

When we attach ourselves to a desired goal or outcome it breeds expectation. That outcome therefore has been given the power to impact us usually with little control over its effect on us. Be it emotional, social, economic or physical our attachment seems to gather up to some degree our attention, our hopes and fears and our imaginations. How we react to this impact is a charge to the quality and wisdom of our character and level of faith.

However, when we begin to live in an intention state of mind rather than goal driven, we find we begin living from an attitude of who we are instead of what we want to get. Living from intention frees us from being judgmentally attached to outcomes and gets us off the up and down roller coaster of joy and despair.

As of this writing I am experiencing a great opportunity to become attached to an outcome. This morning I received a call inviting me to my third interview for a new job. Having been desiring a new position that has meaning and creative challenge matched to my skills that pays well is quite an open door to racing down the fantasy freeway and bonding a strong attachment to the outcome I want. If I were to do this, and fall prey to something that in my human personality is not in my control, I may as well be on that highway with no steering wheel.

So, what IS in my control? It's my outlook and activity of my thoughts and actions that deliver me into non-attachment. I could rant and hope and pray that this job has got to come through. I could work myself up into a nervous wreck while setting myself up for who knows what. I could get the position and think I'm Mr. Wonderful, or I could not and fall into despair and sorrow and all that accompanies the loser victim mentality. Or I could come from a mental and emotional standpoint of purpose and intention.

As a daily guidepost to help me keep focused on Truth and out of my fantasy attachments to things, is a practice using a document made from a guided process consisting of prayer and meditation called a sacred covenant. It is a guide designed to reveal the highest aspirations of us that lie hidden within our souls. The guide consists of a series of intentions such as these I have written: To be a blessing to all that are touched by my life, in my willingness to live as love. Another is: To be a center for the manifestation of right livelihood being fully supported and abundantly prospered according to Jesus Christ. Notice these statements are not goals. These statements cannot be checked off as being completed. They become ever increasing guideposts and expressions of life. This sacred covenant also contains a word describing one's divine purpose in life. A word of truth such as love, freedom or prosperity. These are purposes that are high aspirations of ones life guided by our ultimate aspiration, the Christ within.

As we live with inspirations of our souls, our hopes and dreams, all pushing through into our personalities as we interact with life, everyone at times finds it difficult to keep their thoughts and feelings on the proper track without running into disappointments, fear and judgments attached to outcomes.

In my spiritual journey I have been inspired by the writings of Rev. Lloyd Strom, a writer and modern day mystic that said “Inspiration from within your soul – no matter how great a power is generated, it will not produce results unless it is tied to a purpose.”

It is in my realization of this truth, I chose to live by intention by using the tool of my sacred covenant, reading it daily and confronting the temptation to become attached to outcomes. However with the power of my covenant I find a peace. I find a lasting hope. I have found the faith I have always desired. And in doing so I surrender to a power greater than myself and lay my trust into that great Love.

As Rev. Lloyd Strom again wrote: “This is because ‘surrender’ is the method of Love. It is the means by which we release the mechanisms of separation, and fall into an ‘awareness of oneness”.