

September 30th, 2010

My dearest brother Momo,

The first part of my message is a message from my sister Mariana who wanted me to forward some words: "Love you Momo, hang in there and stay close to God for he will give you strength to overcome this situation and keep you strong for the aftermath. I pray for you and love you very much, Mariana." I wanted to comment a little today on the power of intention for it definitely plays a role in your current situation regarding your immediate goals and objectives, and in all aspects of life. The premise is beautifully simple, but its power and the realization of its proper execution is what grants eternal freedom... and responsibility, conscious responsibility. The premise is that our external world mirrors our internal world, perfectly! That means that our internal environment, composed of thoughts, emotions, and basically any degree of existential attention, will create our external world. There is absolute perfect harmony in this endeavor, and it is our human maxim.

The problem, and why we choose to ignore and forget this simple truth is a) who wants to have full responsibility over their life and world? People love to escape "guilt", love to be able to point the finger, and no one chooses to hold themselves completely accountable, and b) most of the things we harbor we maintain at an unconscious level, and this supports reason a) for if we don't know it (or so we tell ourselves), than how could we ever blame ourselves for causing just that? Those are the grand tricks we play on ourselves; the problem is that we actually believe we are fortunate enough to dupe ourselves... There is a consciousness reservoir in our soul, a place

where all of these thoughts and emotions are being ticked, tallied, summed, and kept on file, and their conscious acknowledgement surges at due time... it always does. Thus they come out and play, just as they should, in our external world and thus we either experience them and learn or they come back and back again... or they cling into the internal sphere, slowly infecting the source of other thoughts and emotions until we choose to bring them to light and pay attention... and listen.

So, wherein lies the power of intention? Well intention is none other than the space to which we direct our attention, and attention is energy, and energy is our self, our internal world, channeled through to attain a purpose. There is one key element for an intention, which is our internal conscious conviction of an external outcome, to become visible and present, just as the rule claims: it has to be honest. Therein lies the consciousness factor, and the responsibility factor. We have to know, in our own hearts, why we want that which we claim we want, why we desire that outcome, why we would like to see that take place... And we need to hold ourselves accountable through honesty.

There is no right or wrong conviction, they simply have to be brought to light, unfiltered, and faced honestly. And when that happens, you connect to that intention in a very profound way, in the only way needed for that conviction to actually play its role out in the external arena. You will feel the intention, deep inside you because you have accepted yourself and channeled that part of yourself into the realization of that endeavor. So we can't simply think about something and consider it done, we must feel that something, feel it truly and honestly, and dedicate ourselves toward channeling that conscious energy into first visualizing, and then trusting

(God/the universe/it) for its harmonious execution if it's what will ring valuable to our lives in that present context.

This exercise of intention will help you in absolutely anything, for you will know a) you have absolute responsibility and power over your external circumstances b) how to magnify that power, and inject yourself into any endeavor so that it happens if it actually needs to. But you've done your part, you've channeled yourself. You are there. Well my dear brother, I'm off to the weekend and I send you massive hugs to be with you. Channel yourself and simply sit back and enjoy the realization of it!

I love you with all my heart, and today, let me walk with you.