

## Attention to Intention

12/10/10

### Attention to Intention

Am I being my very best self today? What does my best self look like? How do I share my best self with others today?

12/11/10

Where have I been? Where am I going? What have I learned? Who do I want to be today?

12/12/10

Attention to Intention: Am I free or am I bound by my own mind? What would I do today if I accepted that I was 100% free to live my dream?

12/13/10

Attention to Intention: What do I really feel about other people? What is my genuine ability to love, respect & offer kindness to humanity?

12/14/10

Attention to Intention: When all is said & done in this lifetime, what do I want to have accomplished, experienced & shared with others?

12/15/10

Attention to Intention: Is there unhappiness within me? Why? What do I need to release or understand in a new way to let go of this unhappiness and to be free?

12/16/10

Attention to Intention: Rest is a spiritual practice... Am I rested?

12/18/10

Attention to Intention: If All my possessions were to disappear when I open my eyes in the morning.... what would I do? Who would I be?

12/20/10

Attention to Intention: Who do I love? When did I last tell him/her? Who loves me? Am I remembering to be grateful? Love is so wonderful.

12/21/10

Attention to Intention: Is it better to give or receive? How can my giving be receiving and my receiving be giving?

12/22/10

Attention to Intention: Do I truly love humanity? If not am I willing to learn how?

12/23/10

Attention to Intention: What do I do after I realize nothing needs to be done?

12/25/10

Attention to Intention: What do I truly believe about humanity? Do I judge or criticize? Am I impatient? Am I kind? Can I see the potential?

12/28/10

Attention to Intention: What is the nature of resentment? Where does it come from? Where does it go? What triggers resentment in me?

12/29/10

Attention to Intention: Where am I going? Where have I been? Soooo now what?

12/30/10

Attention to Intention: What is old about me? Who can I be that is new? Out with the old and in with the new!!

12/31/10

Attention to Intention: Where are the good old days? Where are the days of our dreams? What day is it?

1/3/11

Attention to Intention: Well a New Year a new chance; A minimal chance, Is there a New Me OR am I the same as I ever was?

<http://j.mp/fdrUE4>

1/4/11

Attention to Intention: What is the magic of this day and the people whose path I cross? Am I awake? Am I free? Am I alive?

1/5/11

Attention to Intention: Am I living the life I want to live or just waiting for my life to begin? <http://twitpic.com/3nc8q4>

1/10/11

Attention to Intention: What is the nature of this world? What is the meaning of mylife? Who cares? Who decides?

1/13/11

Attention to Intention: Why is the world the way it is? Why am I the way I am? Can I truly love & respect this world, others & myself?

1/16/11

Attention to Intention: Who am I when I am truly happy? How does the world look to me? Can I be happy today? Live <http://twitpic.com/3qn8at>

1/17/11

Attention to Intention: Am I free? Am I bound? What allows my freedom? What binds me?

1/18/11

Attention to Intention: How do I see other people? Is my vision tainted? Am I able to allow the goodness of others to penetrate my?

1/19/11

Attention to Intention: Where ever I go; there I am. Who ever I see; there she is What ever I do... so it is. What is right? What is wrong?

1/26/11

Attention to Intention: As this day ends... what have I learned? What have I seen that is wonderful & Good? What will I bring to tomorrow?

1/31/11

Attention to Intentions: Today... Good day? Bad day? Boring day? Fulfilling day? A day of freedom & happiness? Where is this decision made?

2/2/11

Attention to Intention: Am I practicing to be me or is my practice to be myself?

2/7/11

Attention to Intention: Life is good \_\_\_\_\_ (fill in the blank: YES, NO, maybe, huhhh?)

2/9/11

Attention to Attention: Where is my mind? Where is my heart? I am being my very best Self?

2/13

Attention to Intention: What is it that is truly important in my life?

2/14

Attention to Intention: Where are you going? What do you expect to find there that is not here? <http://twitpic.com/3zxma6>

Attention to Intention: Where have you been? What did you leave behind? What have you found here? <http://twitpic.com/3zxm9>

2/15

Attention to Intention: well ... just pay attention...

2/17

Attention to Intention: Am I willing to live with the consequences of my own honesty?

2/25

Attention to Intention: What does a horse think about: <http://twitpic.com/43qino> >>>  
What do YOU think about?