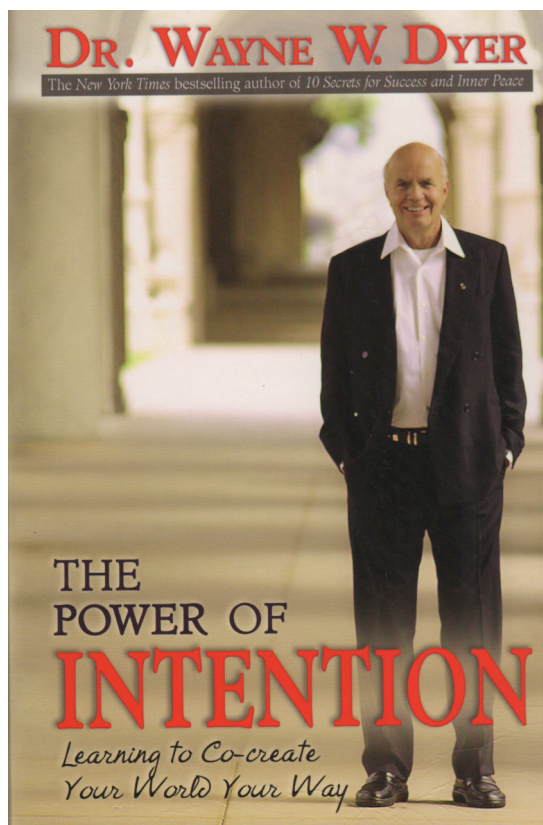

BOOK REVIEW

"The Power of Intention: Learning to Co-Create Your World Your Way" by Wayne Dyer

Hay House; 2004
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[Buy Paperback for around \$14.75
on www.amazon.com]

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I've included reviews of other Wayne Dyer books in my catalog of reviews, and that's because he is truly an inspired leader for our time. *The Power of Intention: Learning to Co-Create Your World Your Way* was published in 2004, and he had written thirty books by then, not to mention his many instructional audios and videos. From becoming a doctor of educational counselling to his many years of research into spirituality and his inspirational speaking and writing, he is now known for expressing the ideas of history's great teachers in his own gentle, unique voice and making them accessible to today's aspiring "connectors."

What is a "connector?" This is the word Dr. Dyer uses for one who has achieved (or comes by innately) what *The Power of Intention* is all about—living intentionally in order to set up the circumstances that help them attain their goals, co-creating their lives with the "Source" of all energy.

Dyer quotes Carlos Castaneda to introduce the first part of the book called "The Essentials of Intention:" "In the universe there is an immeasurable, indescribable force which shamans call intent, and absolutely everything that exists in the entire cosmos is attached to intent by a connecting link." He goes on to describe *intention* as something bigger than its dictionary definition—as the force in the universe that allows the act of creation to take place; as a field of energy that we are all a part of.

And a connector is someone who has "harmonious connection with the field of intention" and has "made themselves available for success...They speak from an inner conviction that communicates their profound and simple knowing that the universal Source supplies everything...Connectors aren't surprised when synchronicity or coincidence brings them the fruits of their intentions. They know in their hearts that those seemingly miraculous happenings were brought into their immediate life space because they were already connected to them." If this sounds like the Law of Attraction, essentially it is. But Dyer relates the Law of Attraction to its source – the mind, field, force, and power of intention.

He goes on to describe connectors as people who "choose to feel good regardless of what's going on around them or how others might judge them." They know that the spiritual world is peace, love, harmony, kindness, and abundance, and they espouse those values. They don't allow outside negativity to invade their well-being. They "think from the end," meaning they behave as though what they desire for their lives is already reality. They do this simply by "thinking and acting the same as the all-providing Source from which all originates."

Dyer says we can feel "energized, cleansed, healthier, and inspired" just being around a connector. They don't judge others and they don't let others' thoughts or actions mitigate their optimism. They also don't let disease get them down, acting as if they are already healed even when there is a health issue to deal with. They even cause others to absorb a healing comportment just by being around them by influencing the low energy of illness with their own high spiritual energy.

Connectors are "infinitely patient, and they're never dissatisfied with the speed or the manner in which their intentions are manifesting." They are always open to possibilities and receptive to abundance.

If this sounds like something you might aspire to, I highly recommend *The Power of Intention*. If, as Dyer says, you are connected to this invisible force whether you know it or not, then taking advantage of that connection would seem a wise course of action. In part

It called "Putting Intention to Work," each chapter about how to co-create abundance focuses on real-life examples of the power of intention and ten practical steps for applying the principles in your daily life. These chapter titles all begin with "It Is My Intention To..." and continue with these topics:

- ...Respect Myself at All Times
- ...Live My Life on Purpose
- ...Be Authentic and Peaceful with All of My Relatives
- ...Feel Successful and Attract Abundance into My Life
- ...Live a Stress-free, Tranquil Life
- ...Attract Ideal People and Divine Relationships
- ...Optimize My Capacity to Heal and Be Healed
- ...Appreciate and Express the Genius that I Am

With all that great stuff, how could you go wrong? They tie into the seven different energy fields of intention: creativity, kindness, love, beauty, expansion, abundance, and receptivity. Dyer especially focuses on letting go of your ego in order to reach these energies and become more connected to Source. He breaks down connecting with *yourself* into a process of discipline, wisdom, love, and surrender. He also focuses on wanting more for someone else than for yourself. Imagine how much less offense would be present in our world if everyone practiced that one!

There are so many great affirmations and words of wisdom in this book that it's hard to resist just quoting it. "The power of intention responds to your appreciation of it...As you appreciate your life force as representative of the power of intention, a wave of determination and knowing surges through you." "Seize every opportunity, no matter how small, to give your life away in service...Whatever it is that you want to do in life, make the primary motivation for your effort something or somebody other than your desire for gratification or reward."

And if you've heard this one: "When you change the way you look at things, the things you look at change," now you know that it came from *The Power of Intention*, one of Dyer's most inspiring books, which echoes the cry for a major shift in consciousness the world over.

[Dr Darryl Cross is a clinical and organisational psychologist as well as a credentialed executive and personal coach. He is also an author, international speaker and university lecturer. Dr Darryl assists people to find their strengths and reach their goals. Further information on Dr Darryl can be seen at www.DrDarryl.com]