



The Intention Journal

Written by
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Aloha Friends!

After a deep and soul searching winter of 2001/02 we were all ready to lighten up and embrace the energizing ambiance of spring season and the ongoing hydration of our dreams and visions throughout Summer. During Spring, it is ideal to put new plans in motion, as the world is ready and waiting expectantly for new growth to show itself. And that's not only in the plant life of bushes and shrubs and lovingly planted bulbs, but also in the realm of ideas, innovations, and transitions.

In the summer, the demand for watering our goals with action decides our harvest. Now would be a great time to review your personal list of life intentions and turn your attention to your highest aims and aspirations, for the harvest of your actions will be before you quickly as autumn bears down.

As winter comes upon us, reflection of the year past, trials and tribulations may be amplified and/or forgiven. To prepare ourselves, I am presenting The Spirit of Aloha Daylong Seminar here in Mill Valley on Saturday, October 26, 2002 as a way to tune into that consciousness frequency in the company of others of like mind. Please join me; it will be such a joy to be with you again.

And have you noticed that Transition is upon us? Whose heart has not been broken, challenged or stretched beyond whatever limits you may have thought possible? Who hasn't stood in confusion, fear, uncertainty or doubt as we have made our way through the labyrinth of the forgotten sacred contracts of our lives? Are we not the hapless instruments of spiritual amnesia at times? Haven't we been so blessed as to bump into some entity to awaken us out of that slumber? Who invited this Coyote into our midst anyway?

In Native American lore, the trickster Coyote is the mischievous energy that tricks us into growing, whether we want to or not, ready or not, here he comes. He shows himself in our carefully crafted careers with sudden endings, our relationships with moments of hair



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tearing resistance, and in our lifestyles that scream for change. And it screams for change because this earth-journey is designed to work for us, to bring us back into the arms of pleasure and surrender, willingly or unwillingly, and turn towards that which supports our bliss. A dose of imposed change may hurt, but it hasn't annihilated anyone yet.

The universal issues confronting humankind today call for an effort to contact the innermost part of ourselves, and to live our lives on this planet from our internal condition.

The overcoat of material gain can no longer sustain us in a world that calls for personal transformation in order to embrace peace and harmony as a way of life on a global level...

Let us celebrate our new growth, embrace the changes that found us, and allow resurrection, that natural byproduct of change, to liberate us.

"go easily with spiritual assistance"



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Quote Corner

***I WILL NOT DIE AN UNLIVED LIFE.
I WILL NOT LIVE IN FEAR OF FALLING OR CATCHING FIRE.
I CHOOSE TO INHABIT MY DAYS,
TO ALLOW MY LIVING TO OPEN ME,
TO MAKE ME LESS AFRAID,
MORE ACCESSIBLE,
TO LOOSEN MY HEART UNTIL IT BECOMES A WING,
A TORCH, A PROMISE.
I CHOOSE TO RISK MY SIGNIFICANCE;
TO LIVE SO THAT WHICH CAME TO ME AS SEED
GOES TO THE NEXT AS BLOSSOM
AND THAT WHICH CAME TO ME AS BLOSSOM,
GOES ON AS FRUIT.***

dawna markova

We live so much in our past and our future. We fragment and/or anticipate with joy or pain that which could happen. We clench our thoughts to ourselves with a passion reserved for loved ones, as if our life is based on our thoughts and not our hearts. Remember that the mind is a focusing tool! Not necessarily your best friend - chatter chatter...

This prose moves me to ask, what is it that drives us away from living our highest level of potential. How does it happen that we forfeit being a masterful player in our own lives? What is it we feel we must protect at all costs? Does the strength of that fear create the bars, the cave, the edifice we erect around ourselves that arrest our mobility or diminish our capacity for risk?

Most noticeable signal is that feeling of not being able to breathe! Now may be time to break out of the structure that we created to feel safe, dismantle the confines of it and liberate ourselves to establish our personal, emotional or financial independence. If we are suffering, it's time to look around the room and see where resistance sits.

And one more great tool- REMEMBER THE GOOD TIMES. It keeps you healthy.



