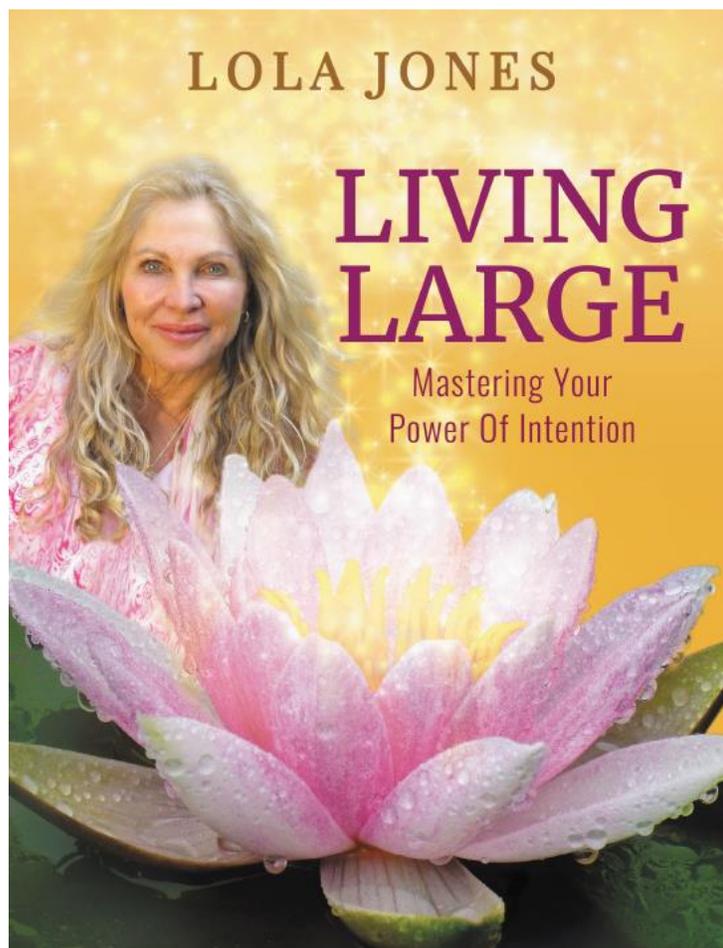


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Living Large:

Mastering Your Power of Intention

by

Lola Jones

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Second edition 2018

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This book is not intended to replace your own inner guidance,
nor to provide or replace medical or other professional advice.

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Appreciation

Appreciation to the growing number of people who share Divine Openings out of generosity and desire to contribute to those they love, to the human race, and to the Universe itself.

Thanks to all of you who contribute in the largest and smallest of ways. Appreciation for The Intelligence that created, empowers, enfolds, and Graces us all.

Extra special thanks to those who participate with me in live community events. Together, in that vortex, we spark the new developments that keep Divine Openings fresh, alive, and evolving.

IMPORTANT NOTES:

To insure you receive the full benefit of this book, no matter how advanced you are, first slowly read and experience Lola Jones's foundational book, *Things Are Going Great In My Absence: How to Let Go and Let The Divine Do the Heavy Lifting*. It gives you ten absolutely necessary enlightenment initiations that dramatically open you to Grace and awaken your consciousness, laying the necessary foundation for you to fully absorb and enjoy the benefits of this book in your everyday life.

Each book is completely unique in subject matter and vibration.

To insure the high quality, consistency, and purity of Divine Openings,

Lola Jones is currently the only person who initiates and certifies Divine Openings Guides.

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Living Large: Mastering Your Power of Intention

Introduction

Let there be light.
And there was light.

Let there be life.
And there was life.

Intend something, let go, and it happens.

Okay, that's all you need to know.

End of book.

Seriously, this is true. Once you intend your desire, Life leads you there.

So, why isn't this a one-page book? Because we humans tend to let go of our limitations gradually, and liberation usually happens step by step, not in one flash of illumination. I'll guide you through your next steps in this book.

While you'll enjoy exploring a hundred profound new ways to raise your awareness and build your power of intention in these pages, two main themes are:

- How to get your limiting smaller self out of the way, keep it out of the way, direct its focus productively, thus allow more good into your daily practical life.
- How to shift your identity toward your Larger Self that is already unlimited and awakened, and away from your smaller, human self that is by nature limited, and experience more freedom and bliss.

As you master this your power of intention soars.

I asked another question of my Large Self as I began to write: "What makes a person's power of intention stronger or weaker?" I'll share those answers with you and guide you experientially to discover it for yourself.

Balancing the Physical and Non-Physical

While giving retreats I received the Direct Knowing that by alternating movement and stillness, sound and silence everyone would go deeper, faster, without hours of arduous meditation. My guidance led me to use contrast to help you go deeper here, by switching your focus between the physical and Non-Physical. I'll alternate between the contrasts of practical, active, physical life strategies and pointing your focus to the Non-Physical, pre-manifest, non-doing realm. This helps you create a new habit of deliberately balancing your focus between the physical and Non-Physical.

Over time, we'll blend the two so that there is less separation, because you must of course pay attention to the physical world daily. Your everyday physical life will be imbued with the vast power of the Non-Physical You that is currently focusing a small part of itself in your physical body.

The World Is Becoming More Non-Physical

It's endlessly amusing to me that so much of our physical world is becoming more Non-Physically focused and less physically manifest as we rocket into this exponentially accelerated stage of evolution. The cosmic joke is that so much of our work, entertainment, media, communication, commerce, even money is becoming more and more Non-Physical.

When I look inside the silver box that's my well-worn Mac laptop, *my website isn't in there*. Neither are my photos, movies, books, or songs. All you'll see inside your laptop is some circuit boards, wires, metal, and chips with some data somehow stored on them. Fortunately, it all translates to sounds, colors, words, and shapes that make sense to us.

The Internet is Non-Physical! If you think about it, a website doesn't really have *form* in the way a book does—the massive content of my enormous Mothership of a website is entirely Non-Physical. Our online courses exist only in cyberspace. There's no weight or mass to any of them. My Non-Physical Self inspired the thoughts and energy to pour onto the keyboard, my physical fingers typed it, my computer converted it into energy and code, then your computer translates it to look like a website. It's really just energy flying around in cyberspace. There's nothing there.

Our audios are not physical CD's. They're downloads—silent bits of code that only become sound when you hear and interpret them through your senses. People's music is mostly on iPods now instead of physical CDs. All this stuff barely exists!

The waves that send television, radio, microwave, and cell phone signals to us are invisible and soundless. Your television, radio, stereo, or phone reads the signals and turns them into colorful pictures and sounds! The information flies through the air on waves and somehow doesn't get mixed up with other waves. If we could see all the waves and vibrations in the air around us it would be wondrous indeed.

Most of the information you need in your world is probably stored on a computer or accessed on the Internet. I take my Mac on a trip and have everything I use in my work with me: handouts, music, slide shows, photographs, movie editing, sound recording, email, and the ability to edit my website via the Internet. I used to have several file cabinets in my office, and now I have two small drawers of files, and one box of tax records in the garage that I'll never look at again.

