienced and proven spiritual counselor/teacher can help identify and alleviate blocks that are preventing clarity. As we all know, "when the student is ready the teacher will appear." Be aware of who has or will show up in your life that can support you on your soul's journey.

## **Action steps**

This information in this article is almost meaningless if not implemented and maintained. There are many steps you can take to actively engage the creation process with intention. Many you will discover as you walk your path; we hope the ones below help you find direction.

1. Get clear on what you want to create
2. Monitor your thoughts.
3. Choose and accept only those thoughts that support what you are creating. As you choose and accept supportive thoughts, others will follow.
4. If you have conflicting thoughts, which you will, let them go with no attachment. Reverse the message of the conflicting thought to its positive opposite.
5. Meditate daily.
6. Have "funnel vision". Be focused on what you are creating, however don't have tunnel vision where all else is blocked out. Look at it like a funnel where other supportive or beneficial information is allowed in.
7. Take whatever physical steps you can take in the creation process. Do them quickly and decisively. Demonstrate you are serious about creating whatever it is you are creating.
8. Maintain and/or build your Faith. Stay the course.

## **In closing**

Creating your life with intention will result in more rewarding, fulfilling and richer life experiences. Following the suggestions presented in this article will open you to receiving the guidance that is specific to your soul's purpose and desires. Creating your life with intention puts you at the helm as you navigate through the labyrinth of life. By understanding and accepting your soul's purpose you will learn to respond to inner guidance in all situations and not react to external influences. You will be inspired to recognize and honor the co-creator you are.

The information contained in this article is part of a workshop series entitled, “The Path of Enrichment™.” To learn more about the workshops, upcoming dates and events please visit [www.pathofenrichment.com](http://www.pathofenrichment.com).

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