
LIVING LIFE INTENTIONALLY

In a typical psychotherapeutic setting, therapists work collaboratively with clients to develop a treatment plan. They identify presenting problems and come up with treatment goals so they can agree on a therapeutic contract. As discussed in chapter 2, there are myriad therapy models from which the therapist chooses a specific orientation (e.g., cognitive-behavioral) to accomplish the chosen treatment goals.

In Dynamic Energetic Healing[®], my departure point is framed much differently. After a comprehensive review and discussion of the client's personal history, I listen intently to what brought this person to see me. Clients tell me their problems, of course, and I then ask them to list their therapeutic goals. After further discussion, I ask them to prioritize what feels most important to address first. When they have done this, I ask them the following questions through manual muscle testing: "From your soul, is this indeed your highest priority goal *at this time*?" and "Is it in your 'highest good' to pursue this goal *at this time*?" When the client's muscle testing answers affirmatively, we proceed on the chosen goal. When the client's muscle testing indicates no, together we test to determine if any of their other therapeutic goals meet the criteria of these two questions. Sometimes their soul chooses a goal they have already identified as a starting point. In other cases, however, the client's starting therapeutic goal is something completely different from what the client initially listed consciously. In either case, we discuss their "chosen" starting point to ensure that the client is in accord with the entire therapeutic process

as it is being organized within the Dynamic Energetic Healing® model. There is one caveat to this: When a client is in a crisis, we move into a triage orientation and attend to their immediate need in order to stabilize affect and create emotional homeostasis.

Because Dynamic Energetic Healing® is a psychospiritual methodology, it is appropriate to start the therapeutic process by deferring to the guidance of the client's soul. The soul wisdom of the client holds much more than simply the rational intellect confined by the ego identity. The soul is the repository of all the knowledge and experiences throughout its history. The soul's knowledge includes all of our many lifetimes' experiences, referred to as our karmic history.

At this juncture, I want to make a distinction between a therapeutic goal and an intention as our starting point.

It is fairly common to define *intention* as a strong purpose accompanied by a sharply focused determination to produce a specific result. We understand intention as a consequence of the application of our mind or will fixed on some goal that lets nothing stand in the way of achieving the outcome. While this fierce determination is certainly an admirable trait, it is important to define how intention is recruited and used in the Dynamic Energetic Healing® model. One of the best definitions of the spiritual and energetic underpinnings of intention is from Carlos Castaneda's teacher, Don Juan. He describes intention this way:

In the universe there is an unmeasurable, indescribable force which sorcerers call *intent*, and that absolutely everything that exists in the entire cosmos is attached to *intent* by a connecting link. They were especially concerned with cleaning it of the numbing effects brought about by the ordinary concerns of their everyday lives. Sorcery at this level could be defined as the procedure of cleaning one's connecting link to *intent*. (Castaneda 1987, 12)

When Don Juan refers to the importance of cleaning our connecting link to intent and the numbing effects of the ordinary concerns of everyday life, he is talking about all our thoughts and actions that reinforce our sense of separateness. Being possessed by the tyrannizing and relentlessly intrusive chatter of an internal critic figure certainly keeps us numb and insulated from conscious awareness of our connection to Source. Dynamic Energetic Healing®

provides us with a way of managing the inner-critic figure. It ensures that we maintain excellent energetic boundaries with that part of ourselves which persists in reminding us that we are, in a variety of ways, not OK.

Don Juan elaborates on the power and nature of intent and our conscious relationship to it:

Sorcerers beckon *intent* by voicing the word *intent* loud and clear. *Intent* is a force that exists in the universe. When sorcerers beckon intent, it comes to them and sets up the path for attainment, which means that sorcerers always accomplish what they set out to do. (Castaneda 1998, 9–10)

This suggests that intention is much more powerful and vast than the strength of a determined ego or an individual's will. Consider the possibility that intention is not something which you create by your will alone but is instead a force that exists in the universe as an invisible and infinite field of energy, responsive to your every thought. From this starting point, our task becomes clear—to access the power of intention, the field of unlimited possibilities!