After the Five Day Bliss Retreat, people don't take home *anything physical*, yet people leave with transformed lives. For support I do give them access to a special online area for further training and development, but it's not physical either!

More and more people are reading books on Kindles and iPads rather than physical books. We take all this for granted so much that it expands our awareness just to focus on it.

We knock on a table, and it is solid. What is it really? It's energy vibrating. Our eyes, ears, and other senses perceive it as solid, impenetrable, and heavy, although scientists assure us it's mostly space. They can barely find any *physical* there!

We think money is physical, but actually, money is very Non-Physical and abstract, and becoming more so every day. Money is now mostly plastic cards that cause ones and zeroes to appear and disappear on a super-computer. Your bank account is numbers on a computer. Your debt, if you have any, consists of numbers on a computer. Your mortgage is mostly numbers on a computer.

The stock market is mostly *perceived value* and numbers on a computer, and is driven by Non-Physical feeling vibrations more than logic. An investor clicks a key and money is made or lost. More and more people get paperless bills and pay each other online.

*Money has become a cosmic joke, so laugh along,
realize how unreal it is, and you'll lighten up about it.*

I'm starting to rave with appreciation about this, and just pointing my attention at it thrills me and fills me with possibility. It's magical and enchanting. The Internet has leveled the playing field to allow any person to wield the power that used to be reserved for large organizations with many employees. Internet sites now have the reach and the audiences once reserved only for television networks. Musicians, writers, and artists can get discovered on YouTube and blogs, and fortunes are sparked on social media.

Of course, old forms, structures, and jobs disappear. That has always happened. There are no more horse drawn buggy manufacturers—those people moved to jobs in the auto industry. Today, fewer people are making physical things—they're offering Non-Physical services and information.

You can focus on your power or bemoan the lack of it, and either way you will be right. Your attention inadvertently becomes intention.

*Attention becomes intention.
Watch where you point that thing.*

A major key to building your power of intention is to nurture a steady awareness that this bag of flesh and bone, while wonderful, is not all there is of you—it's only a small physically focused aspect of you. That Larger Perspective informs my life and provides power and peace at the same time. *Intend now* to let this become a deeper and more tangibly powerful knowing for you rather than just an ineffectual, dry intellectual concept.

I had the fascinating opportunity to observe a surgery just a couple of feet away from the operating table, suited up in scrubs, looking over the surgeons' shoulders while they opened the skull of a three-year-old child to reconstruct her severely deformed head and face. Undisturbed as they literally peeled her face off her skull to roll it out of the way, I was fascinated and quietly aware that the child's body was merely a small part of the totality of who she was, and I felt her as a powerful being, not limited to that small body. I celebrated with her Large Self while her human self lay there unconscious. They were working on her mechanically, but she was so much more than that mechanical body.

Whenever you find a physical reality too distracting, stop and focus within, remembering who you are. Who you are is far Larger, more vast and enduring than your current physical body, your current physical situation, and your current emotional state. Your physical body is temporary, your thoughts and emotions are ephemeral, and your entire current reality is but the blink of any eye in eternity.

Knowing at deeper and deeper levels of your being that physical, temporary realities are fleeting, you can relax about current reality, and without resistance to it, it morphs and shifts more easily. Whenever a current situation isn't pleasing to me, my habit is to say to myself, "It's temporary." And so it is.

It's all temporary.

Because what you focus on is expanded and energized by your attention, stay awake and be aware of what you choose to give your powerful attention to. Not choosing is still choosing—it's taking the default choice and letting somebody else, or circumstances, determine what you focus on.

Focus on the Non-Physical. I'll give you powerful ways to practice this nebulous task of focusing on essentially Nothing! It gets easier. As you focus more on the Non-Physical, it becomes more and more fundamentally real to you. Soon, the Non-Physical is more real to you than the physical, and you'll prove it to yourself over and over. Life gets much lighter when you truly understand that it's actually comprised of Nothing.

Focus deliberately.

Many of you can read only a few pages of my books at a time before you fall into a deep sleep. Don't worry. There is great value in that. It means you'll assimilate that piece best if you're "out of the way." Please read a little bit, then take long, leisurely breaks in between sections or even paragraphs, to stare blankly out the window, take a walk, or enjoy a luscious nap. This allows for integration of the new vibration, and gives it space to deepen, expand, and take hold before you move on.

The mind can be speedy and greedy and loves to engulf books without fully experiencing them.

It's the empty spaces between the notes that give beauty and richness to the song, while providing contrast and relief for the ear. The empty spaces between your thoughts give richness and contrast to your life and give the brain a chance to rest and digest. Gorging just gives you mental indigestion and you don't assimilate the nourishment as efficiently.

Stop, relax, and assimilate what you've read each time you see the asterisks. The contrast of focus and relaxation is beneficial and supportive.

* * * * *

The End of Finality

This book offered me the opportunity to share many of the new energy and intelligence downloads that have come since I wrote *Things Are Going Great in My Absence*. When I wrote that first book, I felt so happy and free that I had no idea how much more was coming. Spiritual maturity brought the awareness that this expansion would never end, and indeed the evolution has continuously unfolded for these past twelve years.

I am smiling, knowing I may give you a brain cramp by saying “The End of Finality.” My intention is to shake you loose from anything that doesn’t serve you. The wish for finality, to have everything perfected, done, and over is the small self’s desire for comfort and security—the desire to have it all neatly wrapped up and finished. But you are never finished; you are designed to expand eternally, just as the Universe expands infinitely.

Do you want to be finished with evolving, have it “all figured out,” wish to have everything neatly boxed up into quantified truths? Do you want everything clearly labeled as right or wrong, true or false, black or white? For perspective, try this: it’s easier for you to feel how growth is stunted by oppressive regimes that control and limit people, or fundamentalist religions that follow rigid dogmas written thousands of years ago. You’ve seen how that fossilized approach takes all of the juice, flexibility, and joy out of life.

If you’re committed to truth in your life, you won’t ever try to put truth into a box and nail the lid shut—that’s a coffin. You’ll mature into a love of expansion and flow. One of the most insidious and dangerous forms of stagnation is thinking we *already know everything*.

When to Intend, When to Allow

Because Life *is* on our side, supports us, and brings everything we need, you may wonder why we would even need to *intend* or *ask* for anything? Why wouldn’t we just relax, let The Presence decide what we need, and allow it to be shown to us?

This discernment comes with spiritual maturity, and while this book will help you get there, for reasons I just conveyed, you will not get a set of rigid rules to follow. You will experience, learn, feel, and develop your inner knowing. You’ll eventually *know in the moment*, more and more often. Don’t worry, when you get off track, you’ll get instant feedback from Life to set you back on course.

It is your birthright to be an active Co-Creator *with* The Presence if you choose to be. From your perspective as a unique human, you know precisely what you’d like, because you’re right in the thick of it in a physical body. The Presence appreciates your unique role in taking the Universe into new territories, new experiences, and new ideas that never existed before.

