

INTENTIONAL ACTION

www.nickfreedman.com.au



Do, or do not.
There is no try.

Yoda

The intention behind the action, is as important as the action itself.

By Nick Freedman

By now, you will have painted an objective view of your current reality, using Get Clarity, started to uncover your personal vision with the Vision Builder, and defined all the key steps to complete using the Milestones tool. We can now look at what *action* you must take, to make your ideal life become a reality.

Action plays a large role in your creative journey. Action is what you will do to make progress towards your vision. Without any action, your journey will be a short one. The purpose of the actions you take is to *cause change*, in order to bring your imagined vision into real and manifest form. So before jumping into what you need to do, let us explore two viewpoints about how physical reality changes.

Newtonian or Classical Physics, paints a picture of a physical world with fixed boundaries. It informs us that reality is made up from *inert physical objects, which are separate and disconnected*.

The space in between the parts plays no role in their interaction, and to understand the whole you simply break down the parts and study each one. These physical objects move around in a never-ending cycle of cause and effect, which can be predicted using the three laws of motion.

Mainstream science, medicine, business and society has been built on these Newtonian foundations, so this science plays a huge part in explaining how reality is today for us in the world and what we call *truth*.

Newton's world is one, which resembles *clockwork* where each part connects to the next and if you move one, the next will move and so on. Change can be explained simply. *Change only happens when an external force is applied to a physical object*.

So to cause change to something in your life, you move things (yourself, other people, your job etc) using either push or pull forces. Either way, the cause of the change is an external force.

With physical movement, things get done and stuff changes. The greater force, the greater the change, so if you want to get fit the harder you run, the fitter you'll get. On one level all this is true, however it is not the full story, as we shall now explore.



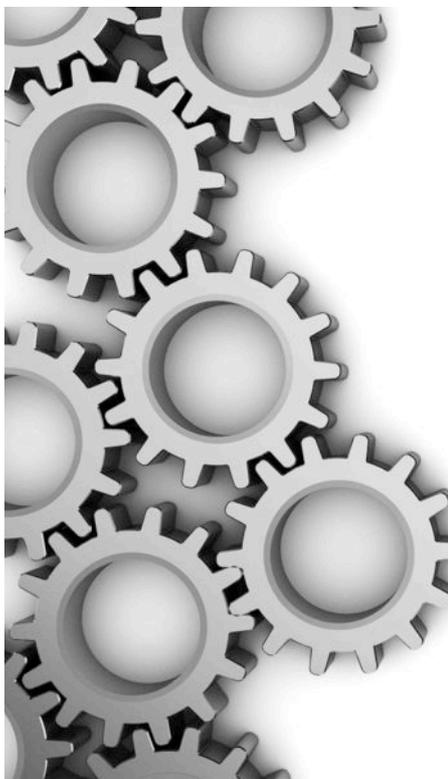
Disconnected Action

When change is viewed from this perspective there is no mention of *what is happening inside you*, whilst you take the action. Because this science does not acknowledge that mental, emotional or spiritual states influence the physical world, there is no admission that what is taking place inside you, whilst you are performing the action, has any relevance or significance. This view takes the *I* out of the action. So it is wholly possible to be *disconnected or separate from the action* you're taking. You may be able to think of someone who does things as if on autopilot, without any real connection to what they are doing. It's as if the lights are on, and nobody is home. This can often be seen in working environments, which place a heavy emphasis on sticking rigidly to pre-determined processes. People are acting, and changing things, but there is no thought about what or why they are performing the action. This type of activity without presence or connection is called *disconnected action*.

Governed by the external

This view of a disconnected change process happening through external force alone, has much further reaching implications, which we can delve into.

If the world consists of separate and disconnected parts, then I must also be disconnected from everything in my life. Because this type of thinking *separates the 'I in here', from the 'world out there'*, it can quickly create a sense of powerlessness to truly change or influence things.



It's easy to see how the belief can form that *I cannot control the circumstances or events in my life, because I am disconnected from them*. The bad things in my life just happen to me. I play no part in causing them, so my life is determined by all the circumstances which I cannot change.