I understand this to mean that intention is a force which we all have within us and that every aspect and expression of nature is also connected to this force. Luther Standing Bear describes this in the following way:

From Wakan Tanka, the Great Spirit, there came a great unifying force that flowed in and through all things—the flowers of the plants, blowing wind, rocks, trees, birds, animals—and was the same force that had been breathed into the first man. Thus all things were kindred, and were brought together by the same Great Mystery. (Buhner 2002, 39)

In February 2004, Sandra Ingerman taught me a shamanic technique called the *transfiguration process*. I learned to journey into a space that is a formless vibrating field of energy. I experience this as pure Spirit, limitless and unbounded. It is an incredibly cosmic experience. I was guided to this place, which is Original Perfection, by one of my teachers who exists in nonordinary reality, Dom Ignacio de Loyola. I learned that this is the field of intent, of Source, which all things emanate from and return to. I realized that this field of intent cannot be described with words or symbols, because they

also emanate from this field and separate us from it by constricting us back into our ego identity. For me, this was another empirical validation that the realm of Spirit is nonconceptual and thus *cannot be accessed through our ego*. The *Tao Te Ching* (Bynner 1944, 25) describes this knowledge as follows:

Existence is beyond the power of words
 To define:
 Terms may be used
 But are none of them absolute.
 In the beginning of heaven and earth there were no words,
 Words came out of the womb of matter;
 And whether a man dispassionately
 Sees to the core of life
 Or passionately
 Sees the surface,
 The core and the surface
 Are essentially the same,
 Words making them seem different
 Only to express appearance.
 If name be needed, wonder names them both:
 From wonder into wonder
 Existence opens.

Upon reflection, I realized that for most people, how to live life intentionally is a mystery akin to trying to negotiate a stunning paradox. It requires the individual to be in physical form (and the realm of time and space) while at the same time *embodying Spirit*. Being in physical form means that we define ourselves by our physical body and separate egoic self-identity. Spirit is a dimension that is boundless, nonmaterial, and timeless. Yet in spite of being corporeal, we are also Spirit.

Our task is to resolve this paradox by integrating the two aspects of being through our awareness and our unique free will. In order to do this, we must have a self-validating, empirically based, firsthand experience that generates a reliable internal reference point. This reference point becomes an *accessible* inner resource for creating an instant link to Spirit. Unless we are blessed with a spontaneous, archetypal mystical experience, it is typically only through some kind of spiritual practice or discipline that we are able to make this link. Otherwise, our tendency as unique and separate human

beings is to shift our thoughts away from Spirit and orient to ego, where conscious connection to the power of intention is lost.

What I experience as the silent mind—one in which all the inner chatter has stopped—is a space where intention is profoundly present. I believe that we are all connected by this all-pervading Source to everything and everyone all the time. We can't *not* be. But if this is so, why do so many people feel disconnected from Source, feel like victims of the universe, and experience ongoing frustration when trying to achieve their goals? The primary reason is ego—it separates us from everyone else, as does our body. Because our ego is the primary filter through which we perceive everything in our experience, we end up out of alignment with our intent. Additionally, we are run by the programs in our unconscious mind that create matrices of beliefs which limit us and, more often than not, sabotage us as we strive toward our desires and aspirations. In *The Soul's Code*, Jungian scholar James Hillman elaborates on this idea. He suggests that many of the influences that limit our ability to live a life fulfilled and to claim our destiny result from a self-created life narrative or myth. In the end, this life narrative reduces us to a victim identity, which the dominant cultural paradigm reinforces.

At the outset we need to make clear that today's main paradigm for understanding a human life, the interplay of genetics and environment, omits something essential—the particularity you feel to be you. By accepting the idea that I am the effect of a subtle buffeting between hereditary and societal forces, I reduce myself to a result. The more my life is accounted for by what already occurred in my chromosomes, by what my parents did or didn't do, and by my early years now long past, the more my biography is the story of a victim. I am living a plot written by my genetic code, ancestral heredity, traumatic occasions, parental unconsciousness, societal accidents. (Hillman 1996, 6)

We are always creating by virtue of our omnipresent energetic link to the field of intent. The trouble is, most of us are not *awake* while we're doing it! In order to live an intentional life, *we must go through an initiatory process that activates our conscious connection to the power of intention*. In this way, we can realize that we are connected to our natural, organismic self. I have some very specific recommendations for enabling this activation. *Once activated, your life will transform.*

So, how do you disidentify from the tyrannizing influence of your ego? Constructive altered states of consciousness are integral for achieving and maintaining alignment with your intent. Your first reference point must be the single Source of all; that is, the field of intent. To the degree that you can sustain this awareness with the help of a daily spiritual practice, whatever that may be, you will more easily and elegantly achieve your intentions.