Using a business analogy, you’re the human client telling the Universal supplier, your Large Self, what you want; the supplier is glad to know how to please you and manufactures it. Good business people know that the client who’s down there in the trenches daily darn well knows what he needs and wants, and that listening to the client is the best way to know what to produce on the client’s behalf. But

occasionally you guide your client to what your client needs that he may not know about.

When I was a contract corporate trainer, I never offered canned programs, and companies appreciated that enormously. After first asking them about their needs, and learning what outcomes *they* wanted, I tailored every single program to that client. I considered us co-creators of the experience rather than assuming I knew exactly what they needed or wanted, even though I was the expert in training and development. They were the ones doing the jobs, experiencing the challenges, and taking the risks every day. We were partners—co-creators.

You and The Presence are Co-Creators. The Presence cares to know what each unique physical human wants and is the best listener you'll ever know—hearing, sensing, and feeling your intentions and desires *before* you even speak them aloud.

Your wants and needs count. Your intentions are heard. Now—the only question is: how can you let it in more easily and fully?

*With your intentions, fueled by your desires, you
participate actively in Creation.*

If you just rolled along letting nature take its course like animals do, evolution would move more slowly, like it does in nature, where the stimulus for evolution is usually changes in environment or weather with a dollop of natural evolutionary impetus thrown in. Animals are not Conscious Creators like humans are. They don't say, "I wish I had a house instead of living in this hole." They'll live happily in a hole for millions of years. They don't say, "I wish I had a smoother relationship with my spouse." When you add human consciousness, desire, and creativity to the mix, you can get more rapid evolution.

Let this wash over you: there are advantages to the way the animals live. Any animal is happier than most humans because they are always in the Flow of Life. They accept "what is" without mental suffering because they have no logical mind to create suffering by judging right or wrong, good or bad. Their lives are simple. They accept what is.

Animals have simple desires, and they feel, react, and respond by instinct without suffering over whether they get those desires met. They are currently not Conscious Creators, but I do believe animals are evolving, becoming more conscious. Some species, such as dogs, are evolving quite rapidly, and dolphins are conscious in their own unique way—but that's another subject.

There are pros and cons to the way we humans live—we're not automatically in the Flow of Life—we *can choose to be or not*. We have *Free Will choices*. Humans have much more complex desires, which can make us unhappy or happy, depending on our attitudes about our desires.

We humans actively shape our environment more than animals do. If an animal feels an ice age coming on, it adapts to the environment and grows a fuller fur coat and a thicker fat layer over several generations. If a human feels the climate getting colder, he doesn't grow more hair, he learns to make fire and make fur coats. Later, he builds better shelters, invents indoor heating systems and warmer fabrics. Due to our unique gifts of *consciousness and creativity*, humans can now evolve dramatically in one lifetime. Humans are creators and rapid evolvers in a way that animals are not.

Human evolution wasn't always as fast as it is now. Little human evolution happened for hundreds of

thousands of years. Not so long ago, humans believed it was the gods, nature, or their kings and priests who controlled their fates. Now some humans are becoming aware of *how* we create, and as that power and responsibility is claimed, we become Conscious Creators, embodying The Presence, aware of itself, on Earth.

Prehistoric people around the globe used the same oval-shaped stone hand tool to skin animals and cut meat for over a million years—that’s almost zero evolutionary progress—very odd since their brains were growing larger. They made that tool instinctively, like birds build intricate nests. Then some Divine spark activated humanity, and a period of evolutionary momentum began. The changes were slow at first but speeded up steadily to today’s exponential acceleration. There’ve been more revolutionary ideas and advances in just the last fifty years than in the past hundred thousand years, with stunning impact on our everyday lives.

Whether you believe the Bible is a metaphor, a dusty, irrelevant text, or God’s literal truth, my interpretation of the story of God telling Adam and Eve they would have dominion over all the other creatures in the Garden of Eden is this: humans were given the power to create reality, and the animals were not. The humans would rule. The moment the humans ate the apple they began their journey to consciousness, the ability to judge good/bad and right/wrong. They experienced a new *self-consciousness* of being naked. With the exception of dolphins and perhaps a few others, animals have no consciousness of themselves as beings, no awareness of who they are, what they look like, or what others think of them. They do not *think* as we think.

It is lovely to relax and allow your Large Self to guide you and bring you good things you wouldn’t have ever thought of, or even believed possible. Allowing The Presence to bring new and wonderful things and experiences to you accelerates evolution if you let go, get out of the way, and expand your pipes to let it in. For years, I’ve just walked along letting Life lead me to things I only knew as vague inner longings. My students and I agree that most of the best things have come to us just by being allowing, without any goals at all.

It’s also fun to ask for what you want and let The Presence cook it up for you. Sometimes you tell the chef to cook up his best dish for you, leaving the details to the kitchen, and other times you order exactly what you want—two eggs instead of oatmeal, or potatoes instead of biscuits. Your order may or may not make you happy, but you hone your preferences with experience. This is the beauty and wonder of being human *and* Divine.

*Find your own balance between intending your desires
and completely letting go to the Flow of Life.*

The question, “My will or God’s will?” artificially separates you from your Large Self. When you’re living as your Large Self, your will and God’s will are the same. There is a useful distinction between your small self’s will and your Large Self’s will up to a point in your evolution, but once you live life as your Large Self most of the time there really is no distinction between your will and God’s. You’ll outgrow the Large Self/small self labels I introduced in *Things Are Going Great In My Absence*. In the meantime, please, please do not make your small self wrong or bad. That won’t serve you.

Experience, Not Just Talk or Theory

Consider the timeless spiritual wisdom: “Love everyone.” We all know love is the answer. Can everyone who knows it live it? Knowing something mentally and living it are two completely different things. It’s easy to think or say it, but living it requires *practical* mastery.

I’ve never been the least bit interested in merely passing along knowledge, even cutting-edge knowledge. Divine Openings gives direct experience and vibrational adjustments by Grace. You’re getting a vibrational attunement right now even as you read. You don’t have to do all the work with Divine Openings. Grace does 90%. You just do your 10%.

Your 10% is to practice lightly and ease into the flow. That’s it. That easeful experience takes you to practical mastery. Analyzing, theorizing, talking and reading about it will never get you there. When you feel it and experience it you truly own it. Some people must experience it a number of times to own it and live it. Share and teach it and it will deepen for you. Experience, not theory, has always been Divine Openings’ strength—this is where the rubber meets the road.

There’s a stair-step effect. You elevate, and from that level you can see more possibilities and claim more power, which you then use to go even higher. You keep leap-frogging yourself upward. This is the ever-expanding nature of the enlightened life—evolution through joy, momentum, and intention rather than through hard work, pain, failure, problems, contrast, suffering, and struggle.

To truly own it, you must feel and experience it.

We each have our areas of genius. Mine is Divine Openings. I’m a specialist in translating raw new leading-edge energies into practical, useable form for others. Gifted experts who have developed their specialized areas of expertise are a blessing to us all. Each of us commits our time and energy to some things but we can’t master everything in one lifetime. I don’t want to do software design—I just want to *use* and benefit from leading-edge technology. Those innovations, specialized insights or training in Internet, software, hardware, services, and apps make what I do possible. I call the vet, the electrician, or the plumber to help me with things I haven’t mastered or never will.

