

Intentional Life Power for Envisioning Your Intention

By Mari G. Craig, LCSW-C, CPC

A single grateful thought toward heaven is the most complete prayer.

--Gotthold Lessing

When using Intentional Life Power for envisioning your intention you are able to mentally image yourself carrying out the necessary steps in great detail. You enhance this process with gusto and satisfaction while totally immersing yourself in the world of your senses.

Envisioning or mental imagery may be used in different ways for different purposes:

- *For Success* – By seeing yourself successfully accomplishing your intention at peak performance.
- *For Motivation* – By recalling times when you carried out similar intentions successfully.
- *For Upgrading Skills and Abilities* – Refining specific skills e.g., speech giving, performing on stage, etc.
- *For Familiarizing* – To increase comfortable level in planning or strategizing your intention in advance of an event or meeting.
- *For Refocusing* – To maintain focus while carrying out your intention.

There is almost nothing that the mind can imagine that it cannot accomplish. My own personal experience has shown this to be true. Last year, my son Jason invited me to visit him in Juneau, Alaska. I had turned down his invitations for three years running since I had envisioned a cold, hostile climate with people bundled up to their eyeballs. This year I had eagerly accepted his invitation. This time it was different for me, but why was that? For the first time, I had begun to envision myself in Juneau hiking down sylvan trails and being adventurous as my son piloted his plane over beautiful mountains to distant quaint villages. The amazing part is that what I had envisioned became a reality. I actually had the pleasure of hiking down many enchanting sylvan trails. I did in fact feel adventurous as Jason piloted his plane, taking us over beautiful mountains and glaciers to quaint villages. What had changed was my willingness to envision positive images of vacationing in Alaska and to consistently maintain those images. That made it possible to have what I now consider to be the most memorable and adventurous journey of my life.

The next step in the Intentional Life Power process is to clearly envision your intention in your mind on a daily basis. Consider for a few minutes daily that your actualized intention has become a reality. Wherever you are, close your eyes and take a minute or two to run a film clip of your actualized intention in your mind. Breathe life into it with the help of all of your senses—what you hear, see, feel, touch, and smell. Place yourself in that scene with all the gusto of your imagination. Going back to the analogy of the car that was mentioned earlier, begin to envision yourself on that journey to L.A. What kind of car are you driving? Who is with you? Are you on back roads or the highway? When you arrive who is there to greet you? What are your plans? By envisioning you internalize your intention and create a blueprint for actualizing your goal.

Being a writer, I had developed the intention to complete my book draft within two months. I then developed personal power statements that resonated with me and which formed an action plan for me to follow.

I deserve to create new and exciting ideas in my book.
I intend to finish the draft of my book within two months.
I follow through by writing four hours a day, discussing my ideas with others, and managing my time and energy wisely.

At that point, I felt I was connecting to my own creativity. I used that energy to fuel my visualizations morning and evening during my sleep-wake cycles. I could see myself sitting down at my computer writing and editing my book draft. I could see the completed book with its colorful cover illustration and smell the pages as they came freshly off the press. I embellished my visualizations with the joy and gusto of having accomplished my intention.

I think of my client Don who wanted to actualize his intention of having a nurturing personal life for himself. He loved to garden and do woodworking, but seldom did those things due to lack of time. When he came to the sixth step and started envisioning his intention, Don had difficulty so I helped him through the imagery process with deep breathing. He could then experience with all of his senses the personal value and connection he had to the things that he loved. This made it possible for Don to actualize what was clearly imprinted in his mind at a very deep level.

Give it a try: Your intention is to take a relaxing trip from D.C. to L.A. You now close your eyes and relax with a few deep breaths. You begin to envision yourself sitting comfortably in your red convertible headed from D.C. to L.A. You are driving down highways punctuated by occasional winding back roads. When you arrive in L.A., you plan to spend the day touring the city. You find a little out-of-the-way bistro where you have a glass of white wine. The rest of the week you are totally relaxed and enjoy touring small towns and wine vineyards in the Monterey area.

Jack Nicklaus, champion golfer, practices imagery to improve and maintain his golf game: “I never hit a shot even in practice without having a sharp in-focus; picture of it in my head like a color movie.

First, I “see” the ball where I want it to finish, nice and white and sitting upon bright green grass. Then the scene quickly changes, and I see the ball going quickly there: its size and shape, even its behavior on landing.”

How might you begin envisioning the intention you’ve defined? It’s easy and fun to allow yourself the freedom of your imagination. Express your creativity with carefree abandon and delight in the mystery of your inner world. Meditation can greatly enhance your capacity to envision. By quieting your mind with deep breathing you can naturally move into meditation and find a connection to your creative Source.

***What you Envision
Internalizes your Intention &
Creates a Blueprint for Actualizing your Goal.***

Practice Exercises

- Practice envisioning your intention for a few minutes daily during your sleep-wake times.
- Stay in touch with your inner world and listen to what it is trying to tell you. Name your thoughts and emotions as they occur.
- Express creativity in your life through your work, play and avocation.
- Increase your awareness by deep breathing or meditating daily while focusing on your breath or a key word or phrase.

Mari Craig, LCSW-C, CPC has been in private practice in the Washington, D.C. area for over twenty years as a Psychotherapist and Professional Coach. You are invited to visit her website www.maricraig.com. She is the author of a new book “Awaken the Power Within You By Getting Out of Your Own Way” available on www.amazon.com.