



The Intention Idea

Harness Your Intentions
To Create A Kinder World

MELISSA CANTRELLE

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DEDICATION

For Merla

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PREFACE

I love to write. I love the flow of pen on paper and the transference of ideas into words that can be shared across time and space. When I was in elementary school, I wrote short stories – things like “The Day I Became A Giant” and “How To Make Elephant Stew.” When I was a teenager, my mom introduced me to the art of automatic writing as a way of communicating with parts of myself – a technique known as Voice Dialogue. That exploration progressed into automatic writing to communicate with Light Beings - a group of high vibration beings I intentionally asked questions of and received guidance and perspectives that felt different than my own inner thoughts. All of this automatic writing was very personal – pages upon pages of journaling I used for my own life navigation.

Then in my early thirties, I traveled to Yosemite National Park several times for lengthy camping trips, lots of hiking, and lots of photography of the inspiring nature there. I felt very connected to the rocks, trees, waterfalls, high alpine lakes, and meadows. When I came home from one of those trips and looked at some of the photos, they called to me in a new way. It felt like they had a message to share with humanity and I was a potential vehicle for them to get their message out. So I did automatic writing to channel in the messages from the Nature spirits that were represented by the photos I had taken. That was my first published book: *Conversations With Nature*.

Since then, there have been several life changes: the addition of a life partner to walk the path with me, a cross-country move and back again, businesses started, closed and still running, several other books written, and lots of self-development courses. Along the way, I dove deeper and deeper into the Law of Attraction and how to work with visions and visualization in order to manifest dreams and achieve goals.

My new life partner was already an Avatar® Master & Wizard!

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(which means he was skilled at manifesting intentions) and he was interested in helping people increase their self-esteem. As we explored combining self-esteem practices with visioning practices, we felt we were on the right track for raising our vibrations *during* the process of manifesting intentions. We felt more aligned with the flow of life, and the people attending our small-group workshops also seemed more at ease with their own vision manifesting journeys.

And then I took the Avatar Course. This course teaches a series of experiential exercises that enable you to eliminate limiting beliefs and self-doubt, and to deliberately create an authentic life. Everything in the course aligned beautifully with what I was exploring, and I was able to finally make forward movement in areas of my life that had been really stuck.

In 2013 I became a licensed Avatar Master and began helping guide people through the Avatar Course. Six months later, I took the Avatar Wizards Course and was blown away by the fast and easy integration of life-long challenges, and by the grace I felt in this Universal flow of creating and discreating. While I had been a student and teacher of Law of Attraction principles for many years, all of the Avatar materials and courses took my understanding and experience of intention work to a whole new level.

You will see me reference Avatar several times in this book because the tools have become an integral part of my life and my ways of managing my consciousness. My understanding of intentions and how to work with them advanced exponentially thanks to my Avatar experiences, and I'm sure I would not have been as good of a vehicle for the Intention Idea if I had not already taken the Avatar Courses². My gratitude is boundless for Harry Palmer for creating the Avatar materials and for the entire Avatar network for helping our planet integrate these tools.

A Note About Exploring Avatar

The Avatar Course materials after the initial 2-day ReSurfacing® workshop are necessarily confidential and only available to

² The content in this book is my own and does not represent Star's Edge International's positions, strategies or opinions.

individuals who take the Avatar Course under guidance of an Avatar Master. These are sacred, powerful tools for creation that require personal introduction and attentiveness to your integration. If you have an inkling that you might want to explore these tools, I highly encourage you to find an Avatar Master who resonates with you and ask them to introduce you to the Avatar materials. You can also start by reading some of Harry Palmer's books: *The Avatar Path*, *Living Deliberately*, *Private Lessons*, *The Avatar Legacy*, and the public exercises in the *ReSurfacing* workbooks.

So here I am now, feeling the call to write again and still enjoying the ongoing exploration of what we humans can do when we master our use of consciousness to create intentions. For the last year or more (I don't have a pinpointed day when this idea came in), I've been feeling like there's something about intentions that I'm supposed to bring into the world. Honestly, I'm still not sure if I can define it. Anyway, that's how this got started – I got curious.