Accordingly, some people turn to teachers for help with guidance and evolution because we’ve committed our full time and energy to it.

The Foundation We Build Upon

This book builds upon the foundation you established while reading my previous book *Things Are Going Great In My Absence: How To Let Go And Let The Divine Do The Heavy Lifting*. The ten Divine Openings (enlightenment initiations) in that book expanded your pipes, lifted you with sheer Grace, and tuned you in to higher frequencies. With no effort from you, you were literally worked on by the magic of Grace, which does for us what we cannot humanly do for ourselves. This second book assumes all of that has already happened for you.

If you’re building a house, lay the foundation first. *Things Are Going Great In My Absence* is a strong foundation of a *specific type* that you won’t see anywhere else. It teaches you to read your Instrument Panel, brings you to a place of genuine appreciation for feelings and events you used to call

problematic, and accelerates your evolutionary pace by pure Grace. It walks you through experiences this book does not repeat.

Most spiritual paths don't give the emotional mastery my first book does, and it is nearly impossible to reach and *maintain* spiritual and practical mastery without that piece. I am passionately committed to your success and don't want you to miss a single crucial Key, so I urge you to read the *first* book *first*. If you want to master calculus, first get your math and geometry foundation.

This book takes you to completely new and different territory.

Because *Things Are Going Great In My Absence* initiates enlightenment, some might wonder why there would be any need for this book or the online courses.

- To initiate means to begin, to start.
- Awakening is a delicious process that unfolds over time. It's not a single event.
- While bliss can occur relatively quickly with Divine Openings, true spiritual maturity takes time. The small self can grab the steering wheel back at certain stages if fear, judgment, arrogance, or resistance crops up.
- No book can engage your attention for long enough, where Divine Openings online courses can and do keep you evolving for a lifetime.

The mind needs to be guided, managed, and retrained continuously to keep up with what's happening. Your mind can seem to be "with the program" for a few years, and then it may suddenly interfere, doubt, obstruct, or throw a tantrum. One day it does finally ease into the service of your Large Self. Even then there is Free Will, that double edged sword we must always manage. Staying in the flow isn't work but it is a conscious choice. The day we say "I am done evolving now" we are not in the flow.

Different aspects of us wake up at different times. Your relationship vibration may elevate faster than your money vibration, or vice versa. Some take longer than others to claim their worthiness or kick an addiction that's holding them back.

The good news is that with the magic and Grace of Divine Openings full awakening *can* happen for you in a few years with no processing or working on yourself, and it can be pure pleasure. In the old paradigm it was almost impossible to get there in one lifetime, or even many lifetimes of seeking.

While each person is unique, there are predictable stages and potential pitfalls you encounter along the way, so I help you navigate those with maximum ease. The mind is tricky, but I've seen it all and have the experience to guide you all the way through.

Keys to the Portals of Awakening

It was thrilling to update this second edition with leading edge developments that had come to me in the six years since the first edition. Divine Openings is alive, growing, ever-expanding and changing. Then just as this book update deadline loomed, something new was revealed to me: new Keys to the 5 Portals of Awakening. While I did manage to integrate many of the new Keys to Portal 2 into this update, be aware that the Online Course Portals 1 through 5 offer a complete path through all 5 Portals.

After fully experiencing (not just reading) *Things Are Going Great In My Absence* and Portal 1 Online

you pass through the first of the 5 Portals of Awakening. How do you know for sure that you passed through Portal 1? In general: you are no longer suffering. That doesn't mean your life is perfect. You still feel all emotions, you are still expanding and evolving, you still have some challenges, contrasts, and lower vibrations, but you're not suffering over anything intensely or for long. You can soften and find acceptance of what is. You're enjoying the ride, navigating, surfing your feelings, and valuing them all.

Pain + resisting the experience = suffering.

Pain + story = suffering.

Pain is valuable information, and one of the many contrasts of human life, but if you find yourself suffering over anything for longer than a day or in the extreme a week, go back and actively practice the Keys in *Things Are Going Great* and Portal 1—mere reading doesn't bring mastery. If you're not out of suffering yet, place this book on your nightstand and anticipate enjoying it fully later.

Your consciousness does expand *between* readings of my books, and people tell me the second and third times are like reading a whole new book. They accuse me of sneaking in new material while they were sleeping! Each time you read my books you'll apply it to the new current circumstances in your life. You'll suddenly hear things you weren't ready or *able* to hear before.

Everyone lets go at different rates, so some people need more live assistance or more time. Some cling to old, long-practiced resistances or comfort zones longer than others. We humans, including me, like to do it "our way," and even if it isn't working, we often stubbornly resist—until the day we let go. One woman told me she resisted for two years, looking for any loophole to avoid feeling, before she finally got it. She quickly elevated into an exhilarating new freedom.

Once through the first Portal you're primed to head for passage through Portal 2. This book helps guide you through that passage. So that you can celebrate early and often as it begins to unfold for you, the hallmark of passing through Portal 2 is finding yourself living in ease and flow more often—feeling carried by the magic of Grace.

After passing through Portals 1 and 2 people are still in varying stages of awakening. Because the energy is stronger when you can see, hear, and receive eye contact through the audios and videos, many find that the online course Portals are more potent, more like studying and interacting live with me. I'm told it feels as if I am speaking directly to *you*. It helps you break through resistance and move into that ease and flow. See DivineOpenings.com/Courses.

If you've lived a certain vibration for a long time, it can be a blind spot for you, but I can see it more clearly. A live interactive webinar in the vortex with me and a lit up, empowered group can give you profound breakthroughs in weeks. See DivineOpenings.com/Webinars.

Slower is often faster with Divine Openings. Paradoxically, people tell me the good in their lives accelerates faster when *ease and flow is their goal*—not going faster, working on themselves, getting somewhere, or attaining some imagined state of perfection. Everyone says the small self's goals didn't actually make them happy once they attained them, but fortunately the Large Self's guidance leads to unimagined fulfillment.

I know a person is really getting it when they write: "I used to be in a big hurry to get to Portal 4 Online: Jumping the Matrix. Now I'm enjoying the ride so much I don't care when I get there. I'm

savoring every step of my adventure through the Portals.

Yes! That's it!

*The exhilaration of the gentle breeze in your hair is the point,
not your speed or destination.*

Even those who are soaring along at a high altitude still enjoy the Divine Openings community and the ongoing guidance and fresh input that matches and supports their newfound reality. Much of the world *does not* match or support it. My mission and joy is to provide you with a lifetime of productive, enjoyable ways to focus, expand, and enjoy your life that don't take you backward into seeking, processing, and working on issues. I'll always point you back inside yourself, where all your power is.

Divine Openings always takes you deeper into yourself.

Things Are Going Great In My Absence activated and *awakened you to* the Large Self that's in you and encompasses you. From that place, this book can reveal to you more of the secret, hidden treasure inside of you, and even more evidence that you are in complete control of your personal reality.

Experience this book with an empty mind that has plenty of open space in it. When you see the asterisks, stop and breathe consciously. Feel the oxygen travel throughout your body. Soften your thoughts. Dive in and roll around in what you just read.

