

The Power of Intention

The Power of Intention

Several years ago, I had to move. I had been looking for new apartments for a while but I didn't find anything that made me feel comfortable enough to move. I soon found myself with 5 days left to find a



place, sign a lease, and move and I had no real prospects. Needless to say, I began to get a little nervous.

Maybe its because I'm a slow learner but it suddenly dawned on me that maybe I wasn't finding what I wanted because I didn't even know what I wanted. So, I took literally 30 seconds and wrote down about 12 things that I really wanted in a place. I didn't compromise, I didn't hedge what I wanted. I just laid it out: how much money, how much space, where, architecture type and era. Everything. Why not?

The very next day, I looked at one more apartment. It would be inaccurate to say that I found an apartment close to what I was looking for because as I went down the list this apartment checked every single box of what I was looking for; every one, down to the neighborhood, price, and even charm factor. Oh, and it had to be clean.

I was certainly pleased but not terribly surprised. Things like this have happened to me before. One dear friend says

that if I really wanted a taco (perfectly Random), all I have to do is intend it and watch as my cosmic taco appears from the sky. Now I'm not so naive as to think that I get whatever I want from life, I have my share of disappointments, but I do see the effect of regularly setting intention manifest itself over and over in life.

Meditation for Manifesting



Image source: Pixabay

Meditation is simply a concentrated form of setting intention and attracting what you want. It's better to concentrate on what you want rather than worry about what you don't want. Energy follows thought. So sitting down, closing your eyes and getting very clear with what you want is a great way to set that intention into being. It's almost like the Universe is waiting on the other end of the cosmic drive through ready to take your order as soon as you make up your damn mind. Go ahead and place your order.

What We Feel We Deserve

In yoga we call this *Sankalpa*. It is the practice of setting an intention like planting a seed or finding a star by which to navigate your ship through this existence. This Sankalpa is one of the ways by which, I believe, we have commerce and conversation with the world that is bigger than ourselves. Often, we don't feel we deserve to have what we want but in a Universe that is radiant, abundant, and complex, you don't deserve NOT to thrive in every way.

Try it out. Plant your seed of intention. Choose your star. Then devote your yoga practice and your practice of everyday living to this intention and keep your faculties of attention acute.

And watch out for falling tacos!



Photo by Alex Adams

Scott Moore is a senior teacher of yoga and mindfulness in the US. He's taught classes, trainings and workshops in New York, San Francisco, Salt Lake City, and L.A. as well as in Europe and Asia. Scott is the author of [Practical Yoga Nidra: The 10-Step Method to Reduce Stress, Improve Sleep, and Restore Your](#)

[Spirit](#). When he's not teaching or conducting retreats, he loves to write for print and online publications such as Yogi Times, Conscious Life News, Elephant Journal, Mantra Magazine, Medium, and his own [blog](#) at [scottmooreyoga.com](#). Scott also loves to run, play the saxophone, and travel with his wife and son. Check out his [yoga retreats and trainings in places like Tuscany, France, and Hong Kong](#), his **[online Yoga Nidra Course](#)** and his [Yoga Teacher Mentor Program](#). Scott is currently living in Salt Lake City, Utah after living in Southern France with his family.