

Living with Intention

Start each day with an intention to love. In all that you say and do, be mindful of intent. Dedicate your every act to arise from an intention to love. Ground yourself in a powerful wish that what you do and say will benefit everyone as much as possible (yourself and others).

Make an intention to put others first. But, also set an intention to take very good care of yourself so that you might be healthy and vital. This will empower your life agenda of loving others, savoring life, and nurturing all of life. Pain and fear can cloud our capacity to love, so set an intention to honor and meet your basic ego needs for health and vitality. Set an intention each day to be your own ideal parent. Here are a few intentions. See if you can make up a few for yourself!

- Today I will attend to this eternal moment throughout the day with humble appreciation.
- I devote this day to loving myself and others in all that I say and do.
- I dedicate my life to be a channel of love.
- I will live this precious day to the fullest.
- May I do everything this day wholeheartedly.
- Today I will be my own ideal parent.
- Today I will do what is difficult and perhaps painful to realize a greater good.
- Today I will ask for what I want but let go of expectations.
- Today I will say “Yes” to help and say “No” to what harms or hinders.
- Today I will be kind to myself and others.

Set an intention each day to open your heart to ask for and receive love and support. Remind yourself each day that the divine life process manifests in you. You are part of the universe. You are an awe-mazing creation. See that these facts simply hold true no matter your judgments of yourself, the negative messages you have received in the past, or the current judgments of others. Let this realization liberate you to give and receive love.

There is no demarcation ultimately between these practices and our daily lives. Get up and live these intentions moment to moment.

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