* * * * *

If you get upset at the difficult lives some humans have, be sure you have your own stability before you focus on others too much. Consider that they're not yet Conscious Creators. They're creating their reality *unconsciously* every day, unaware of *how* they're doing it. Now that you are a Conscious Creator, your life has infinite possibilities, but you cannot *directly create for other humans*, you can only add your enlightenment to the collective, indirectly helping it evolve. Even though on the largest level, you are they, and they are you, you are living individualized lives, making different choices.

You can demonstrate how to be conscious and offer your love and help—they can accept or decline. Don't worry too much if you can't help someone; life is eternal, and The Presence, who's living *all of it as all of us*, isn't worried.

The more you open up, the more you'll be able to help others, in ways you cannot now imagine, while still keeping your own vibration up. *Watch Where You Point That Thing* is specifically focused on *building your power of intention*. Its web companion, the Self-Paced Level Two Online Retreat, has a broader scope and includes even more new topics than this book, plus, you get audios and videos you can stream or download. Activities and meditations from this book, recorded in my voice, help you bring it down to Earth and apply it in your life.

*You're making it all up.
The only question is, are you enjoying what you're making up?*

This book and Portal 2 Online are about your new life beyond suffering, working on yourself, and tedious processing. It's about ease and flow, enjoying the thrill of expansion, and becoming the powerful Conscious Creator *you are*.

Each time I write a new book or online program it stretches *me* and requires that I undergo evolution. That's the fun of eternal expansion. As I download the words and energies from the Non-Physical, I must get up to speed with it myself before I can express the clearest vibrational essence of it. Otherwise, it's mere words, and I'm far too result-oriented for that.

If you haven't already, you'll soon come to enjoy eternal expansion for its own sake, with no need to get anywhere. It's lovely to be happy with now, knowing more is coming—without needing to make something happen or fix anything. Just stay relaxed, awake, and aware, and life rockets along.

Slower is often faster.

Here's why life accelerates when you let go. The Presence considers you perfect in your imperfection—always—right now. When you make who or where you are wrong, you take yourself instantly out of alignment with The Presence. You are clinging to the old “something needs fixing” paradigm. When you cling to a rock in the rapids, you get battered. When you release resistance, and let go of the rock, the Flow Of Life carries you along gently and easily.

As soon as you relax and truly feel the perfection of this moment throughout your entire being, you are restored to full agreement with The All That Is, and you can recognize and let in the good that is always being offered to you.

You are right now at the verge of an accelerated journey, yet *how fast you get there* isn't the point. You want to expand and experience what's next, and next, and next, and you have eternity to enjoy that. Let the birds in the sky flying for the joy of it teach you. Get ready to spread your wings and soar eternally. Of course, you'll get impatient at times. Just smile and breathe.

Life accelerates when you embrace now—yet keep moving along.

Things Are Going Great In My Absence gave you ten enlightenment initiations by gazing at the art works, although many of you could feel the Divine Openings while reading or even holding the book. The intention in that book was clear and powerful, catalyzing an evolutionary acceleration.

There are no Divine Openings in this book—you've already had those. In keeping with this book's increased focus on the all-encompassing Non-Physical realm, there is a huge Non-Physical energy component to this book—you're getting far more than words and concepts. I've intended much Non-Physical assistance for you.

Having received those Divine Openings, and with the energies that are already coming to us, you

usually don't need more energy; you need to ground what you're already getting. Instead of amping the energy up more, you'll ground the energies more into the physical realm, and bring your new power *down to Earth*.

If you ever feel a sense of tension, like you're too revved up, it's as if you're pushing the accelerator, or the evolutionary forces are pushing on your accelerator, but your other foot is on the brake. The brake represents resistance to letting go to the energy you already have or allowing yourself to move as you're being called to move. You need to ground that energy in your physical body.

When you resist the new energies, or resist letting in what you truly want, it's supposed to feel uncomfortable, so you'll move. Do some vigorous movement, dancing, or physical activity to ground and assimilate that energy.

Don't ask for more energy—ask to flow more freely with what you already have.

This book does help you ground the new frequencies now available to you, and will facilitate your evolution, expansion, and power of intention. Our planet is virtually being bombarded with new energies—if you're resisting, it feels like pressure—if you're not resisting, it feels like bliss and inspiration.

There is no processing—there's nothing for you to do once you master this except stay awake, play with it, and enjoy.

Each section deepens your ability, and typically helps you:

- Let go of what you're not in control of.
- Get out of the way.
- Discover pleasurable and productive ways to feel and focus on what you *are* in control of.
- Live as your Large Self more of the time.

You need not memorize, analyze, or figure anything out, but simply enjoy. How fantastic is that?

Intend to assimilate, enjoy, and ground it as you go.

In the rest breaks at the end of each section, marked with a line of asterisks, intend to align with and assimilate that section. Enjoy the breaks like a treat or mini-vacation, and let The Divine do the heavy lifting.

Assimilation break:

You've done your 10%—now let Grace do its 90%. Stop and breathe consciously. Feel the delicious oxygen travel to every cell in your body. Close your eyes, go deep within, let thoughts soften and recede. Intend to assimilate this into your body at a deeper level. Intend to know beyond the mind. If your mind interferes, let those thoughts drift on by like clouds. Each time you refocus you will go deeper.

Write your insights in your rave journal. Don't write down problems.

Soften the Grip

Since reading *Things Are Going Great In My Absence*, you've noticed that what you thought you wanted has changed. That will happen again and again as you expand and mature. Please hold what you think you want lightly, as if in softly relaxed, open palms. Holding tightly to anything leads you back to suffering.

If you find that what you intend just will not come to you, let it go and get empty. Don't dismiss the profundity of this just because you may have heard it before—you will come to truly, deeply understand things that you only knew in your head before. You are being guided to *experience and ground* new wisdom into your life, rather than just intellectually gathering knowledge. Getting empty is as “out of the way” as you can possibly get. That's why the 5 Day Bliss Retreats cause such profound life change—you get completely still and empty as the mind lets go and comes to rest.

Most of you look back on your life before reading *Things Are Going Great In My Absence* and see it as a major shift from *unconscious creator* or *partially conscious creator* to *Conscious Creator*. Everything you created before your awakening feels like a different life in grey tones—and now you have a new, more expanded, brilliant, Technicolor life.

In a most wonderful way, the Grace transmitted by the enlightenment initiations in the first book let you off the hook from the past—you could forget it because *you didn't know* back then—but you take responsibility now and going forward. You didn't have to fix all your issues from childhood and your past; the old issues, problems, and limits began to fade away as you moved into this newly enlightened consciousness and started living in Grace. Now each day is a fresh, new day. You replaced the old reality rather than having to fix it.

Each year my own words in *Things Are Going Great In My Absence*, which I wrote in 2006, get clearer and more meaningful to me. Reading or revising it still gives me new elevations. Divine Openings is living, evolving Energy, Light, and Intelligence, not a dead text or dogma. These books are alive in the most real sense. New, more up to the minute insights come to me all the time. Those ongoing new insights are shared in the online course Portals 1 through 5, and in the regular live webinars, because unlike books, the website is easy and quick to update., and live events are up-to-the-minute, evolving in real time.

