



MODULE 3 – WILL & INTENT

QUOTE (slide)

“Will is the human expression of the ONE all pervasive universal force Toltecs call INTENT – an inherent faculty of the Na(h)gal. Will is to the human what intent is to the Spirit!”
~John English, teacher of ancient wisdom.

The **Nahgal** is pure spirit, pure being, spirit unmanifest. It is sometimes referred to as Christ energy or Prana. But it is known as Intent to the Toltecs, or unconditional love in motion. This is very different from the world of man, which is the body, emotions, mind. All our thoughts and actions on the physical plane. The **Naghal** is unmanifest and has no name but it inspires the urge of all of creation.

THE WILL (slide)

“The will develops in the warrior in spite of the opposition of reason.....Before you can even evoke your will, you have to prove to yourself that you are capable of claiming knowledge as power. Only then will you find out how your will works.”
~Th'eun Mares

Will is the human expression of intent, not INTENT itself. However, we are connected directly to it as human beings through our Dreamers and the will of the dreamer. Will is a universal power of intent that flows through us. When we are aligned with our Dreamer, will and intent flow through us without effort. This is the grace and ease I speak about.

INTENT (slide)

Intent is ONE SPIRIT's desire to create.

Toltecs say that power is **INTENT**. And power is a mystery. We can only talk about it, but we don't know that much about how it works or why. Power is unconditional love in motion. The ways we experience power are through our will, or desire to create something. Often, we experience it as opposition to what we don't want.

HUMAN WILL (slide)

Inherent URGE = **WILL**. Like a toddler just desires to walk or talk. We don't really teach them how nor do we do very much to encourage it. It's a natural desire.

First important key is to shift awareness to **HEART** center and **STOP THE DIALOG**. To get in touch with genuine WILL, we have to let go of our little self will, the ego...it's subtle. But first you must stop the internal dialog. Will is impossible to activate when reason (mind) is active.

Second most important thing you must do is to use your knowledge and experience on the physical plane to create power. One essential way to create power is to eliminate **PATTERNS**, so you stop repeating the same mistakes over and over again. Set your intention to overcome patterns that interfere with your WILL and the flow of life through you.

Finally, the power of **WILL** and **INTENT** belong to your higher self, your Dreamer and understanding that, and allowing that awareness to guide you, is the beginning of true power. Know who you really are, the manifestation of your Dreamer on the physical plane. We have a way to activate WILL on the physical plane, and I will share that with you tonight.

PRAYER MEDITATION (slide)

Take 3-5 deep breaths in through the nose, out with a haaaa from mouth.

Move your awareness to your solar plexus – where WILL resides.

We need to clean out this chakra of all patterns or triggers so that the will of dreamer can move into full potential....little self will of ego can run riot if we let it.

Let your eyes be soft or closed.

Intend the following as I repeat :

“By the grace of Great Spirit, I turn my life and my will over to the care of Great Spirit and my Dreamer....”

Simply intend as I repeat (20-30 times) – power of sound to lull mind, group intent is powerful. Return to normal awareness.

When people turn over their will to God/Great Spirit they are really turning it over to their own Dreamer and the One Spirit.

The carrot for this process is:

- Access to WILL
- Difficult to describe the power of this
- Synchronic magical things begin to happen
- Major shifts – that is WILL
- When things just manifest without effort or thought
- Being in the FLOW

- Power of your Dreamer just FLOWS through you.
- Grace and Ease

CHECK IN (slide)

- Any comments on our first month together?
- What would you like to share about your experience so far?
- What's going on in your life right now? And how can we support you?
- How did it go releasing your triggers?

THE POWER OF QUESTIONS (slide)

We have been learning to take control of **AWARENESS** and how to **STOP THE DIALOG**. We have also been learning about **TRIGGERS** and how they hijack our awareness. We are working on energetic level using energy centers to get connected to the body and grounded in being, connected to your Dreamer, **WILL** and **INTENT** so that we can **NAVIGATE THE UNKNOWN**.

Navigating the Unknow is so powerful and we do that by asking **QUESTIONS**. We question everything.

Example: next time you notice the monkey mind dialoging, ask yourself a question....

Notice the pause....

Your mind is waiting to receive the answer....

From where?

Questions are **HOW** we navigate the **UNKNOWN**, or the unmanifest potential of the universe!

REMOVING SELF SABOTAGING PATTERNS (slide)

Part of becoming fully empowered and able to navigate life using power, or our **WILL** and **INTENT**, is to become aware of our triggers and patterns and remove them.

Like an old program that runs in the background, these patterns often cause us to do things that are out of alignment with our true heart and will. Self-sabotage is very, very common. People will do things even though they know it's not good for them or it's exactly contrary to what they say they want.

Why?

Because unconscious patterns are there to help us become conscious and empowered. Everything in our lives is there for a reason or it simply would not be there at all.

There is a process in many recovery programs, like AA, where people will consciously relinquish control of their patterns to a higher power in order to invite change into their lives. We are relinquishing control of the little self, the ego, over our dream so that we can be OPEN for WILL and use will and intent in more powerful ways. If we do not release control of our ego, then our will is just self-will. It's not aligned to our Dream and the dream of humanity.