With this perspective towards reality, control of your life is not your own as you exist within a chain of random causes and effects. You are simply a *cog in the machine of the life*. At best you might get lucky, however there are external forces, which can prevent you from creating the life you want. This is a widespread belief and one which must be transformed if humanity is to move beyond some of its current challenges.

“Quantum physics thus reveals a basic oneness of the universe.”

Erwin Schrodinger

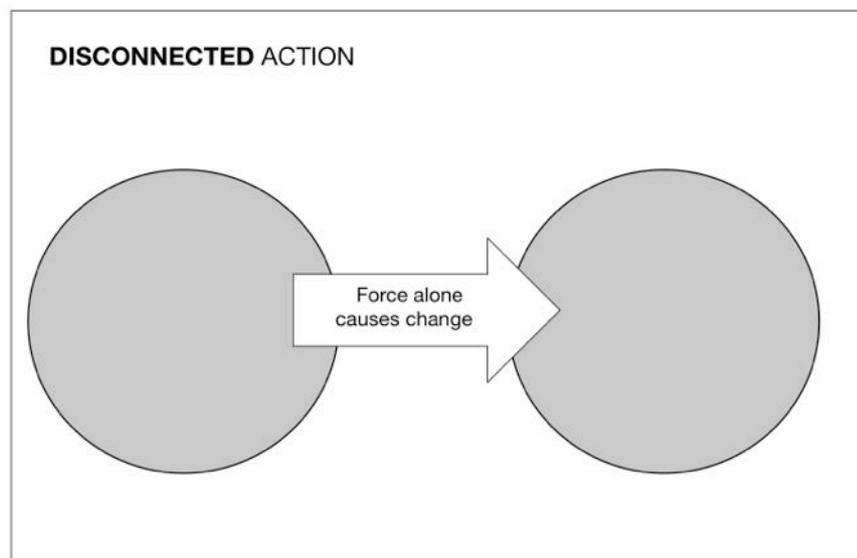
An exchange of energy

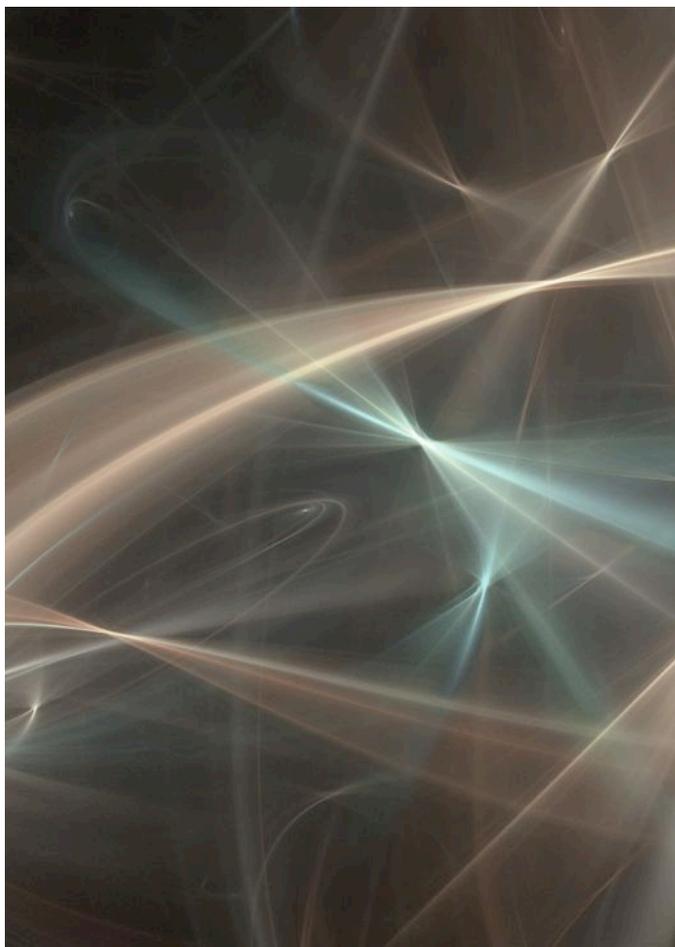
So, now let's look at *quantum physics*, which explains the world of energy, and how change happens on the micro level inside the atom. This science arrived in the early part of the 20th century and although its findings have caused progress, its principles have yet to filter through into mainstream thinking.

