INTENTION

Your intention is the conscious direction of your thoughts, energy, and actions toward a specific outcome. While desire plants the seed, intention waters it with focus and willpower. Scientifically, setting a clear intention engages brain systems responsible for attention, planning, and goal achievement.

1. Intention Activates the Prefrontal Cortex

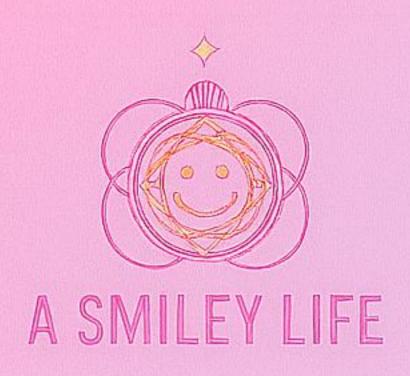
The prefrontal cortex—responsible for planning and decision-making—is activated when we set deliberate intentions.

- Study: Gollwitzer (1999) found that people who set "implementation intentions" (specific plans tied to goals) were far more likely to follow through.
 - · Result: Clear intention translates to clear action.

2. Intention Aligns Thought and Emotion

Intentional living leads to greater cognitive-emotional coherence, improving decision-making and emotional regulation.

- Study: Research by Locke & Latham (2002) on goal-setting theory shows that clear intentions lead to higher effort and performance.
 - Result: You become more internally aligned and externally consistent.



3. Intention Directs the Reticular Activating System (RAS)

The RAS filters incoming sensory data, highlighting what's relevant to your focus.

- Insight: Setting an intention programs the RAS to notice people, opportunities, and resources that align with your goal.
 - Result: What you intend to see, you begin to recognize—because your brain is tuned for it.

4. Move Beyond Vague Wishes

"Intending" to attract abundance or success isn't enough—your desire needs a clear, actionable framework.

- Study: Webb & Sheeran, P. (2006). Does changing behavioral intentions engender behavior change? A metaanalysis of the experimental evidence. Psychological Bulletin, 132(2), 249-268.
- Result: Strengthening bare intentions yields modest behavior change, but coupling them with implementation intentions significantly increases successful behavior change
 - Insight: Intention plus a structured plan outperforms intent alone—manifestation rituals should blend visualization with "if-then" commitments.

Intention is more than a goal—it's a focused energetic command. It aligns thought, emotion, and action with a desired outcome. In manifestation, intention is the compass that guides your inner and outer world toward what you seek.



Do you intend to honor your life mission, but feel stuck or uncertain about your next step? Claim your complimentary 1-hour, one-on-one session with Dr. Esmaili today, and gain the personalized insights you need to move forward with confidence.

Schedule Here: https://calendly.com/sesmaili-asmileylife