I happened across Elizabeth Gilbert's book *Big Magic* and fell in love with her concept of ideas roaming the earth and hoping for a human to help them manifest. I decided to make a list of the ideas that were currently in my awareness as wanting me to manifest them, and at the top of my list was this thing I called "the Intention Idea." When I used my mind to try to figure it out, I didn't get very far. Thankfully, I felt inspired to treat it as a consciousness separate from me and I started a conversation to try to find out more about what it is and what it's about. That's how this began...

³ You can find all of Harry Palmer's current books here: <https://avatarbookstore.com/>

PART 1

CONVERSATION

DAY 1

Me: What is the Intention Idea that wants to manifest through me?

Intention Idea (II): Helping people to harness their intentions to create a kinder world.

Me: Why kinder?

II: Because kindness implies harmony / harmonic order.

Me: Why is that important?

II: The more ordered and in harmony the world is, the more ideas can manifest, the more expansion of awareness across all time and space.

Me: Why is intention so important? Why not creation?

II: Because intention is the unseen part of creation that is overlooked. If you only look at creation, you will be blocked sometimes for not having addressed underlying intentions.

Me: How can we best work together?

II: Keep listening to me. Be aware of me. Yes, this dialog is good, but not the only way. Keep your attention on me lightly. Keep open to other perspectives of me. Let it *all* gel in your ways of seeing and communication.

Do not be concerned if you see me coming through someone else at the same time – the world can handle and appreciate the vastness of

the Intention Idea through many channels.

Me: What's my next step with you?

II: Don't push the river. Let it Flow, simmer, trickle, gurgle, stagnate, swirl, and gush as it will.

Me: Can I make a sketch of you?

II: If it helps, but it won't stay the same.

Me: Why not?

II: Because what needs to be said / taught / communicated / shared about intentions is changing over time.

Me: How do I start helping you manifest?

II: Right Question! [Beaming] This dialog helps. Now go walk and muse about intentions. Trust me. 😊

* * *

Me: I went for a walk and mused on the question "where does intention come from?" Here are some of the answers and perspectives that came to me:

- I don't know
- Higher Self
- Desire to experience something
- Contrast
- Desire and Resistance
- An Identity
- Feels like it directs the resource of attention

At the end of my walk I concluded:

I don't know how I got it, but it's a blessing I'd like to make the most of and use well.

DAY 2

Me: How do I best keep working with you to help you manifest? Is it OK to keep doing this dialog?

II: As long as you don't get attached to it, it's a good place to start.

Me: What else should I be asking you?

II: Whatever your heart desires.

Me: Is that where intention comes from? My heart's desires?

II: Sometimes. It's usually a good starting place. It will at least help you unwind the pre-existing intentions you have stored up. And, in the long run, your heart's desires will guide you toward your soul's path – in alignment with your Higher Self.

Me: Is it OK to do mostly automatic writing to help you manifest? It feels weird to not use my mind and figure it out. I'm also worried what I'll seem like to others if I have a *second* book of channeled writing.

II: You're getting ahead of yourself. Don't assume that what is now will always be. Be with this writing form now, because it feels good and it works. It also helps you stay in your heart and out of your mind. That's important for working with intention. 😊

Me: Will you manifest as a book? Or ...? Do you know what you want to be when you grow up? 😊

II: Exactly. You're questioning my form just like asking a kid what

they want to be when they grow up. It's too soon, too much pressure. And maybe they (I) want to be many things, to have a variety of experiences not limited to one label of being-ness.

Me: My mind has a lot of questions. Like how long it's going to take to manifest you? How much will I have to write before I'm done? (My hand is already sore from writing). Where is this going? What will it look like? Will it really come to fruition?

II: Sounds a lot like the questions a mind always asks when you hold an intention and you haven't manifested it yet.

It's like a grey zone between inception and birth, where you have to hold the most faith in the outcome while the manifesting takes its time to process.

Me: What do I best do with my mind and its questions during this time?

II: Let it be. Let it do its thing. Don't get attached to any of its answers. Do your best to stay present with what-is, in this moment. Enjoy the process of manifesting and see it as that – “the process of manifesting.”

Me: Feels a little like the process of writing my first book.

II: Yes! Like when you were writing your book and you decided to label the time you spent walking and thinking about your book as “writing time.”

Manifesting is not always as you think it ought to appear. It's not always quick. Or Magical. Sometimes (often) you have to keep showing up and doing “the work” to help things keep moving forward.

