

## ***Supercharging Your New Year's Intentions***<sup>©</sup>

By Dennis Dossett



Last month I wrote that you are “*Almost There!*” Almost *where*, exactly? *Almost* to the point of actually manifesting your *intentions* into your life experience. “In essence, an *Intention* is a ‘wish’ (a *Resolution*) with one critical difference — a *commitment* to a course of action that *fuels* the action with physical, psychological, and emotional *momentum*, the ‘*boost*’ or impelling force or strength associated with an intention.”

Think of *intention* as the engine or motor *potentially capable* of (and *necessary for*) turning wishes into commitment. Remember, an engine or motor requires *fuel* in order to operate. That *fuel* is the “*boost*” necessary to *power* the engine of creating the life you desire. For example, we might compare the potential effectiveness and efficiency of gasoline used in a conventional car or airplane engine to the greater effectiveness and efficiency of fuel for a jet engine (jet fuel contains *much* more energy). Now think of the *fuel* required for use in a rocket engine or motor. That fuel is *way* more powerful and absolutely necessary for propelling a rocket forward. In short, the *best fuel* is the one that can provide the *greatest momentum* to your intentions [*engine*].

So, what kind of *fuel* is best for propelling the engine of *your intentions* forward into manifesting them in your life? Simple. *The best fuel is the most powerful fuel you can get for your engine!* The greater the power, the greater the momentum. Simple as that. In short, the *best fuel* is the one that can provide the *greatest momentum* to your intentions [*engine*]. Nothing compares to the power of your life's passion or your strong, burning desire for something. But that isn't always immediately available. So, what can you do to increase your momentum to get the "boost" you need? Read on my friend.

As I wrote last month, “The real *key to momentum* is the *commitment [fuel]* invested in the change process. This is not just about ‘more effort’ or ‘more time.’ It is primarily a matter of *affect*, the *feeling* or *emotional content of commitment*. This is the ‘*boost*’ I spoke of earlier.”

- “Manifestation is an emotional game.” ~ Abraham (channeled by Esther Hicks)
- “All emotion is energy. From the moment you think about something [*intention = engine*] it becomes energy [*fuel*]!” ~ Maitreya (channeled by Margaret McElroy; Newsletter #164)
- “Emotions are the driving force [*fuel*] that propel ideas [*engines*] into constructions.” Seth (channeled by Jane Roberts)

So, the stronger the emotion, the greater the momentum. The greater the momentum, the faster and more efficient the manifestation:

- “Momentum really is the most important aspect of deliberate creation [*Conscious Living*] that you could consciously contemplate. Because what *momentum* says is: Once you get going in that direction, it is more likely that you will continue in that direction.” ~ Abraham (Orlando, FL, 1/11/2014)

A high-performance gasoline engine (for example, a race car) may require high-octane (more energy than regular) fuel to work efficiently. Even so, even the highest-octane gasoline contains only a relatively limited amount of energy. You are still driving a car and it will only carry you within certain limits. Nothing wrong with that. Maybe that is the limit of your comfort zone. It is a choice — *your choice*. *Your intentions* are entirely up to *you*. But remember, a true *intention* comes with *commitment to a course of action (momentum)*.

No matter what your intention might be, you need to *match the fuel* to the *engine*, or you will potentially court disaster. Putting gasoline into a rocket isn't going to get you anywhere; there isn't enough energy to even get the rocket off of the launching pad. But what happens if you try to burn rocket fuel in your gasoline engine? **KABOOM!!!** You will certainly destroy the engine and probably the car with it.

The point is, achieving more ambitious intentions requires greater momentum. No matter what intention (*engine*) you choose, how long it takes you to reach your destination (purpose or manifestation) is a matter of *your commitment*; this too, is *your choice*. Regardless, *the only fuel of any value to you is positive energy*, your thoughts / intentions (*engines*) and emotions (*fuel*). For Example:

- “Just think what you could do with that wasted [negative] energy! You could manifest something you desire, educate yourself — there are so many ways to use the energy in a *positive way*. The more you do this, the more you will be able to create and manifest. It just takes you to *stop the flow of negative energy*.” ~ Maitreya (Newsletter #323)
- “The more you can put yourself in the *positive energy* of belief and the *more positive* your belief, the better. You are the creator of your own reality, but you also battle the game of life itself and then punish yourself because you cannot do that. Do as much as you can, yet do not despair or punish yourself for your failure to continue with it. The more you try, the better you will become, and one day you WILL be able to manifest completely without hesitation.” ~ Maitreya (Newsletter #408)
- “*The better you feel, emotionally*, the more you are allowing your alignment with Source. The worse you feel, the more you are resisting Source. When no resistance is being offered by you, your natural state of alignment resumes — and so does the alignment between your cells and their Source.” ~ Abraham (*Getting into the Vortex Guided Meditation CD and User Guide*, 2010)

So, how do you build *momentum*? It is conceptually easy, but it's ultimately just building a set of new, more functional habits:

- **Focus** *only* on *positive* thoughts (*engine*) and emotions (*fuel*).
- Use “[The Essential P's' of Spiritual Development](#),” especially:
  - **Practice** (a.k.a. *Repetition*) to enhance *momentum*. It is how old habits develop and are sustained, and also how new habits are created. Repetition creates beliefs, your thoughts on steroids (*momentum*), *your truth*.
  - **Patience** — especially with yourself.
  - **Persistence** — changing yourself requires consistency and constant awareness over time (research shows a *minimum* of 70-90 days of consistent practice even for relatively simple habits). Making meaningful changes in your life — becoming a better version of yourself — will require *consistent practice*. How long? Whatever it takes! That is Persistence.

**Conscious Living** is ultimately *not* about “Conscious Doing.” **Conscious Living** is perhaps better phrased as attaining a state of **Conscious Being**, an intentional state of *Alignment with Higher Self*. Yes, it absolutely requires a sufficient degree of “doing” until it becomes a well-established, *new habit*. But remember, “[Everything Holding You Back Is ...](#)” just an old, dysfunctional habit, and “old habits die hard” because they have a lot of *momentum*. The key to **Supercharging Your Intentions** (New Year's or not) is working to build more momentum (*fuel*) for them than you give to your old habits. That is the work of **Conscious Living**.

Most of us aren't generally very conscious of our habits — until they aren't working for us anymore (a.k.a. *not Aligned* with Higher Self). But remember, you are already “*Almost There!*” You can enhance the *momentum* of your *Intentions* (New Year's or not) *even more*. That is the goal and purpose of **Conscious Living**, the step-by-step establishment of more functional habits leading to **Conscious Being** — “who you have become”, **Who You Are NOW**. You don't have to think about it constantly; you have only to monitor your emotions and replace any remaining negativity with *positive feelings*, a.k.a. *Alignment with Higher Self*. That is the ultimate purpose of

life on the earth plane. In the meantime, if you'd like to learn more or would like some assistance, please visit my website and email me at **Dennis@DennisDossett.com**.

Good luck and have a great month!

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