One example of the most profound desire or will, is the will to live. The average person experiences true will when they are in grave physical danger. Exercised through the stress response, the body can do amazing things to survive.

Our **WILL** is not in the mind, but found in **stillness**, in connection with our hearts, our spirit and our in our body. It's just there.

Ask yourself a question you don't know the answer to. Go ahead....think of a question.....your mind will go still.

Why?

Because you are waiting for an answer.

From what?

The asking is how **WILL** and **INTENT** puts pressure on all of life, all of creation. The all pervasive force of INTENT and WILL puts pressure on you, on your brain, on your awareness, on your being, via your Dreamer. You begin to open to the **Nahgal** and the universe.

This is why stopping the internal dialog is KEY.

Most use **POWER** or **WILL** by accident.

STEP BY STEP PROCESS TO REMOVE PATTERNS (slide)

Here is a powerful process to become conscious of a pattern that is sabotaging your life and how you remove it. ***See Members Area for a copy of this process.***

First Step: **Become conscious of a pattern** and make an unwavering commitment to eliminate it from your life.

Second Step: **Track through the pattern** using a scenario of when it has been present in your life and find the payoff. Payoff is usually unconscious. It often comes as an "Aha!" when you see it.

Third Step: [Create a powerful intention statement](#) to get the payoff without the pattern. Make it positive (what you want, not what you don't want), it should include the payoff and feel really good to you.

Here's an example from my own life for a pattern I had where I chose to remain in a disempowering relationship to please others and do what was expected of me despite how it was harming my spirit and health. This created a lot of pain and suffering and wasted time. My payoff was that I learned to get creative with my time and resources to find the joy and creative expression I needed to thrive.

"I remember my intuition is powerful and accurate and I deeply deserve the love and respect I so freely offer to others. I am loved unconditionally exactly as I am. I easily attract partners and friends who are kind, honest, and support me in my life and work."

Fourth Step: [Remove the pattern from your energy field](#) so it doesn't exist for you any longer. Shining the light of conscious awareness on the pattern and its payoff goes a long way towards removing its foundational energy but we want to eliminate it completely.

"I give myself permission to release this pattern of getting into dysfunctional romantic relationships with partners who are not in alignment with what I value and I ask Great Spirit to help me release it and clear it now...."

Fifth Step: [Choose differently!](#) Now that you are aware of the pattern and its payoff, you have a new way of getting the payoff without the pattern via your intention and you've released its energy, you're ready to live your life without it. You have a new map. So much easier to choose differently on the physical plane.

Keep using [the release statement](#) a couple of times a day for a couple of weeks, keep focusing on your intention statement and look for your instances of opportunity to choose differently.

Would anyone like to try this process out on a pattern that you are currently struggling with?

[LOVE IS IN THE AIR](#) (slide)

What does that mean? Again, a question....and wait....

Love is in the air is an expression that we have left over from humanity's knowledge of the elements...It's evidence that human cultures once did understand the elements and how we operate together.

[ELEMENTS](#) (slide)

At one time, men and women from all walks of life, and in every culture across the globe, had extensive knowledge about the elements. But that's been kind of lost....for many reasons we don't need to go into....We want to open the door for this awareness to come in. When you stop the internal dialog, you are not breathing IN the thoughts and energy of thoughts of other people....

The elements you are beginning to work with are AIR and ETHER. The warrior knows how to stop the AIR, stop the **thoughts**, stop the **beliefs**, in an instant. When you get a "vibe" it comes from the element of the air.

We (ancient humans) used to send intentional messages using AIR. An example is the Q'ero shaman who came down from the Apus or mountains in the 1950s. He had one message, to take care of Pachamama and stop drilling holes in her and sucking out all her energy. He knew this was happening because it came to him in the air. Not through a device. But the air.

The Q'ero mystic later said he wasn't using AIR anymore because our earthly air is so polluted. Not with air pollution, but 7 billion humans all transmitting thoughts and feelings into the air.... So now those who are aware of the interconnected fields of information are using Ether instead.

The elements you are working with here today are AIR and ETHER. AIR is addressed by identifying internal dialog and stopping it. ETHER is used on the energetic level, releasing triggers and patterns. ETHER is really just INTENT. It's the power of life itself, and the fifth element. In the Q'ero tradition it is Kausay. In Star Wars it's called the FORCE. Qi or Chi. Ether is LIFE FORCE energy as an element of nature.

We will get further into the elements as we move along. For now, let's get back to intentions.

My intention is to give you as many **TOOLS** and as much as you can possibly use in this six month time. But I also want to make sure we stay on task. We will be coming back to the elements.

HOME PLAY (slide)

1. Heart center meditation – did you try it? Keep listening to it when you can!
2. When dialog starts, move your **awareness** to center channel (spine), and your solar plexus.
3. Practice changing your state by shifting awareness to your **HEART** center.
4. Continue releasing energy of your triggers with release statements.
5. Track through some patterns. Where did they start? What is the payoff?
6. Stay in touch, with your SELF, the group and me so that you stay on track!