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How can I work with the energy of intention to achieve my goals?

Using the power of intention is the key to making things happen. It gives you a tremendous tool for changing your life and making it better, and for seeing other people clearly, as well. When your intention and actions are one-pointed, you will achieve what you want in the highest form.

An intention is a clear idea of what you want to do or create. It is held quietly at the center of your being. An intention has a tremendous power even if it is never spoken out loud. It is a very different force than personal will.

Your intention sets the energy for what will unfold. For example, I have one person who sometimes calls to ask for a healing. "Can you let me know what's the cause of 'x'," she'll say. And I'll say, "Don't you just want me to heal 'x' and the underlying issues?" Every time, she's thrilled with the more global intent.

In another case, a woman with cancer asked me for help in managing her cancer. "Why don't we also hold an intention for radiant health?" It was a new concept for her, and opened her parameters for how she could move forward in her life.

You already have set many intentions. These intentions have led you to where you are today. What were some of these intentions? Becoming clear about your intention is very important.

We admire people who have one-pointed intention because they accomplish what they intend to do. It could be an intention to serve others, like the late Mother Teresa. When intention and action are unified in someone's life, there's usually a lot of forward momentum for that person.

You don't have to be Mother Teresa to be one-pointed. Think of a time when you really focused. You set your intent on a goal and you didn't stop until you achieved it. It didn't matter how many obstacles you encountered. You kept on going. That's the power of a strong intention.

Often when we have an intention, we also have vectors--unconscious fears, beliefs or desires--that may not be in alignment. These can be cleared as we move through obstacles in our lives.

Even the simplest action carries your intention. Good or bad, the intention behind an action will never be lost on people.

I once walked into a busy deli in Manhattan. The man ringing up people's purchases was frazzled. The customers ahead of me were somewhat impatient and not very nice. When my turn came, I noticed that all the sugars on the counter were out of order. I wanted to do something to bring more order and peace into the cashier's life. With that intent, I straightened out the sugar packets. This man was so grateful. It wasn't really because I put the sugar packets in order. It was because he could feel that I cared.

In this universe, each individual intention and action counts. Each time you act on your intention, you grow stronger and more coherent. When you create this alignment, you could say that all of your energies are lining up. Everything is going in one direction.

Setting an intent is easy. You do it all the time, without really noticing you're doing it. But when you set your intent consciously, the results will be magnified. Take a look at the Guided Meditation in the column to the left for practical steps for setting an intention.