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Quote Corner Archives



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***That I feed the hungry,
forgive an insult, and love my enemy-
these are great virtues.
But what if I should discover
that the poorest of the beggars
and most impudent of offenders
are all within me,
and that I stand in need
of the alms of my own kindness;
that I myself am the enemy
who must be loved-what then?
-- Carl G. Jung***

It is so easy to forget that we are each a walking contribution from the moment we awaken to the world until the moment we leave it because in all things, first there is the breath. The first one we take and the last we breathe out is the culmination of some thing we give daily, without notice, to the matrix of our world's energy.

As we breathe so do the trees - and plant life flourishes and as they flourish, so do all elements of our world. It is easy to forget we are valuable and worthy of our own love and appreciation. The kernel of this awareness is the seed that blooms into peace and harmony within ourselves, and takes root in our beingness. It crosses over the boundaries of that which is internal right out into our external world. Here is the recipe for global harmony, beginning here, inside our hearts, loving ourselves. Honoring our efforts. What then? is about refueling, renewing, regenerating that which our vessel holds for we must have before we can give, we must own before we can share, we must commit ourselves to replenishment daily so we may be the epitome of such great virtues of which Jung writes.



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***If you advance confidently in the direction of your dreams,
and endeavor to live the life you have imagined,
you will meet with a success unexpected in common hours.***

***You will pass an invisible boundary:
new, universal and more liberal laws will begin
to establish themselves around and within you
and you will live with the license of a higher order of beings.***

***If you have built castles in the air,
your work need not be lost;
that is where they should be.***

Now put the foundation under them.

-- Henry David Thoreau

We all have access to the 'energy store'. Our job is to bring that light and that energy of our internal condition into view in our external world. To breathe life into our dream with motivated action, to blend it with our concentration and commitment, and leave aside all resistance, so that manifestations in our physical world is allowed to become real.

All of us have the sublime and desired life within us, as an atom waiting to expand and replicate and rampantly spread throughout our bodies to become a 'knowing' of ourselves and of our world. If you haven't had the time to look inside that one atom of yourself, that tiny particle that is a source of some puzzling hunger within, do it now.

If you need help establishing an **IntentionMap** to begin getting yourself there, call today and get started.

**Plant your seeds,
Energy flows where attention goes...**

***"We would rather be ruined than changed.
We would rather die in our dread
than climb the cross of the moment
and let our illusions die"***

-- W.H. Auden, the Queen's Poet Laureate

I don't know about you, but one of my main mantras in life is "strive for grace in transition" Change more often than not scares us. We like our ruts.

We can complain from a place of authority and therefore we think we are in charge.

What would it be like to execute change mindfully before it hits us on the head and drags us through suffering?

IntentionMaps have always been a visual whisper of what is to come.

You can appreciate being prepared and having a strategy especially when Fear and



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Stress are part of the landscape. If we can manage these life aspects rather than have them propel themselves into our lives without warning we could avoid our attachment to drama. Personal power evolves from the effective management of energy. A map of the terrain is a great tool.

***"When you accept the state of being a stranger,
you are no longer a stranger.
I have been an exile when everything around me
seemed strange and everybody was a stranger.
Once I accepted that I didn't have to belong
and I didn't have to be a part of the world,
then I was free to be part of it.
There was a paradoxical release of the spirit.
The world became mine
when I was no longer holding on to it."
-- Satish Kumar***

This writing spoke to some deepest part of myself. Somewhere in time, probably as a teen, I wanted to be like everyone else. Wear the same clothes, go to the same parties, debate the same issues and embrace the same music.

However, it became clear that I was a Clair de Lune person in a Moby Grape world.

As time steps quietly on, we come to our senses. 'Sameness' is not the game we are going to maintain for any length of time, not if personal happiness and adventure means anything to you. During my early professional years on Montgomery Street in my three piece suit I discretely used my intuitive and innate gifts, but being unable to share the wonderful triumphs in the world accomplished by exercising those gifts left me feeling diminished and unsatisfied, isolated and most obviously, a stranger among my peers and associates.

