

# Soulhub

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ANDREW WALLAS

## INTENTION IS THE SUPERPOWER THAT FULFILS OUR DREAMS

How many times have we created an intention to lose weight, go to the gym, meditate daily or learn Spanish and never to get off the starting block? So often an opposing force seems to materialise, doubt creeps in and we convince ourselves that our intention was fanciful and was never going to come to fruition anyway. In my experience, and also through working with others, this is extremely common, however, intention is probably the most under-rated and misunderstood phenomena in terms of fulfilling potential and creating the life you want.

Nothing exists in the universe without intention. The house you live in, the car you drive, the clothes you wear, the relationships in your life and your favourite music cannot exist without intention. Even you do not exist without intention. It may seem obvious, but with this in mind, why do so few of us allocate any time to this incredibly important tool for getting clarity on what we really want and creating a pathway to happiness?

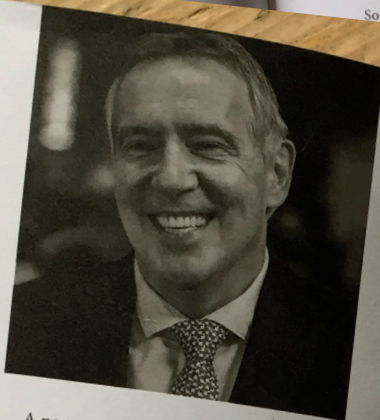
So, what is an intention and how does it differ to a goal? Most of us are familiar with goal setting in either a work or personal scenario, or both, but intention is very different from setting goals. Goals can be useful. They have their place, especially if you focus on the outcome, knowing with absolute clarity the result that you want to achieve. Goals are rational, logical, linear, task-orientated and left-brain focused. They can be effective and bring about modest success, but in my experience, they are limited and frequently don't work.

Discovery of an intention goes much deeper than goal setting and is more profound. It integrates left and right brain and is more holistic. It's a powerfully authentic vow that you make with yourself, which comes from your core and resonates deeply within you at soul level.

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Previous: Reflecting on an intention  
Right: Andrew Wallas  
Far Right: INTENTION: How to Tap into the Most Underrated Power in the Universe to Create the Life you Want book



The life you are living right now is the way that it is because of intention. Whether you recognise it or not, you are creating the life you are living through the power of intention. As individuals, we spend our lives rearranging the furniture of the outer world, constantly surprised that the overall outcome never changes that much. We leave one job and get another one. We leave one relationship and start another one with someone who seems completely different. We move houses and maybe we move countries but we always take ourselves with us. Rather than taking responsibility for the life we are creating, we have become conditioned to blaming other people and circumstances in the outer world for the life we are living. The hard reality is that blaming anyone or anything outside ourselves for how we are living our life or how we are feeling is a dead end.

Several years ago, I took some time to sit and reflect upon the question: 'What is the greatest lie of human existence?' The answer I reached was that the greatest lie of the human species is the attractive idea or thought that someone or something outside of ourselves can make us happy when what we really need to do is to take responsibility for our experiences and learn how to create a different reality. To do this, we need to set an intention.

A necessary condition for discovering our intention is to create a sense of space and stillness both in the outer world and in the inner world. Once we have established this space and time, we need to undertake a process of putting down on paper a flow of ideas. For some people this might be akin to a brainstorming session where we need to allow ideas and thoughts to bubble up inside and capture them as they arise. It is often helpful to start with an open-ended question such as: 'What do I want my life to look like five years from now?' Or 'What are my priorities in the year ahead?' Or 'What do I most want to change about my life?' This whole process, which has no time limit, is about discovering your unique seed of intention. Many people, including myself, create two separate intentions. One is for my personal life and one is for my career. Alternatively, you can create one intention to embrace both aspects of your life. Here are my own personal intentions at the time of writing this article:

### My personal life

1. To celebrate my life
2. To give up the stories of the past
3. To heal through a loving relationship with my beloved
4. To open my heart
5. To have it all

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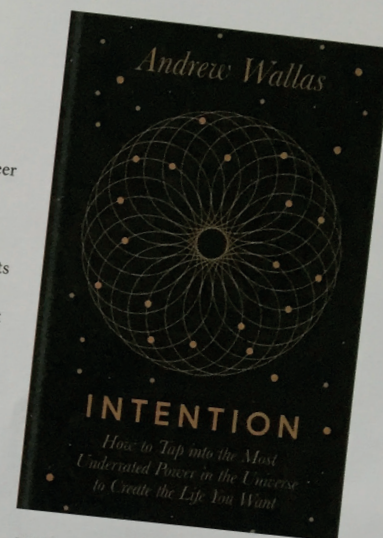
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### My professional life

1. To create a global business
2. To provide financial value of £30 million
3. To transform businesses
4. To embody light-heartedness
5. To achieve recognition as a pioneer

Essential to this process is not to copy other examples, but to disregard other people's opinions, whether they are experts or not, and to be fully committed to discovering the inner mind-body seed that is particular to each of us. Just as each one of us has unique DNA.

Once you discover your intention, the next stage is to embody it in every cell of your body. Then with commitment and discipline, address what gets in the way, trust the outcome and allow your intentions to grow. If we plant a pumpkin seed, we get a pumpkin. If we plant a sunflower seed, with a modest amount of sunlight, water and weeding, we get a sunflower. It is essential to understand that if we have conscientiously discovered our intention, then it becomes the guiding principle for every decision and the only person or thing that can stop our intention from becoming reality is ourselves. If we understand this simple truth, we are indeed masters of our own destiny and capable of creating the life we choose. It is not the quick fix that our culture has conditioned us to expect. It is a lifelong practice of developing awareness, commitment and discipline and a superpower for anyone who wishes to align their life with their innermost wishes and fulfil their dreams.



INTENTION: How to Tap into the Most Underrated Power in the Universe to Create the Life you Want by Andrew Wallas (Aster, £10) is out now.

### ANDREW WALLAS

Andrew has been described as a 'modern-day wizard' who transforms your energy. He has been highly successful in an outer world sense but was ahead of the curve in realising 32 years ago that real wealth is not money, it is happiness.

Andrew is an inspirational character with a fearless individuality who underlines the folly of constructing a false self and shows us how to best be and accept our true authentic self.  
[www.themoderndaywizard.org](http://www.themoderndaywizard.org)

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