Quantum physics explains reality, in totally contrasting ways to Newtonian physics and as such can be hard to fully grasp. It informs us that physical reality is made from energy. And it replaces the concept that everything is separate and disconnected with the idea that all things, including you and others, are interconnected via this field of energy.

When change is understood using the quantum principle that everything is interconnected, newton's idea of you being separate and disconnected from your intended results, simply dissolves.

With this boundary removed, a new potential opens up. Action turns from being a disconnected transaction between two separate parts of reality, to a dynamic exchange of energy between two interconnected parts of the same energy field. In this realm, change ceases to be governed by external forces and instead, the *I* inside, again plays a part in causing reality to change.

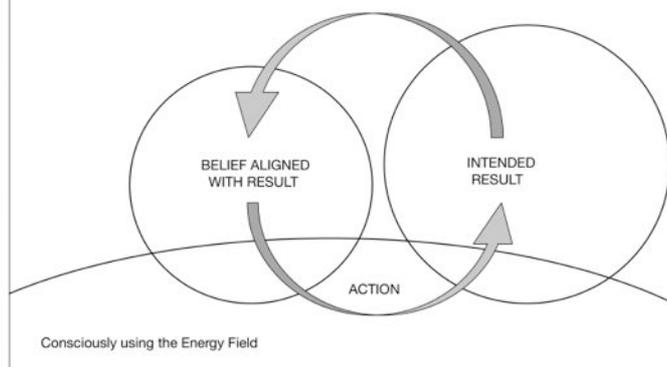




“Our intention creates our reality”.

Wayne Dyer

INTENTIONAL ACTION



The Observer Effect

Of relevance to the inquiry about how you cause change, is another principle which quantum discovered, called the *Observer Effect*. One of the strange aspects of how the quantum world functions, is that reality has dual properties that exist simultaneously. In the quantum world, reality exists as both a particle (physical matter) and a wave (energy) at the same time. Quantum goes on to advise that reality only becomes a distinct physical thing (particle), when it is observed by human thought or consciousness. *So the act of observation, or paying attention, causes reality to change.*

This observer effect points to the fact that thoughts are not disconnected from reality at all, but rather play an active part in causing reality to take shape. Numerous scientific experiments to study the influence of using human intention to change physical matter have happened, and there is now a large body of evidence which proves this concept to be true.

So let's review the notion of change. Newton said it happens when external force is applied to stuff. This means you take action to create a result. Quantum says that thoughts cause reality to change. This means you change your thoughts and your world changes. Both are true, and science has proven it.

Manifestor exists to explore what potentials open up when both Newtonian and Quantum principles are applied together to empower you to consciously create reality. The idea being that when you *orientate yourself from the place where they overlap, you'll be able to create and enjoy the kind of life which previously only existed in your dreams.*