Many people get excited about manifesting when the end result /

desired outcome appears, and do not feel so excited when they are in process, in-between, or still working on it.

It would be nice if you could just shift your perspective to be excited about, and enjoy, the part of the process where no outer physical world evidence exists yet, but you *feel* your intention, your alignment with it, and trust that everything is going to work out all right.

If you could and would, please, shift your focus of attention to enjoyment of the process, it would be easier for *everyone* (ideas and intentions included) to grow and birth into the world.

Me: Sounds like being pregnant with an idea or intention.

II: Yes, like pregnancy: don't try to rush the nine months, but enjoy all the aspects, shifts, and changes as your manifesting process evolves.

Don't Push The River.



Me: I feel a little sadness that my mind won't be doing much to bring you to the world – to organize and plan and think about intentions. I feel like I'm not doing much, not responsible for much, when I automatic-write / channel what you have to say.

II: It's true. You as an ego-mind are not responsible for figuring it out.

What your mind is really asking though, is how it can take credit. Where and when will it get approval, praise, and appreciation for how you brought me into the world. Your mind can't take credit for how I am, or what I have to say. That's all me (filtered through you, but ideally with as little of you, and as much of me, as possible).

Me: What do you suggest I do with the sadness?

II: Let it go. 😊

No really, let it go.

Just like meditating, your job is to watch the thoughts as they pass – be an observer – and let them go where they will. When you are observing, rather than trying to control, you are aligning with and identifying with your observer self that is not the mind or the thinker, but rather is the Higher Self.

That is enough.

You are always good enough.

♡ 😊

DAY 3

Me: What's the best way to use intention / to work with intention?

II: There is no *best* way, but there are many good, helpful, and supportive ways.

Working with intention is like working with one of your senses – sight, hearing, touch, taste, smell. The more you pay attention to it, the finer tuned your sense will be, and the more ways you can apply it.

Also, intention is like a sense because it works with unseen / hidden qualities.

Well, they are only hidden and un-sensed until you refine your senses to perceive better.

Me: If intention is like a sense, what am I tuning into, and what do I do with it?

II: You are tuning in to your Higher Self and the Cosmic Flow of The Universe.

What you do with it is up to you, and ideally in alignment with the Cosmic Flow and ever-unfolding expansion of the Universe.

To feel for an intention that aligns with your next evolutionary step, you can ask yourself “What brings the most Joy, here and now.” Or you can ask, “How can I show up more?” Or, “How can I be of better service to our World?”

The key to tuning in to your intention is to tune in to the Higher Vibration part of yourself that is always aligned and tuned in harmony with the Universe.

Getting out of your little ego mind is usually a good first step.

Me: It feels like intention is something I can point at things – like a laser beam that attracts and manifests things into physical creation. That’s why we have the jokes “watch where you point that thing” and “be careful what you wish for” – because we really are powerful creators. So how do we (I) learn how to better point and aim our intentions?

II: Well, first be careful with the laser beam analogy, because I don’t want you to get the idea that it is always so direct and pointed to work with intention. Sometimes it is a more diffuse and broad light direction. Like, sometimes your intention will act as a lighthouse beacon. And sometimes it will be like the glow of a city at night. The point is, don’t judge the quality of the directness of your intention – just feel what it is for you in any given moment. (Yes, it can change over time.)

So how you aim it isn’t quite as relevant now that you see it’s not always a direct beam of manifesting energy. Nevertheless, I will tell you how to work with it.

As I’ve said, you can work with it by feeling its quality in the moment. Tune in and feel what kind of light your intention is now. Feel if it is pointing in a direction, or calling things to you, or just generally beaming and glowing.

You are powering this light with your own energies of desire, appreciation, passion, excitement, and joy. The quality of your energy affects the quality of the light of your intention. And *YOU* can impact and control the quality of your energy with your choice of attitudes, thoughts, and beliefs.

Start there.

DAY 4

Me: How is intention different than a thought or a belief? Or is it the same?

II: Thoughts and beliefs are related to intentions, but not the same. You can feel the difference in what it's like to have passing or idle thoughts, versus what it's like to be thinking with more energy about something you want to create. The energy in, behind, and powering the thought is core to the intention. It's not *all* of what an intention is, but it's most of it.

Thoughts can come and go, but the quality of the energy behind the thought determines if it is an intention.

