

Natural Awakenings

Emotional Fitness: Set Your Intentions for a Great Summer

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By Kathleen Noone

The cold months of winter in NYC are over. Say "Amen" somebody!

Soon the full force of summer will be upon us with hot air, lots of humidity, short tempers and a general malaise of "oh my God, I can't breathe, it's so uncomfortable." Well, breathe, we must! I'm talking about breathing new life into how we approach our experience of summer in the city, and the Emotional Fitness starting point is in setting our intentions, and giving ourselves permission to fulfill them, and enjoy the process of getting to their manifestation.

Last month I talked about a reframe of the word responsibility, moving from a sense of burden to a proactive awareness that we have the ability to choose how we are going to respond. Setting and consciously repeating our intentions, verbally or in silence, can and will assist us in refining our ability to make better choices for a more supportive and healthier life.

Dr. Wayne Dwyer in his book, "The Power of Intention", defines intention as "a force that we all have within us. Intention is a field of energy that flows invisibly beyond the reach of our normal, everyday habitual patterns. It is there even before our actual conception. We have the means to attract this energy to us and experience life in an exciting way."

Someone asked me, after I won an Emmy Award, "To what do I attribute success in my career?" One of my answers was focus. The term intention wasn't used at the time. When I became very focused (clear about my intention) what I wanted manifested itself to me. So this month, as we face a long hot summer in NYC, I invite you to define, very clearly, what, good, fun, interesting, exciting, fulfilling, playful, new, easy, nurturing, relaxing experiences you would like to have. And, what they would look like, feel like, smell like, taste like, be like for you. Give yourself permission to explore this. Then write down whatever you come up with in the form of an intention.

Here's an example:

I am ready, willing and able to share a wonderful picnic in the park with my good, supportive, fun loving friends. Play with this. Keep it simple and direct. Make sure you express your ideas in the affirmative, as you want to manifest new approaches to your life, and not keep rehashing old paradigm resistance thinking of what you can't do.

We choose how we are going to approach our day. We can make it miserable, or choose to find something or several things that will support us; help us face and deal with a difficult boss, help us be with our children in a more positive, productive, and yes, more fun way. Assess what works or what you would like to work for you and when the day gets you down, set the intention to change your usual response to it, as you have the ability to make another choice. Then follow through with your new idea. Being in a state of play requires your imagination to show up. Let your imagination help you create your intentions. Let your intentions help you see the greater possibilities outside the ones you have planned, and then, welcome yourself to a wonderful state of play.

Kathleen Noone's Summer in the City

On weekend evenings I love to go to the rooftop sculpture garden at the Metropolitan Museum of Art. Sculpture, cocktails, interesting people and an absolutely beautiful view of the Manhattan skyline ... it doesn't get better than that!