

# IAI - The Practice

**Intention:** Our actions create the reality of our lives. There are two powerful tools that we possess that guide our actions; our intentions and our beliefs. There are several ways we can state our intentions. There is prayer, affirmation, contemplation and just plain conversation. The key to any form of transmission is that it is intended as a message from ourselves to our Higher Power. I recommend always starting with a statement that affirms of our Divinity. The reason for starting this way is that we are immediately lifted out of our default lower state of existence, Ego, and into our optional higher state of existence, Spirit. After that I suggest starting with a couple of intentions that are demonstrations of the Divinity that we are acknowledging.

No matter what your chosen means of communication is there is one thing I have learned that I would like to pass on to you. It is that all communications should be an expression of gratitude and not a request. We should start each of our statements with a phrase such as "Thank you God for" instead of "God, please give me". The expression of gratitude accomplishes two things. First, it doesn't presume that we know better than God what we need. The second is that it implies a state of Abundance as opposed to a condition of lacking.

To start with I suggest setting the following four intentions. 1st. Acknowledge your own Divinity, in any way you are comfortable doing so. (example; I am One with God in Love and Light.) 2nd. Is a demonstration of your Divinity by intending to practice, as best as you can, unconditional love for yourself and others. (example; Thank you God for showing me how to be unconditionally loving of myself and others.) 3rd. Is a demonstration of your unconditional love by intending to practice, as best as possible, forgiveness for yourself and others. (example; Thank you God for showing me how to be forgiving of myself and others.) 4th. Intend to eliminate a behavior that is interfering with your ability to live a serene and joyous life. (example; Thank you God for removing the obsession and compulsion to act out in anger today.)

This is the minimal practice. Additional Spiritual practice after these four intentional prayers is encouraged.

**Awareness:** This means, as best as you can throughout your waking hours, being as aware as possible, of your thoughts, feelings and actions. Anytime your awareness shows you that you are going against your morning intentions, you go to third letter.

**Intervention:** When you become aware that you are going against your intentions, you need to intervene on yourself. You need to do this gently. If you are not gentle with yourself, not only are you going against your intentions, you are creating an atmosphere that will perpetuate the behavior you want to intervene on. An example of a gentle intervention is "Stop, this doesn't serve me anymore". After you state your intervention you then repeat the morning intention that you are not complying with until your thought, feeling and/or action is back in compliance with your morning intention. You may find yourself intervening numerous times throughout your day. This is alright. This indicates that you are becoming more aware. The need for intervention has always been there, its just you were so accepting of the ego chatter you didn't see that it wasn't serving you.