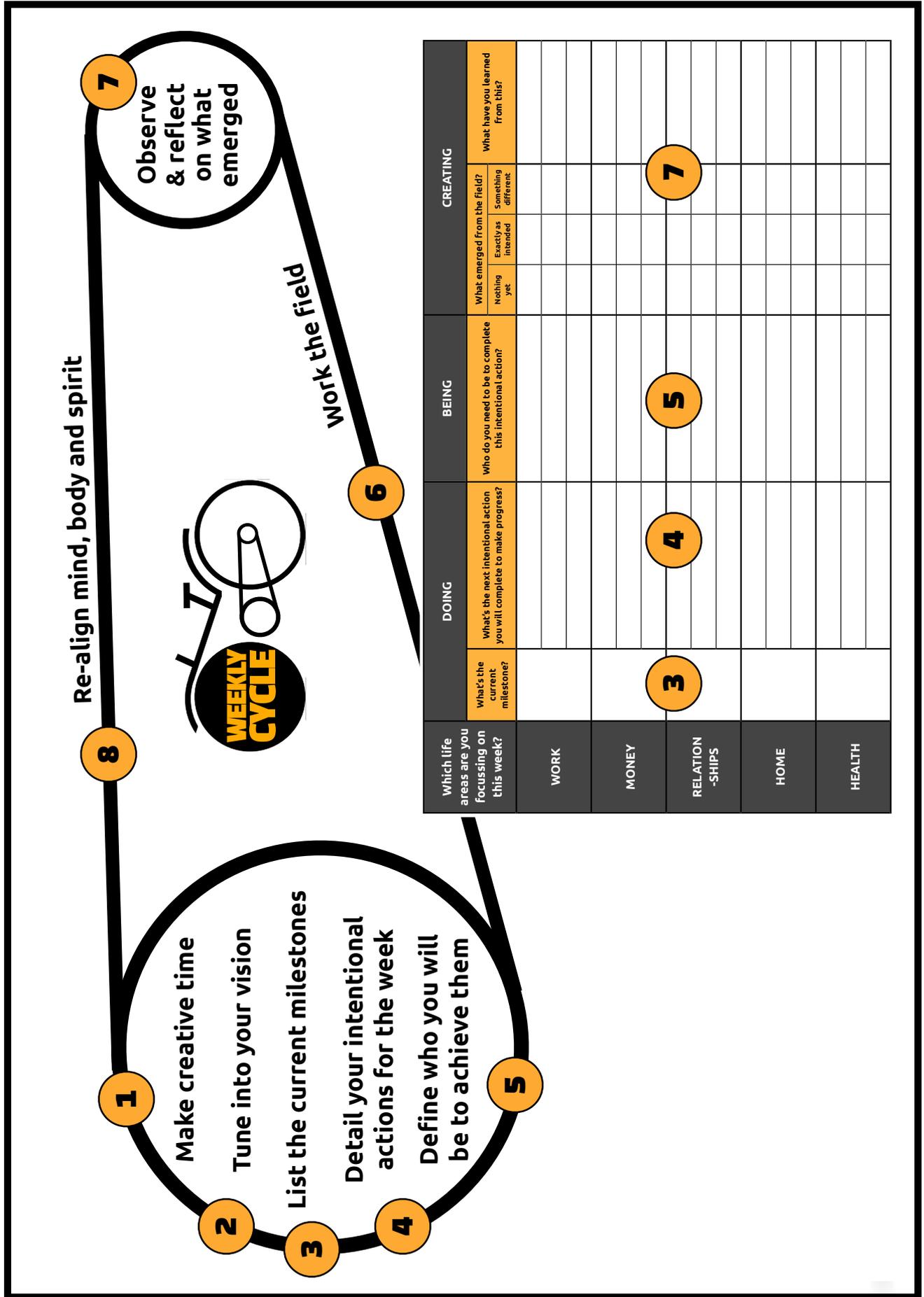
So with this knowledge about the power of thought, we can see that *the intention behind the action, is as important as the action itself.* When viewed from this angle, action moves from being disconnected, to become an interconnected energy exchange. Action without belief that the desired result will happen is fruitless. This can be seen in so many quick fix diets or exercise routines. The picture is painted that if you simply follow the action steps, you will lose weight. People start the journey of taking action steps and yet don't acknowledge the impact of the I, or observer inside. They don't get very far.

Intentional Action

Intentional Action, *is an exchange of energy which begins with aligned belief, then turns into action, in order to realise the intended result.* The observer inside, suddenly becomes significant and important as it has a role to play in the exchange. By mentally focussing on the intended result, and taking action, you are placed back in the driving seat, responsible for and capable of, causing large scale change. This is refreshing news, and dissolves the powerlessness that arises from thinking you are separate from reality, and outside forces govern your choices.

The person who is travelling on their journey in this way, is self aware, conscious of the present moment and focussed on the results which they are creating. They have created alignment from the inner point of what they believe and feel, to the outer world of what they say and do. With practice, results start to be created effortlessly, and life is seen as an interconnected energy playground. This way of living is a real possibility for everyone, including you.

These 8 weekly steps will empower you to start navigating through life consciously.



The weekly cycle helps turn the completion of intentional actions into a creative habit.

