

Intention, determination, and no expectation.

Leland: Earlier: When we said: there's a time to surrender and a time for action that reminded me of something that Schopenhauer wrote about where he said that before you performing the action, you should think about what you're about to do very carefully. But once you begin to perform the action, you should leave all thought and question behind and not look back essentially. And I don't know what you think of that statement.

Yes. I love that. I put it this way, Leland. Very similar: before you do something, have a complete intention. That's your job. The intention.

Yes, part of it to be mindful all of what Schopenhauer means. But I'm just saying I form the intention, but the results are not mine. **Intention without expectation.** That's the way I sometimes put that you form a complete intention, but no expectation.

I went down to Costa Rica to help out my daughter, and I had no idea if I'd be able to do that or they get out or any of that stuff. But something in me said, Go, that's all. If they don't see me, I'll take a vacation. No expectations for me. I found that kind of words. Just what I think Schopenhauer is saying, because otherwise you equivocate you say, oh, I'm doing it. you do the intention as strong as you can, but don't have an expectation. Because what does he say? The results are not yours. It's back on my motto, about do your part and the rest is going to be done for you.

If the universe doesn't respond, you did your part. What a way to live your life, though. Just doing do your part. I know from me. I often overdo in the form of overseeing and over talking, as you may have noticed.

Charlene: When you went to Costa Rica. **You would go as a grandfather, not as a father.**

That's a very good way to put it. And that's a beautiful metaphor that's used by **KC Bhattacharyya**, among others. Imagine the little kid with a toy and somebody takes the toy away. Oh, the kid is really upset. Okay, now imagine the mother who comes and sees the whole thing. She's upset, but not for the toy. She's upset because she loves her kid who just had a toy. She's upset because her kid is out of alignment. Now the grandfather comes and watches the whole scene. What's his relation to the toy that got taken away? Almost nothing. He doesn't care

about the toy. He cares about the grandson's feelings. But mainly he cares about the fact that the mother is now caring about it. See, this is a metaphor for moving back to the witness position. Remember Christ's words. **in the world, but not of it.** That was the motto. The in the world, but not of it. You're in the world. You're acting. Yes, Bam. But you're not of it. Tao.

Leena: So aren't you automatically creating expectation by setting intention? So **aren't you ultimately setting expectation and then letting go of it**, because I just think that clarification is important because in my head, I'm like, if you just say no expectation, it becomes the intention kind of falls away. If the intention is a fluid being, it kind of goes over there. So for me, it's always the expectation arises. I let go of the expectation and then keep going.

Lets explore a bit about intention Leena. I like the word you bring in... determined. Determination. yes, there's a determination.

I bought the plane ticket. I had that ticket in hand. But what I let go is, when I got there, were they going to see me or not? I had no control over that. the only thing I had control over was I could make the intention.

another context. Think about meditation. Why do you meditate? **yes, people do meditate to get something. I want to get some peace. I want to get this. I'm seeking something.** There's something I want or don't want any of those. It's just an example, Lina, but imagine doing it the way that St. Teresa said, why do you sit? Because you can just to say thank you to God. You don't need anything back the doing it. That's another way to say it. And very profound. The act of sitting is the payback, the feeling you get by saying praise the Lord.

Praise the Lord. It's enough. I'm not saying you should do that, but I'm just think about meditation is a good place to think about intention. And yes, I determine it.

there's definitely an intention to sit. There is motivation. Sincerity. And... whole-heartedness.

There's also an acknowledgement of the mystery of part of my life not in control.

I go down to Costa Rica. It's up to God. It's up to the universe. It's arrogant for me to think I can do any more than that little part. Now turn that back on itself, too. At some point, you recognize that even that little intention itself wasn't even the local limited Ego's intention. The fact I intend,

that I seek, was already Grace. It was a response. If it's really aligned, the intention itself is a response to something in the matrix arising in beautiful.

that right there. The intention is aligned. And if you're coming from the divine place of intention, if we're looking beyond the word and into the consciousness, that's what I needed. Intention. Thank you, Avery, because that just works. This is what I love.

