

Investigating Our Intentions

Intentions commit us to a plan of action to achieve a goal. When we intend to do something, we have already decided that we want to do it. An intention connects our resolve to acting, serving as the last step before we act to launch our action plan, like having our finger on the trigger.

An intention offers itself as our final opportunity to discern whether we want to pull the trigger to put our plan into motion. Intentions aim actions.

Before we act upon an intention, especially if we do not feel certain about doing it, we can pause. If we feel we cannot pause and have an urgency to act, then we must pause to avoid entangling ourselves within a compulsive reaction.

Within the pause, those on the sacred path finely tune the aim of the intention by aligning it with the valued ways of the sacred path to further life on Earth.¹ Some questions we might ask ourselves are whether our intended action would,

- Reduce or increase the suffering of others, life, and the Earth.
- Increase harmony and unity or discord and conflict.
- Increase our dependence upon the approval of others
- Strengthen our resolve to do the harder but right thing to do, which includes nonaction.
- Express privileges or equality.
- Change our circumstances more to our liking or to further life on Earth.

Answering these questions helps to dispel the thrall the Western world view has upon us and our behavior.

We can also ask the Yi Ching for its guidance if we have the willingness to follow its advice.

If we find alignment with our values, then we can act/nonact upon our intentions with greater certainty of knowing our actions/nonactions will benefit and not harm others.

Upon acting or nonacting, we wait for the consequences to unfold. We take responsibility for how our actions/nonactions affected others or the situation. If we observe others have benefited from what we did or that a problem has unfolded in ways to resolve itself, then we aimed our intentions correctly. If not, we investigate how our intended plan of action went awry so that we can learn from our mistakes.

Actions change everything.

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¹**Ways and values of the sacred path to further life on Earth (work in progress):** Joyful surrender to our love for the sacred and sacredness; humbly yielding in gratitude for all we experience; deepening awareness of the sacred, the sacredness of life, and knowing how to further life on Earth; discerning how to live in balance with the Earth Interbeing; disciplining ourselves to remove the ways we separate ourselves from the sacred and sacredness; compassionately responding to suffering; harmoniously interacting with all life; commoning with all life the blessings of the sacred Earth.