How Does Intention Work?

People ask me, “How did you embed that powerful energy into the art in your first book?”

“*I intended it to be there,*” I answer.

“How do you create the field of resonance that changes lives in your books and live events?”

“*I intend it.*”

“How did you create the vortex at each place you’ve lived and led retreats?”

“I intend it to be there.”

Intending is all there is to it! This again points up the truth that mere mental knowing isn’t enough. You could read a medical surgery text, but could you perform a surgery? Just allow the intelligence within you to *reveal the magic of intention* to you as you read rather than trying to figure it out intellectually.

To put a lighter spin on this, one of my old fitness teachers liked to say, “you got to bring it!” In *Jerry Maguire*, Tom Cruise shouted, “Show me the money!” Going even farther back, remember the Wendy’s ad with the little old lady demanding, “Where’s the beef?” That became popular slang for “Where’s the real substance—the meat of the matter?”

The Presence just said to me, “The meat of *this* matter isn’t physical *matter at all*—it’s Non-Physical energy, pure consciousness, and intelligence.” The Presence has a sense of humor.

I capitalize Non-Physical throughout this book because to me it’s another way of saying The Presence, The Organizing Intelligence, or the Creator. It has so many names, yet none of them do it justice. Increasing your focus on the Non-Physical builds your power enormously, yet it’s admittedly challenging to focus on something you can’t see, hear, or feel most of the time. *Things Are Going Great In My Absence* heightens your awareness and *actual experience* of the Non-Physical, and this book takes you deeper still into the Non-Physical.

In the Non-Physical there is no work, so the minute you resume “working on yourself” or “working on issues” or “trying” you’re back in the old paradigm, in physical focus. Your power is in the Larger Non-Physical aspect of your being. Power of intention reduces your dependence on the physical, and you stop trying to fix, shine up, or manipulate the physical. There’s already enough work in the physical realm—oh, you’ve already noticed that!

If you haven’t already, you must drop the belief: “I have *issues* to resolve or *work* to do on myself.” Leave that back there in the old paradigm. As your more limited self, you could spend your life trying to fix yourself, thus pushing rocks up hills in the physical realm. Instead, please just move deeper into living as your unlimited Large Self, which has no “issues” to work on whatsoever. None! No rocks to push.

Your Non-Physical, Larger Self has no issues and creates with no effort. Your 10% is to soften into alignment with it.

Intend to embark on this adventure light, free, and playful, no matter how serious or urgent you imagine your needs and blocks to be. The Presence doesn’t see any blocks, and none of it is serious, difficult, or impossible at all. Agree with The Presence—that’s a good start!

*Agree with The Presence.
Leave the “working on yourself” and “issues” paradigm behind.*

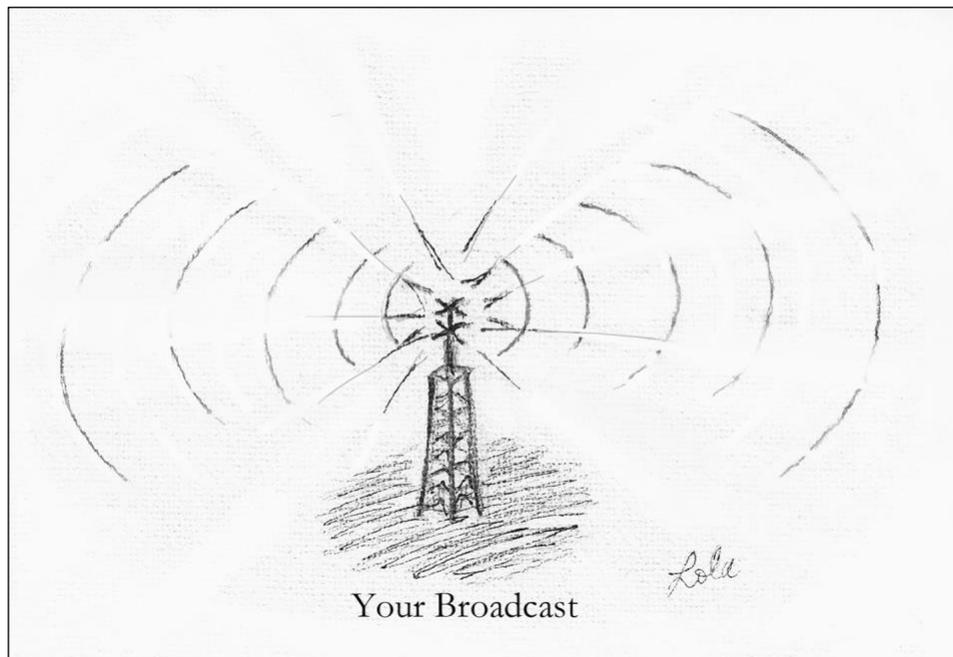
Take a moment to reboot and refresh your understanding of the word *vibrate*, because we’re going to use it a lot. One reason I made up a lot of new terms in Divine Openings is that sometimes we hear a word so many times we can’t even hear it anymore. If your mind stuffs an important idea into a box that’s too small for it or distorts it to make it fit into an old paradigm cliché, it loses its power and

effectiveness *instantly*.

So, here's a fresh way to perceive *vibration*. You've seen animations where a cartoon broadcast tower pulses radiating waves outward from it. The sound is "ping, ping, ping, ping" as it steadily pulses its message. That is what you are: a broadcast tower, pulsing out invisible Non-Physical signals powerful enough to reach across the globe and beyond the Universe to all dimensions. These Non-Physical signals pull people, things, and circumstances to you that match up with the frequencies you pulse. Other beings feel and read the pulses and are either drawn or repelled.

Under a microscope you can actually see living cells pulsing with life. Your entire being, down to the cells, molecules, and atoms, dances to a rhythm that varies as you focus on different subjects. As you think about a happy area of your life your energy field may be dancing to a light tune, "ping, ping, ping," but as you think about a not-so-happy area of life it slows down to a heavy funeral march, "bhloooooonph, bhloooooonph, bhloooooonph."

For example: as a woman thinks about the work she loves, her tower pulses out ping, ping, ping, bright and high-frequency, high on the Instrument Panel (the Instrument Panel is in the first book and at DivineOpenings.com/Instrument-Panel.) Because she feels the same as her Large Self does in that department, her broadcast is high and light. But as her thoughts drift to her problems with her daughter, the pulses are dull, slower, and lower frequency, quite apart from how her Large Self experiences it, so she doesn't feel good.



If she's allowing and appreciating those lower feelings, they give her a valuable Instrument Panel reading, cueing her to adjust to pulse more in agreement with her Large Self's high, steady ping—then she feels good. As pulses emit from her, Life sends matching physical-world components to meet her. Her work is already joyful and successful, so what comes to her is more joy and success. Once she uses the feedback life gives her and adjusts her broadcast about her daughter, they get along better.

Writing this book flowed with ease, so enjoy feeling into that vibration, and lightly putting it into practice. Two enormous regal red tail hawks are soaring together in circles just outside my window right now, always an auspicious sign that magic is happening.

