

CHAPTER 54

EXPANDING AWARENESS OF INTENTION AND DECISION

INDUCTION

OVERVIEW:

The intentions we set and the decisions we make to fulfill them are the origin of all beliefs, states, emotions, strategies and manifestation in life. It's not about changing a behavior, it's about replacing the original decisions which is the source of that behavior and then imprinting these new beliefs while practicing effective new strategies that develop new abilities.

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INDUCTION

Earlier today you were aware of your feelings...your thoughts and, even the decisions you chose, to guide you, in the directions you have taken. After all, it was those decisions, that brought you here...or else you'd be somewhere else. In any day you decide hundreds of things. You decide what to wear and what to eat, as well as what not to wear and what not to eat, where you will and won't go and, how you'll get there. Sometimes, you decide to let others decide for you and at other times you decide to decide for yourself. Sometimes you decide to agree to what another has told you and other times you decide to reject it. Even now, you're deciding whether you should listen closely to what I'm saying, or just let your conscious mind drift off somewhere else, while your unconscious mind decides how it will absorb this session. Perhaps you have noticed how many decisions are made unconsciously, causing you to respond in predetermined ways, that you hadn't given any conscious thought to, because the decisions that were made were from the past.