The intent of the weekly cycle is to help you build a powerful creative habit, that will serve you for the rest of your life. When this practice becomes an anchored routine in your life, it will help you to keep evolving and accessing ever deepening capacities within yourself. There are 8 steps detailed below:

1 Make creative time

As you learned in the time champion practice, the two core capabilities to build are to leverage quick wins daily and build stamina for big creative projects. Outside influences will often mean it's not possible to allocate 20 hours a week of creative time, so the intention should be to schedule as much creative time as you can to complete the intentional actions in your weekly cycle.

2 Tune into your vision

By now, your vision is emerging and as you make ongoing progress, more of it is becoming known to you. Take a moment to focus on your vision and consider what you are creating. Anchor yourself into your creative journey and take an objective view of the recent activity. There may have been some progress as well as challenges.

Welcome them all, and reflect if you have gained insights to change your vision. Often as the journey unfolds, what we thought we wanted at the start takes on new and different qualities. This is very normal.

3 List current milestones

It's not ideal to have activity in all the life areas in any one week, so consider which ones are currently in the foreground, then list the milestones you're focussing on for each one.

4 Detail your intentional actions for the week

Next consider the smaller results you intend to create in order to make positive progress towards each milestone. Use your imagination here and get very specific about the details. The clearer you are about the action you're going to take, the easier this exercise will be to complete.

Write them down. Some of the actions you take will be simply routine and others will require you to do things you've never done before. With these newer actions you'll be stretching yourself. Approach all your actions

with passion. There are several suggestions for different types of intentional actions on page 8.

5 Define who you will be

Take a few minutes to calm your mind and reconnect with yourself. Once you are present, bring your awareness to the *emerging self* circle on your vision builder. These are the qualities of being you are exploring and expanding on the journey of developing yourself. Many coaching programs focus purely on the behaviour or action needed, missing out this key element of the creative journey. With a quantum view of inside out change, this concept of who you are becoming, is as important as what you do in the world.

Next look at each of your planned intentional actions and ask yourself, "who do I need to be to complete this intentional action?" Words like open, courageous, focussed, loving and receptive are all examples of value based words which could answer the question. Record whatever comes up for you against each action. This aspect of the weekly cycle, brings Gandhi's quote of *'You must be the change you wish to see in the world'* directly into your journey of learning to navigate life consciously.



Responsibility, connection, objectivity and acceptance are essential qualities to embody.

6 Work the field

As your week unfolds you will be completing intentional actions, which we describe as *an exchange of energy which begins with aligned belief, then turns into action, in order to realise the intended result.* Before undertaking an intentional action learn to slow your breathing down and focus on the inward and outward flow of your breath. Doing this will help you reconnect with yourself. Once you have reconnected to yourself, bring your awareness to your surrounding environment. Pay attention to everything in the environment. This is the place where the action will take place so it's important to be mindful of what's happening. Become aware of the energy in the place, and accept it may be different from how you are being. The boundary line between you and the result is only an illusion. In the interconnected quantum realm, you choose which possibility to make real. To become one with the result, visualise a picture of the intended result in your mind. Say internally 'I am creating' then state the intended result. Express this using affirmative positive language. Once you have pictured the result in your mind, *use your feeling senses to connect with the result, as if it had already happened.*

Literally feel the final result in every cell of your body to make it awaken inside and become real. As you breathe in, imagine your breath draws the result into you. Whilst doing this, let go of thoughts or feelings which are not aligned with the intended result. Once you have aligned and connected yourself with the intended result, the energy exchange then turns into action. Imagine the action you take is an outer expression of your inner state of being. This way you can become deeply present whilst doing the activity. Now do what is needed, to complete the intended action. In the next practice, *creative visualisation*, you'll also connect with another way to work the field.

