
research

As your role becomes clear, get as much information as you can about that role. Do research. Find out about as many other people who have played that role as you can. Playing a role may seem superficial. “Oh it’s just a role I have to play. It’s not really me.” In fact it is vital to your growth. You have to play this role. It is essential to igniting the next layer of who you are.

Research what others have done in that role. If you are planning motherhood, research others who have played that role. Talk to relatives and friends, read books. If you are an aggressor, find out about other aggressors with similar missions. Follow how it changed them, how it changed the world. If you are a victim, research others who have been in victim roles. How did they cope, what were the issues, how were they resolved. If you are experiencing a death, find out how others have dealt with the event and process - the initial stages, the options of homecare vs hospital care, the final stages... Find out everything about your role - from physical and practical issues to emotional and spiritual concerns.

And then, very simply: go through the process. Every day, you will be asked to play that role. And every day, you will be pushed to expand the areas that need to be strengthened in you. You chose the role. And you do know how to deal with it. Return to meditation and visualize what playing this role will do for you. Keep reapplying the end result as your intention.

Whatever it is that you are doing now is the result of many lifetimes of preparation. You have been brought to this point in time, to do this particular thing, because you wanted it. It is necessary for your growth. It is part of your karma, part of what you wrote when you arranged your life. This thing that you keep bumping up against over and over is the thing you must master. You know it. The door will keep reappearing until you finally walk through it. Beautiful thing about karma, it will keep repeating in your life until you master it.

Where does your path take you? All doors lead to the same room. We all end up in the same place. How we get there is as varied as the number of personalities out there. That is the incredible beauty of God’s Creation. There are so many paths to enlightenment, to self-discovery and inner knowledge. And they all work! You do not have to be anything but yourself to enter the state of bliss. So, the door in front of you is the one you have chosen. It is designed by you and for you. Perhaps you are looking for another door - the blue door with the gold handle, or the *Krishna* door, or the poor poet door, or the fame door, or the intellectual genius door... Look, every door will get you in the room. Select one path and do it; you cannot take all paths at once. From your superconscious, you have chosen this path and opened this door to take you there. It’s the perfect thing to push all your buttons, irritate the hell out of you, love you here and back, and make you whole.

intention

*your present is the manifestation of your past prayers and longings
your future is the manifestation of your present prayers and longings*

Energy follows intention. Wherever you place your attention, your life energy will go there. If you dream of being a star, your energy will go towards supporting that desire. If you are worried that things won't work out, your energy will go towards detailing all the ways it won't work out. The exploration of thought reveals a very powerful teaching: your thoughts direct your energy.

It is therefore a really good idea to set intention, so that your energy flows towards what you want. In Sanskrit, the term is *sankalpa*. Spiritual practices generate a lot of energy; more energy will flow towards you. It's good to develop mind skills to deal with that extra energy. Affirmations and intentions help guide the energy along a positive pathway.

You can set an intention for your yoga practice, dedicating it to yourself or someone in need of the good energy. You can set an intention for your day, your year, your life.

As part of the self-examination process, you become more aware of what you desire. As you determine the outcome of these particular life lessons, you can use the desired outcome as your intention for the relationship or venture.

After meditating, chanting or doing a relaxed spiritual practice, let your mind and heart conjure up the outcome you most desire. What do you most desire in your life right now? Bring it forward into your mind. Feel it. See it. Bless it. And then know this: it has already been set in motion; it is already happening.

Simple and profound, *sankalpa* is a powerful tool.

*When you say something with
your whole being, not just with
your mouth or your intellect,
but with your whole being, it
can transform the world.*

- Thich Nhat Hanh

