

THE POWER OF FOCUS & INTENTION

How to get what you want
with one single thought



“
Every thought we
think is creating
our future. ”

Louise Hay



focus & intention

How to Program Your Space to Co-create Your Most Marvellous Life

Most people wake up each morning, and the first thing they do is check their social media, email and messages. They brush their teeth with the same hand and they drive to work the same way. They are programmed to do the same things over and over - they have surrendered their free will to the program.

It really is as simple as that: you either program your space or you become a part of someone else's program. Reality is a feedback system. Your life is literally a reflection of your thoughts at any one time. According to Professor of Medicine at Stanford University, Dr Bruce Lipton, epigenetics has shown that our genes are controlled and manipulated by how our minds perceive and interpret our environment. It was formerly believed by science that it was our genes, themselves, that dictated our traits - that our genes formed who and how we are.

The new findings are great news because it means that we have the power to change many things about ourselves (including our health) by changing our environment and how we interpret the events and situations which happen to us.



“ If you realised just how powerful your thoughts are, you would never think a negative thought ”

Anonymous



in two minds

“The happiness of your life depends upon the quality of your thoughts.” Marcus Aurelius

There are two separate minds that create the body’s ‘controlling voice’. There is a conscious mind that can think freely and create new out-of-the-box ideas. And there is the subconscious mind, which is basically a supercomputer loaded with a database of programmed thoughts and behaviours, most of which we acquired before the age of six.

The subconscious mind cannot move outside of fixed programs, it automatically reacts to situations with previously stored responses. It operates without the knowledge or control of the conscious mind.

This is why we are generally unaware of our thoughts and behaviour, in fact most of the time we are not even aware that we are thinking or acting unconsciously.

Studies from as far back as the seventies show that our brains begin to prepare for action just over a third of a second before we consciously decide to act. In other words, even when we ‘think’ we are conscious, it is our unconscious mind which is actually making our decisions for us.

And it seems the unconscious mind is running us on its auto-pilot, 95% of the time!

Neuroscientists have shown that the conscious mind provides 5% or less of our cognitive (conscious) activity during the day – and 5% they say is for the more aware people, with most people operating at just 1% consciousness.

At any one time, our life reflects our unconscious programming. It is the job of the subconscious to create reality out of its program - to prove the program is true. So, if you have negative programming in your unconscious, Dr Lipton says 95% of the time you will recreate those negative experiences in your life.

And most of the programs our unconscious mind runs are based in negativity, such as: fear of what other people think about us, fear of not being loved, fear of not being accepted etc.

This is further exacerbated by the repetitive fear-based negativity programmed through mass media.



Programming the Space

Imagination is one of your greatest resources and using it to visualise what you want in life is a true victory in awareness.

What if, when you woke up in the morning, you programmed the space?

What if you made it your intention each day to stay very clear, to stay centred, and always to bring yourself into the moment.

You would, in fact, begin living life on your own terms instead of another day in the program.

It's an absolute game-changer when you wake up each morning and say to yourself, "What do I want?" and listen. You may hear back. 'I want to get that job promotion. I want my body to regenerate itself. I want to be a better mother, father, sister, brother.

I am willing to give up struggle so that I can be a living example of what humanity can be.'

And if you don't know what you want when you first start out, you might simply say, 'it's going to be a great day - yay!'

It is this line of thinking, this commanding from your being and calling out what you want with clarity, that brings you everything in acceleration.

"What thoughts do I want to fire and wire in my brain?"

Dr Joe Depenza

Most people don't have trouble with focusing. They have trouble with deciding. The brain is capable of focusing once we get the distractions out of the way. Have you ever had a task that you absolutely had to get done?

What happened? You got it done because the deadline made the decision for you. Maybe you procrastinated beforehand, but once things became urgent and you were forced to make a decision, you took action.

When you set your intentions for the day, it aligns your heart and mind and creates a meaningful purpose to fill your day. Choosing an intention each morning will help you stay focused and centred, even if there is chaos around you.

Setting an intention is like drawing a map of where you wish to go—it becomes the driving force behind your goals and visions. Without an intention, there is no map, and you're just driving down a road with no destination in mind, and worse - the unconscious mind is behind the wheel!



Pure Element 5
THE MOST SIGNIFICANT PATH TO YOUR MOST BELIEVED FUTURE

So... how do
we get out of
this
endless cycle
of old
programs and
start to be
more in the
conscious
mind?





5 Tips to Master The Art of Setting Powerful Intentions

Tip #1: Make them Clear and Narrow it Down - What one thing?
Be clear on what you want so don't you send out conflicting intents.
Start with one thing.

Tip #2: Connect Emotionally
Connect with how it feels with already "owning" your desired intent.

Tip #3 Surrender
Surrender the "how".
Trust that what you asked for is being worked on.

Tip #4: Gratitude Now
Be in the state of gratitude when making the intent.
Acknowledge your current blessings. And acknowledge with thanks for what-is-to-come.

Tip #5: Work through Your Resistances
If you notice resistance, work with it first and then go back to set the intent so you don't end up manifesting the tail enders or find yourself in self-sabotage.

“A good intention
clothes itself
with sudden
power.”

Ralph Waldo Emerson

The Right Vibe

When you begin to understand that we are vibrational first and foremost, the game changes. The real power comes when we pay attention to something other than what we're seeing, hearing, smelling, tasting and touching. You are always emitting a vibrational signal and the universe/source field around you is a feedback loop.

As within, so without.

