

**Unitarian Universalist Fellowship of Vero Beach
Covenant Groups
Intention**

Chalice Lighting

May we know once again that we are not isolated beings,
but connected, in mystery and miracle,
to the universe, to this community, and to each other.

Opening Reading:

There is an ancient Vedic principle that you are what your deepest desire is. This is because from your desire flows from your intention. From your intention flows your will. From your will flows your deed, and from your deed flows your destiny.”

Deepak Chopra

“Intention is not desire. Desire arises throughout the day.... but desires are temporary and fall away again whether they are satisfied or not – they are transient. Intention is permanent and arises from deep within us.”

Andrew Wallas from *Intention* (2019)

“The greatest lie of the human species is the attractive idea that someone or something outside of ourselves can make us happy. “

Andrew Wallas from *Intention*

Topic exploration:

The idea that your intention can create your reality has been around a long time. Buddhism (founded in the late 6th century BCE) teaches that the setting of intentions, the conscious decision to behave or think in a certain way, can affect the course of our lives. In its on-line course on Buddhism, the Namchak Community of Missoula, Montana states “The Buddha taught that the causes of suffering are our own actions (karma) and our afflictive thoughts or emotions. It’s easy to blame our suffering on external causes like another person or situation. However our own attitudes and actions are the primary determining factors in our suffering or happiness. If we don’t want to suffer there are certain actions and attitudes we should avoid.” Our intentions make the difference.

In 1952, Dr. Norman Vincent Peale published *The Power of Positive Thinking* in which he said “Become a possibilitarian. No matter how dark things seem to be or actually are, raise your sights and see possibilities - always see them, for they're always there. Change your thought and you can change the world.”

In 1976 Wayne Dyer (author and world-famous motivational speaker) wrote *Your Erroneous Zones* and in later publications and presentations famously and successfully taught that “Our intention creates our reality.” and “If you believe it will work out, you’ll see opportunities. If you believe it won’t, you’ll see obstacles.”

More recently teachers and gurus (Andrew Wallas and Deepak Chopra, for example) continue to present to us the philosophy that the events of our lives don't happen by chance but are the manifestation of our deeply rooted, often unrecognized, beliefs and expectations which create powerful intentions. These intentions inform our choices and attitudes, which create our reality. When we consciously decide on an intention rather than just reacting from habit, we begin to behave in ways that support that intention, and we begin to see changes.

Questions/Sharing:

1. Do you feel that you have created the life you have or that luck, outside events and circumstances have had a large effect on events in your life and on whom you are?
2. Do you consider yourself a "can do" sort of person?
3. Do you consciously take the time to think about your intentions?
4. If you do, does this kind of thinking require special times and surroundings?

Closing reading:

"Live more from intention and less from habit. " Amy Rubin Flett (Author, blogger, artist)

"When your intention is clear, so is the way" Alan Cohen (Inspirational author)

Check-out and reflections on today's session: Please express any closing thoughts on the content or process of today's session.

Extinguish the Chalice

We extinguish this flame but not the light of truth,
the warmth of community or the fire of commitment.
These we carry in our hearts until we are together again.

Housekeeping