Part of any spiritual practice generally includes an element of self-reflection. Whatever your practice, you are training yourself to become comfortable in and adept at navigating through the invisible realms. Our culture does not support these realms. On the contrary, the power and increasing dominance of the many forms of media (video games, DVDs, home theater systems, streaming video newscasts via the Internet, etc.) are becoming more central to and pervasive in all of our lives. This orientation to the external is true even within mainstream psychology. James Hillman (1996, 92) speaks to this tendency:

Invisibility perplexes American common sense and American psychology, which hold as a major governing principle that whatever exists, exists in some quantity and therefore can be measured. . . . When the searchers failed to find the soul in the places where they were looking, scientific psychology also gave up on the idea of the soul.

We must continue to erode the mistaken belief that we are separate—this is the key. The more deeply we recognize, feel, and experience our interconnectedness, the more quickly, even instantly, we will recognize our intentions and confirm that thought is indeed creative. Having said that, constructive altered states of consciousness will help to destabilize the dominance of our ego in directing our daily lives. The more we can move in and out of dreamtime, the more new insights and possibilities become available.

As described in chapter 5, integrating the dreamingbody experience helps to move us out from the dominant cultural trance of consensus-reality thinking. We accomplish this by cultivating our second attention. Maintaining this heightened state of awareness in all of our day-to-day doings, we loosen the grip of the ego and become more available to step into the stream of Process that is always present. Whether you call it Process, Tao, or the field of intent, this moving back and forth between the worlds of ego and Spirit is what dreamtime is all about.

Establishing and maintaining an energetic practice is another fundamental part of becoming more sensitive to subtle energies. This increasing sensitivity to perceptions that are not sensory-based (but that are extrasensory or invisible) is another important component in challenging the dominance of the ego for determining what's true for us. The disciplines of qigong, tai qi quan, yoga, and meditation are all energetic practices that fit into this category.

Prior unconscious conditioning to defer to others first (so we won't be regarded as *selfish*), which often occurs in dysfunctional family systems, also impairs our ability to stay in alignment with our intent. There are several names for this concept, such as external versus internal locus of control and codependency, which derives from many different influences. One of these influences is being brought up in a dysfunctional family where it was never safe to express your true feelings—your personal emotional truth was never supported and validated. Another influence may be your religious background, which may also have supported the belief that it is selfish to think of your own wants or needs. Clearing and releasing core trauma patterns related to the family of origin, along with supportive energetic boundary work, enables codependent personalities to overcome the tendency to defer to others to the detriment of their own valid emotional needs and aspirations.

Having said all that, it is important to clarify that what happens in a Dynamic Energetic Healing[®] session is really a microcosm of what is possible for an individual—to be in the conscious and intentional act of creation all the time. When I help a client work on a specific intention, a path becomes cleared for that intention to open up and come to fruition. For example, if a person is suffering from insomnia, the therapeutic goal is the intention to overcome insomnia by falling asleep easily and sleeping deeply through the night. We are creating a very narrow and specific context for the power of intention to be activated. We approach this intention step by step, making sure there is no psychoenergetic reversal and no internal conflicts or energetic origins (traumatic events from the past) that contribute in any way to maintaining the problem state. We determine if there are any limiting beliefs, boundary issues, or outside negative influences that might be impinging on the problem. Manual muscle testing is our corroborating tool throughout the process. By the time we are finished, there are no emotional, energetic, psychological, or karmic residues supporting what was previously the problem state. Working to actualize this intention is truly a microcosm of what can be accomplished on a much larger scale in your life if you are committed to changing your

self-identification as a separate individual and to doing whatever is required to restore your conscious connection to Source. This is the bottom line.

If you have toyed with this notion of being in alignment with your intent *as an ongoing state of being*, you will find the following protocol very empowering. If you are not experienced with manual muscle testing, I recommend that you read through chapter 28 (“Preparing to Work on a Specific Intention”) first so you can develop some confidence in your muscle testing skills before going through this and other protocols I have outlined in the book.

Protocol for Activating Your Conscious Connection to the Power of Intention

***Starting Intention:** I want to be in alignment with my intent. I want to live an intentional life. I want to be in harmony with the power of intention. I want to be a free agent of choice in this universe. I want to be on purpose.*

Step 1: Make sure that

- you understand what this intention means—discuss all aspects with your therapist, partner, or spouse to clarify your conceptual understanding;
- you understand consciously that this is about co-creating your ongoing reality;
- you are in accord with this intention; i.e., all aspects of your being are consciously comfortable with this powerfully stated intention.