But that is an old story now. Decades have passed. All intellectual pursuits, affairs of the heart, spiritual connections and methods of earning a living all now fall into the category of high adventure and opportunity to be more masterful. **Jump in.**

***"Gramma said when you come on something good,
first thing to do is share it with whoever you can find;
that way, the good spreads out where no telling it will go.
Which is right."
-- Forrest Carter, from the book, The Education of Little Tree***

Every time we light a candle, as we often do when the evening light fades, or a birthday celebration occurs, when the holidays come upon us or the first light of



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romance gives birth to itself we engage in a physical act that encompasses endless possibilities. There is no end to how many candles one candle can light, especially if you keep them coming. So too with "something good", because when you hear something good, and that something resonates as right for you, it just fits into the natural scheme of things and makes sense, lighting up a part of yourself on the deepest cellular level. This light (energy) causes your cells to relax, expand, gain space and make more room for light, (which becomes that inner glow that is so attractive in our world). And in the retelling of it, the TalkStory of it, the light of that something good, is passed on again and again and again...

Many times "something good" begins in your dream state. That may be your nightdream, your daydream or your Intended dream, as laid out many times in the **IntentionMap**. However that comes upon you, know this; it is a goodness in the world, your very special endless gift to all beings without limit. **You have that.**

“If prayer is, in fact, the forgotten language through which we choose the outcomes and possibilities of life, in a very real sense each moment may be considered as a prayer. In each moment of our waking and sleeping lives, we are continuously thinking, feeling and emoting, contributing to the outcome of our world.”
- Greg Braden, The Isaiah Effect

My Prayer for You:
May your heart be full.
May kindness kiss your days and nights
and may every road
roll itself out before you in plain sight
so you may travel directly to the realizations
of your deepest yearnings, hopes and dreams.

May you meet your highest aims and aspirations unencumbered.
For you are the embodiment of a true walking prayer and
the world is full with you in it, your sweet breath makes it so.





Cultivate your innate talent to conjure blessings for yourself and those around you. Your good thoughts mean something: zillions of molecules and atoms of high frequency and vibration that invite goodness into your life and into the lives of others will result. This is the dawning of the two thousand year long age of Aquarius, the age of humanity that promises peace and global harmony as we awaken from our spiritual amnesia. You are all in my prayers and thoughts and blessings.

***"To quest is to question,
and sometimes the quality of our spiritual quest
has more to do with the questions we ask today
than with answers entombed within past dogma."***

-- L. Robert Keck

What I admire about this quote is its innate invitation to dismantle what we assume to know of the world, of our lives, and of others. It invites us to come into the truth through the door of our present. To entertain the divine curiosity and wonder and reassemble our innocence so there is room for sacred discovery and infinite possibility.

It speaks to the value I place on the **IntentionMaps** and consultations, which grant access to clear information from your HighSelf. The **IntentionMap** sets the frame and declares that are you are prepared to hear the truthful response to your deepest most unarticulated questions. The inner murmurings of your soul, as it has meandered through the forest and bramble of your mind and its numerous voices, becomes audible.

How many times have you exclaimed, "I can't hear myself think!" Our personality and ego, do indeed deliver an ongoing stream of dialogue that has nothing to do with our soul's quest. That quest is about honoring the covenant, the contract, the agreement we lashed ourselves to as we dove into this remarkable adventure of humanhood. Today's question is not yesterday's story, but an awakening from our spiritual amnesia to birth tomorrow's dream.



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Welcome New Friends!



Group Soul!

Thank you for joining me on the #1 rated "[Renel In The Morning](#)" program. Consulting with all of you on the phone and meeting with you personally has been invigorating! Listen in on Thursdays as I take your on-the-air calls during Renel and Tracee's "X Files" segment. --- **Thanks for joining me!**



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Living the principles

THE EIGHT PRINCIPLES OF REMARKABLE LIVING



-
1. Thoughts Generate Invitations
 2. Intention Creates Opportunity
 3. Gratitude Pays
 4. Energy Equals Wealth

5. Infinite Possibilities Exist
 6. The Present Rules
 7. Do What Works
 8. Empty Can Be Filled
-

Principle 6-The Present Rules

When Ram Dass's book, 'Be Here Now' emerged in the late sixties, an ancient reminder came to life again in modern times with modern words in modern context. So big was the statement, it became an overnight idiom, a saying that became cool and hip and like all overused sayings, lost its shine of authenticity, though certainly not its intent.

