



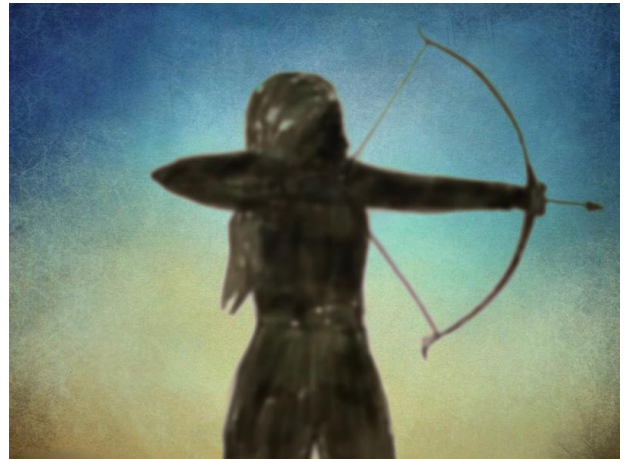
Intention

By Wendy Marks
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It's probably high on the arrogance meter to quote yourself, but in thinking about a topic to write about, I went back to my book *Your Soul's Companion* to get some inspiration and clarity. Many folks coming into my office feel a sense of helplessness and frustration with the world we live in. Things are spinning very, very fast, with no end in sight of calmer waters, and I was driven to try again to address this, perhaps provide a bit of relief.

I was originally going to write this month's article about prayer. I started the article and it literally disappeared from my documents folder. I thought, Well, I can take a hint... Maybe I should back up from prayer, to before the act of prayer: Intention.

"We are buffeted by fate, burdened by responsibility, moved by love, and blessed by joy. We do things incorrectly, our comments are misconstrued, our actions questioned—these things we cannot control. What we can control, perhaps the only thing we can control, is our intention. We do have total control of what we are trying to do, or create, or be. Not setting intentions is not living a conscious life; it is just reacting to circumstances, never making choices. Having intention is being proactive, not reactive."



Susan and I wrote those words not realizing how much more they might mean a few years later. I sometimes feel helpless; we all do. I feel like my life is not a perfect manifestation of all I would wish it to be... I feel I should have accomplished more, done different things, and so on. But to quote Monty Python: "I'm not dead yet." And what I do with what is left of my life is entirely up to me. Just me.

"All spirituality is about intention and how we act upon it with our behavior." Think about scandals in the religious community, politicians using public monies for personal pleasure. They set an intention, in public, to serve the greater good and the community that honors them, yet some have violated that trust and their stated intention. We all have power, be it small or grand, but if we call ourselves spiritual beings we need to be accountable to our own stated goals and intentions. Which is not to say perfect... I really didn't need that chocolate peanut butter cup I just ate, when my intention is to eat cleanly, but I will continue to try to eat cleanly each day.

On a larger scale, I pray each day that God will provide me with the skills and knowledge I need to help the people who come to my door. It feels like a big responsibility to meet. I am not perfect, but my intention remains steady, to help people and to use all my skills. We should always keep trying to meet our intentions, large and small. That is our goal, not perfection. The term integrity has become a less-used character description, but maintaining your intention and trying each day to meet it— that is integrity.

“Let your intention become your internal compass.” We all get blown by the winds of fate. Small things get us down, and life is filled with minor challenges that can make us forget the big picture. Having a fight with your partner, being disappointed by a friend, getting the lousy flu many folks had this year— these things can distract you and get you down, not to mention serious things like chronic illness, or illness in your family. There are so many distractions. It’s hard to do, but try to keep an eye on that compass. It will keep you on your true path. And you will be amazed how good it feels to keep returning to your goals, even though you may have left them for a long time. It is remembering who you truly are.

I would ask all of you to skip the resolutions and set intentions. Intentions are life purposes, not necessarily specific goals; they are done consciously every day. Intend to be kind each day to everyone you meet. Intend to not yell at your children. Intend to commit to a cause you believe in and do something to move it forward each day. Intend to not eat the chocolate peanut butter cup. Intend to pray each day. Intend to live your deepest beliefs, even if others find you naive or foolish.

Life is purposeful. Life is meaningful. Each of us can change the world a little bit. The beginnings of that is Intention.

Namaste, Wendy

All quotes from [Your Soul's Companion](#)