

The power of intention essay examples

[Environment](#), [Nature](#)



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The film, What the Bleep Do We Know, opens up a subject that has been the center of a lot of conjecture and speculation in recent history. It relates to the way in which we as human beings experience reality. Many philosophers have pondered the tough questions of existence and, by extension, our roles as either passive or active participants or indeed even both. Amanda is like most ordinary people who go about their days without even a single thought of the philosophy of existence crossing their minds. She takes everything that happens in her life as having an entirely external origin. In other words, she is seen as demonstrating the traits of a person with an external locus of control. According to the film, she is greatly misguided as she is at first quite oblivious of her own power of creation through her mind.

Reflections

I took up the challenge of creating my day using the ideas relayed in the film and gained a lot of insight in the process. At first, I had to get to the bottom of the foundation of the concepts that guide this type of mental inclination. I came across several references to ancient teachings on the power of the mind as viewed from a mystical point of view. The fundamental school of thought, in this regard, is the idea that human minds are intrinsically

endowed with the power of shaping observable reality in the precise way a person might choose. A few steps are, however, necessary to get the creation process underway.

First, the person needs to intend the objects of his or her creation. Second, the person must believe in the possibility of realizing these objectives of creation. This second step is essentially the most critical as it requires one to go beyond intellectual reasoning and venture into the realm of basic knowledge. In this regard, therefore, the person must know and not just believe. Finally, the person must live his or her life as if the objects of his or her desire have been realized. This last step is the one I was keen on trying out since the rest were easy to understand.

My Day

My day started as instructed and I wrote down exactly what I wanted to happen that day. I had several tasks that required completion and a lot of things were necessary for this to happen. Foremost, I had to complete some work I do online as part of a small-scale income generation venture. I needed my clients to have left me some work via my online portal for me to complete. I noted that that this novel approach to plan ahead how exactly I will do my work gave me an extra layer of confidence and reassurance. I felt as if I had already done this before and I was only just rewinding the main events.

As I set out to understand the concept behind the power of intention, I must confess that I was skeptical. I felt as though it promised too much and that believing it was tantamount to being delusional. Furthermore, the experts from the film refer to some complex quantum mechanical ideas while

making their points. These call for at least some elementary understanding of quantum mechanics, which is essential to interpreting the film's main arguments. In that moment, I can liken my attitude to that of the film's protagonist, Amanda, who is seen as living in isolation from the infinite power of creativity with which human beings have been endowed. Amanda does not seem to be aware of this concept of the unlimited consciousness that pervades all corners of the universe and which essentially bind everything in the universe. This can be because this concept is somewhat foreign to her.

I realized that my initial negative reaction to some of the ideas contained within the film was as a result of a lack of prior exposure to similar ideals. Perhaps the same can be said of Amanda. Nevertheless, I later came to understand that just because an idea is foreign or appears complex does not invalidate it. I decided to proceed with the rest of the day from a platform of intention manifestation as advocated for in the film. After successfully handling the work I found for the day, I decided that nothing was going to spoil my mood. This goal was soon put to the test when I encountered some minor setbacks with a friend who was angry with me for reasons I could not understand.

She is one of my closest friends and her apparent disappointment with me was sufficient to unsettle me. This is a grave contrast to what I had set out to have happen during the day. She sent me a short message saying that she felt I had let her down. When I called her to follow up what she meant, she refused to speak to me. This sent me into a frenzy of anxiety and confusion, considering the fact that she was a close friend who could not just make up

something like that. I looked at my notes for the day's expectations and realized that anxiety and confusion were antithetical to what I set out to achieve. I decided to stay calm and go to her place later in the day. At this juncture, I noted that the power of intending my day was helping me only up to the point where will power was concerned.

Conclusion

I must say that the power of intention is a relatively new concept for me and I still maintain that it borders on the age-old ideologies of the ancient mystics. I had to teach myself how to intend my day and visualize the day's events before they unfold. Similarly, I had to redefine my conception of natural reality as it appears to me, bearing in mind the theories advanced in the film and apparently backed by proven scientific models. In this regard, I had to open myself up to a new paradigm of physical or natural existence. As part of my interpretation of my day's events, I must note that I did not find any event or circumstance that I could attribute to my subconscious creative actions. Perhaps I am yet to understand exactly how to apply the concept, but I found the power of intention as only having the direct effect of guiding my thoughts actions more clearly than ever before. This essentially falls short of all what I had earlier expected. I had expected to create events and circumstances as I envisioned them. Instead, I gained the courage and capability to face the day's events with more confidence than before.