Being present is the best advice we as human beings have ever been exposed to in all ancient ways and writings. This simple principle for navigating our way through our human experience brings bountiful rewards. When Maria Nemeth speaks about Monkey Mind in her book 'The Energy of Money' (1999 Quantum Age Book Award winner) she describes how talking about the past or the future plunges us into our psychological selves instead of our ontological selves, and distracts us from our hero's journey, our soul essence. As well, Kahuna Serge Kahili King speaks to this principle with his book, 'Urban Shaman', with his chapter "Now is the moment of power".

It is clear we have no power in the past. We cannot tinker with it and recreate it. Have you ever tried going back to some event in your life wishing it was different, thinking about all the things you could have said or done differently? Well, here comes the misery and suffering of regret.! The Past is. To remain forcefully tied to any past experience creates an energetic deficit. I view every past experience as a brick that builds a vessel with which to receive the light in our present. To remove any of those bricks would dismantle what we are. Imagine deciding that we don't like a certain molecule in our coffee cup. Given the power to remove that molecule, we would no



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longer have a coffee cup! Now there's an invitation to annihilation!

We can apply the same principle to our future: We have no power in the future either. Can we send our spirit out on a mission into a realm that has not become?

Imagine, going out on a date and daydreaming about when this individual will marry you. Living in the future causes us to miss important signals in the present. When we do that, we create the misery and suffering brought on by our attachment to the outcome of it all. Either way, we have lost the power available to us in the present.

Our future is right in front of our nose. What works and feels good in the present, will work, feel good and bear fruit in the future. What does not work and does not feel good in the present suggests we cut bait. No amount of trying to shove a square peg in a round hole will bear fruit. Why forfeit our innate equilibrium with chasing the phantoms of past and future? Energy is wealth, and authentic power is the effective management of energy. Great sages and ancient secrets continually invite us to come present, with our thoughts and our deeds. Even our future goals require present authentic actions to make them real.

***"We are what we think.
All that we are arises with our thoughts.
With our thoughts we make the world.
-The Bhagavad Gita***

The Present Rules ...and so it is!



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HealthShelf

The Mystery Of Migraines

More information emerges everyday about how the brain and body work. Millions of people suffer from ongoing periodic migraines. Many minds and medical medicines stand ready to continue to address this incapacitating illness. How can you manage migraines effectively?

Here are some remedies:

Migraine: *severe headache involving the vasodilators.*

Pharmaceuticals: Most people are aware of imitrex nasal inhalant or tablet, however, you might want to research Maxalt, tablets or sublingual doses, Zomig, Amerge or Axert. All of these pharmaceuticals address specifically migraine headaches, the nausea, sensitivity to light and sound and vasodilatation. None of them are compatible with the other so you must be very careful. They are not recommended for anyone on any kind of serotonin anti depressant medications.

Alternative: Acupuncturist Nina Vincent of Mill Valley has successfully used strong doses of milk thistle to soothe the liver , from which this yang energy emerges. She recommended the tincture and was a fount of information.

Women, look at your hormones and their fluctuations as a possible cause for migraines. Christiane Northrop, author of 'The Wisdom of Menopause' suggests low progesterone might be the culprit for reasons she lists in her book. Estrogen depletion might be the culprit for others. Many have successfully utilized a sublingual natural form of both of these hormones, utilizing estradiol on an 'as needed' basis and have been successful in circumventing full-blown attacks.

Research these areas carefully. Migraines are debilitating, miserable invitations to pain killing drug addictions of all kinds, and do not address the cause. Could be genetic, some Doctors and Acupuncturists say, but there is relief. Explore all your options.

One man in Florida told me he cured his migraines by taking naprosyn daily-that's an anti inflammatory medication and some medical doctors have prescribed vioxx, an anti inflammatory similar to it.



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Of course, all pharmaceuticals have side effects. Pay attention to the accompanying booklets. Ask your doctor a zillion questions. If you are of perimenopausal age, get your saliva hormonal panel in front of you and try to find some rhythm or pattern to your migraine occurrences: that's your first best line of action.- Miriam Edelweiss in Corte Madera is a great resource for procuring that saliva test.

Recently, a 70 year young woman reported that as soon as her cycle stopped, so did her headaches. During her generation, there were no migraine medicines. Hormonal tests were unavailable. She suffered until she was 56 years old. For her, "life after 56 has been great!"

Other areas to research:

foods that trigger headaches, allergies (especially to mold), stress, vision setbacks, magnesium deficiency.



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