No energy – like no interest – has no intention. Lots of energy – whether as a strong desire or a strong resistance – has lots of intention.

But it can also be strong, powerful energy that isn't in the quality of desire or resistance. You might call it an unbiased energy. I would call it Universal energy – the energy of the Universe.

This Universal energy creates for the joy of creating, expanding, and experiencing – not out of need/want/desire/attraction or dislike/hate/resistance/repulsion.

It is a fine art to direct and use your intentions from Universal energy. Most humans live in the polarity between desire and resistance, and they rarely experience the perspective of pure Universal energy. Nevertheless, it is fully accessible to everyone – it's what you are made of.

Me: What about beliefs? How is intention different than a belief?

II: Beliefs play well (mostly) with intention because they help you to have faith that something is happening when you don't yet see the results. A belief can also hold you back from manifesting your intention if it's a limiting belief. The intention is the underlying energy of what you want to create – the direction you want to go in – and the flavor of Universal expansion and experience you are focusing on.

If intention was the ocean, beliefs would be any kind of cup, glass, or container you use to scoop up some ocean water. It's still the ocean/intention inside the container/belief, but often you are more cognizant of the outer container and its qualities than what's inside.

So yeah, they play together, intentions and beliefs, but they are not the same thing. One is more like an energy (intention) and the other is more like a conduit (beliefs).

DAY 5

Me: I'm curious how we learn to work with intention? In my qigong class, the instructor talks about acting with intention, acting with confidence that we are doing what we say or think we are doing, and not trying to visualize it. As he says it, "it's fine if visualization happens, but you're not trying to visualize or force how the energy flows." So, I guess my question is, how do we learn this use of intention that is not thinking, believing, or visualizing?

II: It's natural. It's part of your evolution as a human being. Just like it's natural to learn to use your body to move around in the physical world, it's natural to learn to use your will to direct your attention and intend for movement in the unseen / quantum world. (Really, I mean the quantum soup that crosses between the unseen energetic world and the physically manifested world of matter.)

Me: Can we accelerate and improve our learning and use of intention?

II: Yes of course. Anything you put your attention on will grow. So, putting attention on intention will grow your senses and abilities – will fine tune them.

Me: Is that it? Just put more attention on it to get better at it?

II: Pretty much. It's like your qigong teacher would say – just keep practicing the moves to whatever your ability and it will keep getting easier.

Me: Sounds like a recipe for life?

II: Not my department, but definitely helpful for increasing your

intention skills.

Me: What about Power? Your ocean analogy makes me think of intention as a vast power source – or maybe something that requires power in order to move it? Like the powerful gravity of the moon moves the tides, or an earthquake creates a tidal wave. How does power relate to intention?

II: There is much to say about this. Power in itself is a deep and broad topic to cover. Let's just talk about how *your* power influences *your* intention for now.

Me: OK. How does my power influence my intention?

II: The more clear Power you have (not force, not power affected by limiting beliefs or strong desires – but clear, Universal energy power you tap into without restrictions), then the more intentions you can create. Bigger intentions, more intentions, more “irons in the fire” as you say, and more “achieving the impossible,” which really means doing what you couldn't *see* could be done.

Me: How do I access more clear, Universal energy to better fuel my intentions?

II: You know the answers: clear away limiting beliefs, clean up stuck attention on past (or present, or future) impressions, and align your thoughts, attitudes, and actions with a greater goal that is in harmony with the Universal Direction of expansion and exploration.

Me: So keep going? Keep practicing at whatever ability I can right now?

II: You know it! 😊

DAY 6

Me: What's the effect of combining my intentions with other people's intentions? I just finished reading *The Field* (by Lynne McTaggart) and a lot of the experiments in the quantum field seemed to report that people who were connected in some way – “a bonded couple” or even just people who had a chance to get to know each other – had more impact. They were better able to remote view across time and space and were better able to influence the random number generators in the experiments.

Is this an effect of increased power (Universal energy)? Or what's really happening when two or more people are working together on the same intention?

II: It's a combination of things that causes greater impact when more than one person holds an intention. Yes, there is a greater supply of Universal energy. There is also greater alignment with and interest in this direction of Universe unfoldment and exploration.

It's like when you see a school of fish or a flock of birds change direction. Sometimes there are just one or two birds choosing to go a little bit different direction, and soon more or even all of the flock are going that way too. There is an alignment of energies in co-creating this directional experience.