7 Observe and reflect on what emerged

Knowing about the quantum field, does not guarantee you will be able to work consciously with it every time you take action. All throughout this process you will be receiving subtle signals. At times the result will manifest exactly as intended. Other times it will look different or look as though nothing has happened at all. *Pay attention to any signals that you receive through this entire process. Conscious creation sometimes means you have to*

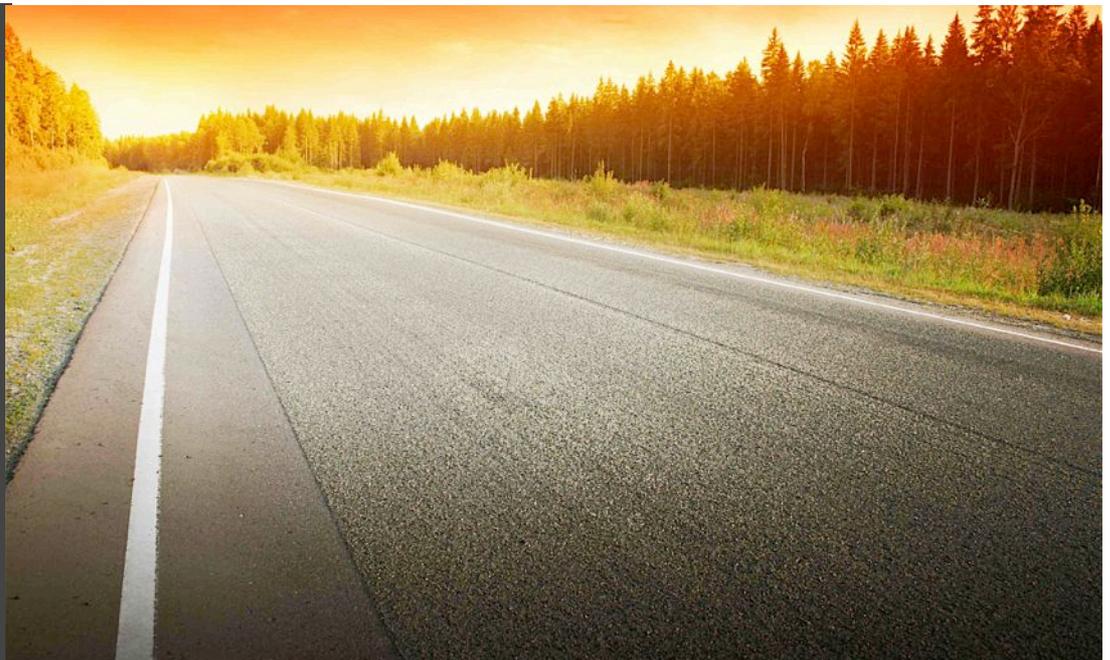
wait until the timing is right, or take a different course of action than planned to create the intended result. Observe and reflect on what is emerging from the quantum field and record this on your weekly cycle at the end of each week.

8 Re-align mind, body & spirit

In Get Clarity we explored 4 essential qualities of being for conscious living. They are acceptance, responsibility, objectivity and connection. These all play a key role in the weekly cycle. If the results you are intending to create are not emerging from the field, this may indicate that a block inside you is limiting the creative transfer of energy from your mind to the quantum field. Blocks are a normal part of the journey and take various forms such as limiting beliefs, shadows or energy deficiencies. To help you create freely, we have a wide range of practices that can re-align your mind, body and spirit. You'll learn more about these in the upcoming practices and we encourage you to get in touch if progress is not unfolding as you had intended. Because life is a work in progress and blocks are part of the journey, phase 8 of the cycle is about finding a realignment tool that works for you, and making it a habit too.

You have to be before you can do, and do before you can have.

Zig Ziglar



Which life areas are you focussing on this week?	DOING		BEING	CREATING		
	What's the current milestone?	What's the next intentional action you will complete to make progress?		Who do you need to be to complete this intentional action?	What emerged from the field?	What have you learned from this?
				Nothing yet	Exactly as intended	Something different
WORK						
MONEY						
RELATION-SHIPS						
HOME						
HEALTH						

Here are some ideas for types of intentional actions which you can take on your journey.

Have a conversation

A large part of progress on your journey is made whilst being in relationship with other people. Conversations either with a single person or group can be used for many reasons. They could be used to inspire someone else, explore potential opportunities, apologise for something you did, negotiate a result or say no to somebody. There are several books on communication suggested in the reading list.

Research

It is often during the early stages of your creative journey that you will need to conduct some research to find out more information about an area you know little about. There are many ways to complete research including reading books, searching the web, talking to people and observing what it is you need to know more about, in action. Always consider the purpose of the research before you start and make a list of the questions which you want to seek answers to.