Step 2: Manual muscle test for psychoenergetic reversal on the intention (see chapter 9, “The Mysterious Phenomenon of Psychoenergetic Reversal”). If any of the following five core psychoenergetic statements are reversed, correct them using Dynamic Energetic Healing® interventions (see part 2).

- I don’t want to . . . (fill in the blank with the intention statement)
- It is not possible to . . .
- It is not safe to . . .
- I don’t deserve to . . .
- I will not . . .

Step 3: Manual muscle test to determine if there is any inner conflict within you about your willingness to address this intention. If yes, resolve the conflict using the Dynamic Energetic Healing[®] protocol (see part 3), and then continue with this process. If no, proceed by manual muscle testing these two questions:

- Is your soul connected to Source?
- Are *you* connected to Source at all levels?

Step 4a: If the answer to both of the questions in step 3 is yes, ask if there is anything remaining that interferes with actualizing this starting intention. If yes, follow the Dynamic Energetic Healing[®] protocol to resolve it. If no, begin the dialogue with your therapist, partner, or spouse that maps out specific therapeutic and life goals-which you want to *intend and create* into manifest reality. You have now activated your conscious connection to the power of intention.

Step 4b: If the answer to either of the questions in step 3 is no, muscle test the following statements (Clinton 1999) to determine if there is any remaining psychoenergetic reversal:

1. I am alone and separate in the universe; I am alienated.
2. I am my body.
3. I cannot become one with Intent.
4. I cannot become one with God or the divine.
5. God does not exist.
6. I am unworthy of being connected to God or the divine.
7. I am not connected to God or the divine.
8. I am unsafe with God or the divine.
9. I am separate from God or the divine.
10. God hates me.
11. I am the only being.
12. God abandoned me because I am a mistake.
13. I do not deserve to be in alignment with my intent.

If any of these statements muscle test strong, this is an indication that psychoenergetic reversal is present. Follow the Dynamic Energetic Healing[®] protocol to correct any reversal statements.

Step 5: Use manual muscle testing to retest the two questions:

- Is your soul connected to Source?
- Are you connected to Source at all levels?

If both of these questions are answered affirmatively, ask once more if there is anything else that interferes with actualizing your starting intention. If yes, follow the Dynamic Energetic Healing® protocol to ferret out and resolve any block. If no, begin the dialogue that maps out specific therapeutic and life goals that you want to *intend and create* into manifest reality.

You have now activated your conscious connection to the power of intention. The purpose of this protocol is to help you understand the underlying principles for how intention works and to ensure you make a solid connection to Source. The rest is up to you.

As you will see in chapter 18, “Living Life Free of Trauma,” once a significant trauma or trauma pattern related to a particular intention has been identified, it can be completely and easily cleared with Dynamic Energetic Healing® techniques.

I agree with James Hillman’s idea that unresolved traumatic experiences from our past affect our ability to choose freely in the present. Further, it has become evident to me that, for many clients, once they clear and resolve persistent traumatic patterns that kept them stuck in certain areas of their lives, the binding quality of their pasts seems no longer present *in any area* of their lives. I suspect this is because we organize our epistemological experiences in such a way that the effects of trauma and its sequelae (including the places where we get stuck in relationships and with associated pervasive limiting core beliefs) overlap.

For example, if a person is able to clear and release the trauma pattern associated with an abusive parent, a whole series of related matrices of beliefs will concurrently collapse. This is because the Dynamic Energetic Healing® model targets the information fields that perpetuate the behavioral responses to and distorted interpretations of traumatic events (i.e., limiting beliefs). In many cases, once the unresolved trauma-related patterns connected to an abusive parent are resolved, the individual’s energetic boundaries with other people are restored to full robustness, limiting self-devaluing beliefs are dis-

solved, psychosomatic symptoms disappear, and the tendency to perseverate over anticipated fears vanishes. As these changes emerge spontaneously, it is common for clients who became overidentified with their victimization to finally begin asking, “What do I want to do with my life now that I’m no longer ‘stuck’ because of a horrible event in my past?”

This is not some New Age wishful thinking—it is the natural and predictable result of coming back into harmony with your true self. After you activate the power of intention in a clinical context in order to eliminate the apparently inescapable and completely controlling forces of past trauma, an opening occurs that finally allows you to choose a course that will bring you into alignment with your intent.

It is nobody’s business to tell you what you ought to do with your life. By being in alignment with your intent, you open yourself up to the unlimited possibilities for how you can direct and experience your life. For me, the possibilities for a better world—one filled with individuals in alignment with their intent—continue to be reaffirmed through the comprehensive approaches of Dynamic Energetic Healing®.