As with all of Divine Openings, this is 90% magic, with you merely doing your 10%.

Allow me to gently and merrily guide you through *experiences* that expand and prepare you until you're not just thinking your intentions mentally, you're literally pulsing them in great energetic waves, broadcasting them outward like the powerful radio tower you are. At that point, creating by intention becomes incredibly easy.

Working at it doesn't help—relaxing helps. Thinking hard or figuring it out doesn't help—feeling more helps. Being smart doesn't help—softening, allowing, and letting go helps. The only thing I'm mule-stubborn about is keeping my vibration up. That's the only thing I will not let go of!

Relax, and let yourself be taken on a ride.

This is a good time to stop and assimilate. Your mind may say, "I got it," or "I already knew that," but always slow down when you hear that. That's the mind wanting to skim the surface to avoid real change. There's more happening here than just transfer of intellectual knowledge—more than the mind can fathom.

Frequent assimilation is vital. I had to stop and assimilate as I wrote this book—it gave me indigestion to write as fast as I usually do. This was entirely new for me. That didn't happen even when I was writing the powerful self-paced online retreat, Portal 5: Jumping the Matrix. Our precious human body can't always run at the lightning speed of spirit. There is no rush. Be sure you always absorb it deeply.

When you see these asterisks, stop and consciously breathe ten slow, delicious breaths. Feel the oxygen travel throughout your body, and savor how good it feels. Feel this expansive vibration energizing your cells with pure power of intention. Feel and embrace anything that arises.

Claiming Your Own Power

Enjoy living into this book. Be deliberately, intentionally conscious about it, and with eyes wide open, notice what happens. Life will give you all the feedback you need to get better at it. If what you're doing is not working, you can change it rather than arguing with Life.

I've proven the methods in this book to myself, both by doing them and having them work, and by not doing them and suffering the consequences! Yes, I too sometimes crazily, stubbornly try to buck the laws of the Universe and get things to work *my way*. But it gets tiring, it feels awful, and I give it up as soon as I can. Whether something works or doesn't work, we gain clarity either way.

Effectiveness is the measure of truth.

No matter how smart you are, slow down—savor each sentence, tasting it, feeling it, experiencing it in your practical life's daily context. Experience brings it down to Earth in your life. Make this book

last, then read it again with your newly expanded consciousness—you'll be surprised.

One woman wrote that she couldn't read more than a sentence or two of my books at one time, because it set off explosions of feeling and knowing in her that demanded she stop—and each time she stopped, it took her on a deep inner journey. Mere reading causes you to miss what only experience can provide.

Some humans have an unconscious drive to give their power to an authority figure who promises to relieve them from having to *experience*, feel, think, take risks, make their own choices, and learn to read their own Instrument Panel. Yes, even after reading *Things Are Going Great In My Absence*, a few still want to give their power away. I mention this *again* because seeking addiction is so commonplace in the metaphysical world that people can get mired in it without noticing, or fall back into it after getting free. What you want is within you, and Divine Openings always guides you back to your self.

I promised to help you avoid those predictable pitfalls that can occur on your awakening journey. You may have kicked the seeking addiction, but it can come back—the mind is restless and loves distracting shiny objects. The mind is not interested in enlightenment—it just wants constant action.

If you want mastery, make a commitment not to dilute your Divine Openings experience with other books, seminars, sessions, and modalities for at least one year. Incompatible modalities are those that have you work on yourself, have others work on you, introduce other energies, or promise to fix your emotions for you. Acupuncture and chiropractic are compatible, because they don't introduce energies; they open and balance your own. Bodywork with no energy work in it helps you relax, and thereby release resistance. Exercise and yoga helps you ground this powerful energy.

Divine Openings empowers you so much that it can appear that other modalities, books, or teachers are helping you, when actually you *gave* them the power to do that—*your power*. Things can get very confusing from there. You can drift away from Divine Openings and after a while those other things that had no power in the first place stop working. Now you have given all your power away and are back to seeking and struggling, wondering, "*What happened?*"

People who mix energies and modalities, work on themselves, and have others work on them are the most confused and disempowered people we encounter. If we can, we steer them back to their own inner power.

In the Portal 2 Online Course, there's a great audio called *Stay Awake, Own Your Power*, a session with a woman who gave her power to a teacher, but was called back to consciousness by her Large Self.

*Divine Openings continually, steadily points you
within, to your own power.*

Each time I write a course or book, it's such a pleasure to see that the synchronicities were building up to it for decades! When I was a contract trainer leading courses in people skills and management at corporations, the participants would quickly begin to talk about feeling enlightened, and I *never said those words*—in fact I carefully avoided spiritual language and used only proper business terms, but my powerful intention prevailed, and everyone received the powerful Non-Physical message anyway.

My subtext—the words not said under the main text, was always enlightenment—and the intention played out for all who were ready and willing to let it in. That is the power of intention. There is always energy underneath my words, and you'll receive it directly.

As an interesting aside, I created the terms Large Self and small self around 1993 to use in those corporate settings because they are neutral and universal, not spiritual. I could briefly introduce the idea of Large Self and small self and everyone innately knew what I was talking about. They would describe the qualities of Large and small self while I merely recorded them on the flip chart. Those terms tapped into a universal truth everyone already knew deep down.

From engineers at IBM to workers at a plant, not a single person ever resisted it; they recognized these disparate aspects of themselves, and became more conscious of them, and they could choose more deliberately which to be. That told me something Larger was already accessible to every human being, and simply focusing on it initiated an awakening to their Larger, more expanded selves.

Many of them had never given a thought to anything beyond the physical world. Some had been turned off by religious dogma or spiritual airy-fairy stuff, but could relate to this authentic reality.

Luxuriate in the lush vibratory field I create for you in this book. Allow the magic of intention embedded in the book do 90% of the work for you. Allow the vibration of it to activate the untapped power that's already within you. One thing is certain: you'll have to ignore what most of the world is doing, and how they're doing it. You'll be a bit of a renegade. An evolutionary revolutionary. The back of my business card says:

Evolutionary
Author
Teacher
Artist
Singer
Songwriter
Cowgirl

Be an evolutionary revolutionary.

Your Large Self is hugely expansive and indefinable. Intend to let go of all your self-definitions and self-limitations so you can expand beyond them—they are not really you. Let go of all you know so you can know more.

The best news in this book is that we don't have to be perfect, because Life and Grace are on our side. If we can just keep ourselves reasonably awake, Grace tips the balance for us. Support from Non-Physical is so incredibly powerful that we can't mess it up no matter what we do. We can create temporary challenges for ourselves, but there is never, ever any permanent damage.

Take a deep breath and relax into the support that is there for all of us. We can let go, do the best we can, and enjoy the ride.

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How to Build Your Power of Intention

Or: Here's The Beef

You moved through Portal 1 by reading *Things Are Going Great In My Absence* and possibly taking Portal 1 Online to support it. That prepared you for this book by initiating your enlightenment, giving you the conscious mind piece and appreciation of your Instrument Panel. All along you thought you were just feeling better, but that was more important than you could possibly imagine at the time.