Me: If I want to steer my experiences in a different direction, how do I get more birds to fly in a new direction with me?

II: Well, you don't have to get the birds (or people) around you to go in the same direction as you and your intentions. You can also easily be a solo bird having a unique experience that is not as *obviously* shared in the present moment with those around you.

And, if your intention is to share your experience with “your flock,”

then your new direction must be aligned with the greater, bigger-picture intention of the flock.

It doesn't need to make logical sense, but at an energetic, vibrational-feel level, your intention must align with greater flock intentions in order for the flock to flow with you and your intention.

Me: What's the difference between having an individual intention and an intention for a bigger group – like for society, humanity, or our world?

II: When you are focusing your energy on an “individual” intention, you are already, always, having an impact on the Whole of society, humanity, the world, and the Universe.

Every intention you hold has an impact on the greater sea of intention energies and on Universe unfoldment.

When you are focused on a Bigger Picture intention – like what you wish for all of humanity, or for your known society – you are more obviously combining your intention with those in that “flock.” You are more clearly aligning and contributing to a group intention, and acting as a bigger organism of coherent intention.

Both types of intention are extremely valuable parts of intention-work, life, and the Universe's unfoldment. One is not better than the other. And it is ideal when you hold both types of intention: “individual” and “communal.”

Me: What's the effect of holding an intention for World Peace? How much is my intention doing to actually bring about World Peace? Is there something else I should be doing to make it happen?

II: Your intention for World Peace has more impact than you're likely to realize.

When you hold a World Peace intention you are aligning your

thoughts, attitudes, and vibrational energies with this greater-good goal. From this place, you open yourself, those around you, and those connected through you, to new possibilities and paths of opportunity for further creating World Peace.

The saying “it starts with you” is true because each person on the planet has immediate control over their own energy vibration and creational direction / evolutionary direction. When you point yourself toward World Peace that’s one more bird in the flock flying in that direction.

As for what else you can do to make it happen, the most important thing is to keep holding your intention and listening for the Universal whispers of what’s next. Sometimes your next step is to be kind to the person directly in front of you. Sometimes your next step is to organize a larger group’s actions and thoughts toward World Peace. Do not judge the Universe’s whispers as too big, too small, not contributing enough, not that important, or whatever other silly ideas your mind comes up with. Just do whatever is in front of you with your World Peace intention in your heart. And maybe *trust* that *that* is enough to manifest it.

Oh, also, intentions do not manifest in time and space the way physical world cause and effect changes happen. In the physical world, you hammer a nail into two boards and they stick together. Cause: you hammering a nail. Effect: boards stick together now. In the Quantum realms of intention, you hold an intention and the effect is everywhere, omnipresent across time and space. But in physical manifestation, you may or may not see an obvious effect yet. Sometimes sea changes in the Intention ocean have other colliding flows to work out before a physical manifestation of your newest intention is visible.

You are still, always, having an effect on the Universe with your intentions. If you do not yet have physical world manifestation of your intention, then keep holding the intention, clearing away limiting beliefs, removing stuck attention on interfering intentions, and following the Universe’s whispers for what physical world actions to take next.

DAY 7

Me: Why is intention something you can set and let it work without having to keep enforcing it? And why do I sometimes need to put my intention back in – re-state it or re-align with it?

II: Imagine a sea of waves. Each intention you create is a wave heading for shore. Once you have given the initial push in a direction with your life-force energy, that intention-wave is in motion and will reach the shore – it will manifest.

Unless ... another wave comes along and interrupts it. Or you are so far from shore that when your wave hits, it is barely noticeable – maybe even swallowed up in other, more obvious intention waves.

So that's when you might give another push to your intention-wave. The interesting thing about this analogy is you can also see how applying more life-force energy – more of your Universal Power – will make an intention wave go faster and farther. And when you don't have enough life-force energy to create the desired effect, you can give another push. You can also do more to free up your attention and have better access to more Universal energy.

Yes, I'm quite pleased with this analogy – I hope it will help you to relax any judgments and frustrations you have when an intention needs to be re-stated or takes longer to manifest than you prefer. It's a sea of intentions you are playing with – lighten up! 😊

* * *

End of this sample book.

Enjoyed the preview?

Links To Buy are on MelissaCantrelle.com