This means we must assume responsibility for what is being reflected back to us. When you realise that you have creative control of your experience, because you have vibrational control of your experience, because you have focused control of your experience, because you have the ability to focus your intention, you start to see life as a magnificent palette to play in.

So, what is it that you would like to co-create with source field? You do need to be clear on what it is that you want. It sounds so easy! The problem is that, when the analytical mind becomes over driven by stress hormones, we start thinking 'I want this but then I need it on this condition, so it can't affect this person and I don't want to lose that, and if this occurs then that's not going to work for this'. This is not intention setting - this is trying to control everything in your life. You cannot receive love from a place of fear. Source field doesn't work that way. Like attracts like.



The key is to align your frequency. In other words, when you want more money because you clearly do not have enough. When you feel frightened or bound or in trouble financially or simply just not satisfied. When you feel that way you emit that frequency. What must come first is your own vibrational countenance. The source field around you simply matches what you feel like. So, if you want more money and you feel like you don't have enough money you can ask all day, all day, all day every day - you can write long lists of it. However, if in your belly, if in your being you are feeling the fear or the absence of money, then you have a vibration going which is different from the answer that you seek. You want more money but your vibration says I don't have enough and the source field answers you with what you're feeling.

What if you used your imagination to picture yourself as already receiving what you asked for? Now picture the next thing that happens you. Start to live that dream. The moment you engage your imagination, the dream turns into a living motion picture. Now you're in that imaginary place - living the dream. At the very moment it starts taking on form, experience and all the things you're going to do, you're actually living in that future. The thing about your brain is that it does not know the difference between an actual event that takes place in your life and what it is that you're imagining in your mind. You are literally rewiring yourself to the future.

Most people stop at this point... but they're only halfway there. The secret sauce that aligns your vibration and makes the intention have life is emotion. Your body is your unconscious mind. It doesn't know the difference between an experience in your life that creates an emotion and an emotion that you're fabricating by thought alone. This means that your body (now as the unconscious mind) is living in that future, in the present moment. You are beginning to epigenetically change your cells in preparation for that event. So, here's the caveat: this means you cannot wait for your healing to feel wholeness you have to feel wholeness for your healing to occur. It means you can't wait for your new relationship to feel loved, you have to feel loved so your relationship finds you. It means you can't wait to be in your new job to feel empowered, you have to be empowered by the thought of your new job.



yes you can

You raise your vibration when you find ways to focus yourself into feeling good without needing all of the evidence to be there first. If you don't try so hard and simply accept that feeling good is your natural state, co-creating with focus and intention becomes second nature.

When you wake up in the morning, before you start thinking about the things you have to do, that you don't want to do. Before you start remembering the injustices of yesterday, or 10 years ago. Before you remember that you're going to that place today, to work that you really don't want to do. Before your kids get up. Before any of those things happen that challenge your sense of well-being... practice gratitude. Yes - really.

Because like attracts like, when you express gratitude, you are blessed with more gratitude. Be grateful and attract the things that make you feel grateful. Have you ever taken the time to notice exactly how your body feels during a moment of gratitude? The sensation is sheer joy. It's peace, it's contentment, it's fulfilment.

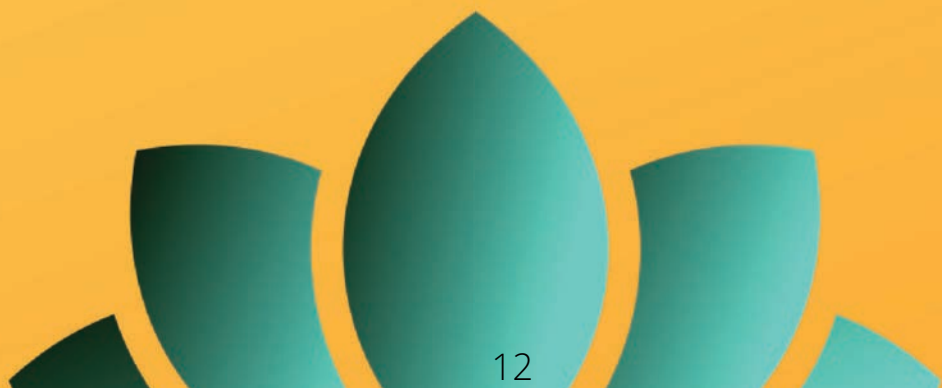
The one thing that elevates the frequency of gratitude to its peak can be boiled down to a single word...Now! Gratitude is a present tense emotion. It's something that only arises after receiving or thinking about what you have now. Sure, you may be grateful for a past or future event...But the inner sensation ultimately comes from that event's present impact. Now is the key.

So what are you really emitting to the Source Field when you express gratitude?

Abundance now!

Success now!

Joy now!





your brain on gratitude

When we begin to install our own neurological software into our brain, and give it the right set of instructions, we find it easier and easier to think and act in that way. Can you teach your body, emotionally, what your future's going to feel like before it's made manifest? Now there's the kicker!

Practice that for a few days and begin noticing all the synchronicities. Take a moment at the end of your day, before you lay down, and give thanks for your life. Feel gratitude and really teach your body what the emotional signature of gratitude feels like when you are receiving.

Gratitude is the ultimate context in which to receive, which means the more you are in that state, the more you will only accept, believe and surrender to the thoughts equal to that emotional state.

Research shows that there are about 1200 different chemical reactions that begin to restore and repair a body in a state of gratitude, so there really is something in 'giving thanks'. Feel it with all your heart! It's just a practice. And the more you do it the better you get at it!

“When you set an intention, when you commit, the entire universe conspires to make it happen”.

Sandy Forster



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