



The Power of Intention

Learning to Co-Create Your World Your Way

by Dr. Wayne W. Dyer

Hay House © 2005

259 pages

The Big Ideas

Serotonin Overdose

Be kind and feel the hit!

Act “As If”

Your highest says “Hi!”

Coming to Oneself

The four steps of intention.

Namaste

I bow to the divine in you.

Say, “Yes!!”

Say it again! And again!

Connect to Service

Find your purpose. Serve.

What Are You Seeking?

Be what you’re seeking.

Faces of Intention

Ahhh...behold the beauty!

In-spirited

What inspires you?

Empowering People

Choose friends wisely.

True Nobility

Be better than yourself!

Delete!

Fear appearing?!? Delete!

Float

Focus on flotation .

God: Good Morning

Relax. God’s in charge.

“Good morning, This is God. I will be handling all of your problems today. I will not need your help, so have a miraculous day.”

~ Wayne Dyer from *The Power of Intention*

Wayne Dyer is one of my absolute favorite teachers. In fact, in my spiritual family tree he’s right there below Maslow in the spiritual dad spot!

If you haven’t read this book yet, I hope you do. If you’ve read it, I think you’ll enjoy some of my favorite “Big Ideas.”

In any case, let’s get this show on the road and kick it off with a (healthy) overdose of serotonin!

Overdosing on Serotonin

Have you ever heard about the effects of kindness on your brain? Dyer shares the amazing science of kindness in *The Power of Intention*. It goes something like this:

Serotonin is the drug that makes you feel good. It’s what all the pharmaceutical companies pump into those wonderful little anti-depressants. It’s also a little drug God decided to pump through our brains when we do things he/she/it likes. It’s kinda like a little reward for good behavior, ya know?

Anyway, get this: when you do something kind for someone else, the person you’re helping has serotonin released in her brain—she feels happier. And so do you.

Good news! Two more serotonin-induced happier people in the world! Woo hoo!

But the most incredible thing is this: not only do you and the person you helped feel better, so does some random person who happened to watch your act of kindness.

Amazing...

I like serotonin. You? I say we overdose today. :)

Act “As If”

“Act as if everything you desire is already here... treat yourself as if you already are what you’d like to become.”