Journalling

Keeping a journal can be a powerful way to reconnect with yourself through the written word. There are several exercises which you can do including a brain dump, gratitude journalling, creative writing, making lists, capturing ideas and drafting out intended conversations. For more information about how these work, refer to the journal writing practice.

Analysis

A large part of making progress includes getting clear about the next steps which you need to accomplish. Without true clarity about what needs to be done next to make progress, it can be easy to fall into a pattern of reacting to the present moment, without purpose and intent. Analysis, when done in a mindful way, can be a useful way to proactively create the future. When you have clarity about what you want to create, then weigh up all the options, exploring the pros and cons, or benefits and pitfalls for each, you will often get increased certainty about what path to take next on the journey.

Connecting to the present

It can be easy to view action as something which requires movement or doing. There are also a number of passive actions which you can take such as listening to music, meditation, contemplation and simply being present with yourself and nature. These types of actions can help you get back in touch with yourself and access your higher wisdom.

Simply getting it done

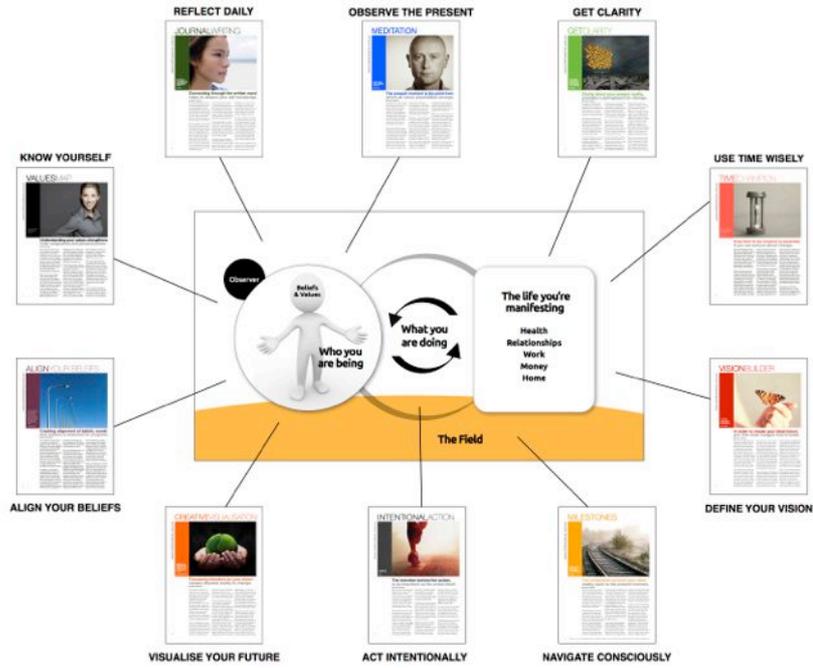
After the reflective processes of vision building and delving into the present moment, a large part of what will help you make progress is simply getting the work done. Some actions require you to apply energy, movement and enthusiasm in order for you to progress in the direction of your vision.

For the things we have to learn before we can do them, we learn by doing them.

Aristotle



Your Manifestor Journey



Manifestor helps you play life bigger, by teaching you the skills needed to turn the vision of your ideal life into a physical manifest reality. This tool is one of 10, that makes up the complete learning journey.



Social Learning Gym

If you like to study in a social environment with others, the social learning gym is worth exploring. Spanning across 4 weeks, you'll join other manifestors in a weekly online workshop, as well as getting 1-to-1 mentoring from Nick. You can join the public program, or book Nick directly to facilitate a learning gym for you and 8-10 of your friends, (you find a venue, then we work together with our video technology).

Visit www.manifestor.tv or email clarity@nickfreedman.com.au to find out more.

About Nick Freedman

Since 2002, Nick Freedman has been designing and facilitating programs which have helped 1000s to transform their lives and businesses from the inside out. His clients include organisations like Salesforce, Yahoo, Westpac, AoL, Ronald McDonald House & Coca-Cola, as well as 100s of SMEs & not-for-profits.

To gain more insight into Nick and the inspiration behind why he built the manifestor program, watch his TEDx talk "10 questions I asked the ocean" at www.nickfreedman.com.au