Feeling better becomes a springboard into your fabulous new reality because feeling better clearly indicates you've reached a higher vibration. Feeling better increases your power of intention. It's hard to get where you want to go from *not* feeling good about it, and much easier when you're vibrating higher on a particular subject. You don't have to be perfect now or ever—a slight upward trajectory will supercharge your power of intention.

*Pinging out high vibration thoughts and feelings supercharges
your Non-Physical power of intention.*

The most important factor in my power of intention is that I'm passionately devoted to feeling good and maintaining as high a vibrational state as I can in every moment. It feels bad to stray from it. You've found this out by now: straying from your Large Self's perspective is *supposed to feel bad*.

Ponder these questions and let the answers emerge from within you as we go. Later on, you'll find that the following questions are an especially powerful type of question. Just saying them to yourself plants seeds that yield astounding results:

What's going on with people who have big "power of intention"?

How can they just say it or think it and it appears?

What are they doing, and not doing?

How can I become one of those Creators who can just "dial it in"?

What makes the difference? Obviously, it's not just having more esoteric knowledge. I'll guide you more by vibrational attunement and feeling than by thinking. Beyond words, this book gives you experiences that grow your power of intention.

You'll steadily notice your power of intention increasing without effort.

MEDITATION: The Black and White Meditation

Enjoy this meditation as a treat. It's wonderful for those whose minds are busy and difficult to still. Close your eyes, smile gently, and imagine you're sitting in a movie theater with a black movie screen in front of you. Then, it becomes a brightly-lit white screen before it becomes black again. Breathe in on the white screen, and out on the black screen, back and forth at your own pace. Breathe in this way for five minutes, and then slowly open your eyes. Stretch and savor how you feel.

Portal 2 Online gives includes an audio that guides you through this activity, with my original, Grace-inducing music in the background.

Write your insights in your rave journal. Don't write down problems.

*Consciously merging with your Large Self feels delicious.
It's pleasure—not work.*

Beyond Spiritual

As I've evolved, the word "spiritual" increasingly feels artificial to me—as if there's some special department of life called spiritual, and another mundane department called the physical world, and that they're separate somehow. The mind loves to separate, divide, label, and analyze. That works great for some things, but not for other things like love, joy, relationships, magic, mystery, and pure creation.

Even when I was a child, it made no sense to me how God and regular life were somehow split apart. Everybody said God was up there. We were down here. God was to be too busy to pay any attention to our daily lives, and people were too busy doing what had to be done to pay much attention to God. They didn't know the Non-Physical was accessible right here—they thought Heaven was separate from the physical, only to be experienced after death.

Spirituality and religion can be intangible, and the physical world feels more real to people. The physical world certainly is intensely in our face, demanding our moment-to-moment attention.

With the thousands of diverse definitions, there's a lot of baggage attached to the word spiritual, just as there is with the word God. It's hard to untangle spirituality from dogma and stereotypes of what spirituality is or "should be." If you have baggage about the word spiritual, I suggest you ditch it and just call it the Non-Physical, freeing you to have a fresh, authentic, direct experience.

Speaking of baggage, I must share a joke The Presence woke me with today: If Divine Openings was an airline, we'd be called Air Freedom. Our motto and pledge to our customers: "Give us your baggage with confidence. We promise, we *WILL* lose it!"

The Non-Physical is now more real and potent to me than this physical world. I know beyond my mind's ability to explain it that everything physical is transient, and the Non-Physical is real and eternal—that the Non-Physical aspect of ourselves is vastly more powerful than our physical selves. It is the steady, enduring Source where our temporary physical selves originate.

I adore our precious physical selves, but to put it into perspective, the physical selves we focus into this physical plane are but a tiny fraction of our Larger, Non-Physical selves.

Because our Non-Physical Self is too vast to be fully contained in a physical body, there is incomprehensibly more of *you* in the Non-Physical than there is of you here in the physical. Life is broadened and we are immensely empowered by expanding our awareness of who and what we are

beyond the physical confines of our skin. Just intend to experience this, and it unfolds and expands you in good time.

If your physical self constitutes only one one-thousandth of you, do you want to live in and of that tiny fraction of yourself? Or do you choose to let *all* of you, your Expanded Self, live your life right here on Earth? Easy question.

Life is all one flow. There's no need to break it down into separate departments, designating some things, activities, substances, and places as spiritual and sacred, or mundane and profane. That makes no sense in my reality. I don't go to church—it seems absurd to me to have to go to a certain building each week. Is there only one building where I can love my lover or learn new things? I don't attend spiritual activities or groups because I don't need support, although if you need community support, get it. I do encourage you to get as much support as you can from within. Life is full of that all-permeating vibration, Energy, Love, Grace, and Intelligence. All is God.

I AM that vibration—yes, even when I'm not being “good.” There's nowhere to go to find it, and I can't lose it. How satisfying it is to live in that awareness.

The Non-Physical is the great source behind the physical world we experience with our human senses. The Non-Physical is the Larger, eternal, expanded, unlimited power that gives birth to our physical world. It keeps your heart beating, your lungs pumping, your liver filtering, and your body animated.

You don't have to know how it works to tap into it every day.

The Non-Physical is infinite, encompassing, ineffable, indefinable, and mysterious, yet it is accessible to you. All the fleeting manifestations of the physical world emerge from and return to the Non-Physical. In this book, you move deeper into your Non-Physical power—and oh, the power you'll discover there! As you let go to your Larger Self, true happiness and fulfillment unfolds.

All the limitless resources of your Infinite Self are available to you in every moment. The only question is, are you tuned to it vibrationally or is the physical world grabbing too much of your attention and distracting you from what's most real? Are you allowing, aware, and appreciative of your Larger self and its infinite resources?

The more you focus on your Non-Physical Self, the more of You becomes accessible to You. Your Large Self doesn't need to be worked on—just shift your awareness into it more.

Summarizing: to build your power of intention, appreciate yourself as the vast Non-Physical being you are rather than limiting yourself to your visible physical being and your physical capacities only.

Get all of you to the party.

MEDITATION: Appreciate your Non-Physical Self.

There are audios to guide you through this in Portal 2 Online.

- Close your eyes, smile lightly, and breathe softly.

- Place all of your conscious attention on your breathing.
- Deliberately appreciate the simple, blissful sensation of breathing.
- Imagine your breath as a mystical bridge between the physical and the Non-Physical.
- Appreciate the mystery of breathing, how it occurs without any thought or effort throughout your entire life.
- Now, allow yourself to drop deep down into the core of your being, to the place where your breath is sustained by a mere intention of your Non-Physical Large Self.
- Go deeper, beyond space and time; go where you originated as an intention—when an intention was shot into the Fertile Void, seeding the Creation of You.
- Breathe, and feel your Large, Infinite Self surrounding you, including you, holding you.
- Appreciate the vast, Larger part of You that is Non-Physical.
- Stay in this state as long as you like, then come back to the physical refreshed.

*Identify with your Non-Physical Self,
that vastly Larger, more all-knowing aspect of you.*

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