How to get Caught

What I want to tell people, what I want to explore with people, is not new fish, but How to get Caught... not giving people more fish. And now the question: how to recognize the response IN YOU. Not to follow the 30% who agree all the way, or the 30% who are against, but to follow your own heart, to listen to the voice of what is true FOR YOU. And then, be brave enough, intent enough, detached enough, to follow it, to live it, and not submerge that intuitive, inspired, aligned, direct response. We are learning to listen to that, to the bell ringing.

. I think this is why I have these meetups, because it does happen that in the dialogue, something comes up. Somebody says, oh, you said this, but it doesn't make sense. And then I say, yeah, that didn't make sense. How can I make it make more sense? If something in the dialogue is like that, like the intention, then we get it helps us to align with something that's trying to arise.

Nobody does anything to anybody. Nobody teaches anything. You have a dialogue, and in the process, it opens the space for something to arise. I really love that when it happens. “how to get caught”...

And I actually just got intuitively inspired to ask that question. And I think it rose a good conversation.

Yes.

Even the question itself is kind of coming out of that place in the Matrix: The question itself is already a response. Oh, wow.

Stop, observe. Shift.

Let's take a moment. stop a second. **Whatever words you use for the stop and what you do afterwards is your own creative inspired remembering.** Whatever form it takes.

Even that beautiful conversation. We got caught up. Even that. Let that go to her. You'll be carrying around more baggage. I don't know what you guys or any of you use for the remembering, but it's a profound.

I'm sure all of you on the screen here have tried one form or other of the stopping during the day. Stop drop. Carol, what were the three stop drop famous?

But there are different forms of it. Tb has this remembering where you stop suddenly and shift. But in order to do it, there has to be a strong intention to do it. Yeah, I see it's important, but the habit is so strong. What was it?

Stop, observe. Shift. Yes.

If you have a little code for it, it's great. Or you can use Weird Al Yankovich if you want. I highly recommend him. If you want to laugh.

He goes across the street.

Stops, looks around, and then smiles. Anything that helps us to remember. Some of the great Masters recommended that those short moments during the day were just as important as your half hour or 45 minutes sitting right. My friend Robert for a while was using his hand every time. Just what we do every time he sees his hand. And then you're aware of the awareness. I'm aware of my hand.

He's looking at the hand and he used that as a reminder.

A good way to start it, too, is gratitude.

Whatever meditation practice or spiritual practice they recommend, **start it with gratitude.**

Gratitude for what? For being able to sit.

That practice of just like me.

So I don't want to end without saying thank you all. And I want to just remind you there was something I sent out in the first send out that somebody had put that up and I really loved it.

That practice of just like me. You go to a place and sit down and you look at a person on the bus or on the screen and you think to yourself, Yes. Just like me for all the differences and so on. This is another human being. And just like me, they don't want to feel unhappy, just like me. They don't want to suffer and deeper. Just like me, this person is a flowering of consciousness. It takes away the separateness. That person is not so separate and different.

They look different in all this. But when it really comes down to it, the deep Buddhist practices, everybody wants happiness and nobody wants suffering, every human being deeply. And just like me, they've gotten caught up in all the other things they think they want or things they don't want.

So that's that one, too. Acknowledge that.

And then you feel the compassion. Oh, my God. These poor people, whoever they are, they're not so different. I'm a great PhD in radical physics.

Carol: Michael Singer wrote a book, The Surrendered Life. it talks about how he just surrendered to the intuition and that he had in meditation and he followed his whole life.

it's the idea that he was so surrendered. That really the intuition came to him. He followed it all the time. I mean, he meditated for months, maybe years before he started this project. So he was aware of the voice that would be leading him, right?

Yes. Great., he says good things about it very helpful. That whole question of how do you know when it's the voice of that intuition, how to recognize that? And also the very fact that he did recognize it was also that voice

But everything he did on that long path work helped him and was part of his short path teaching. So now he doesn't tell other people to go meditate 10 hours a day for 15 years. But he did.

Thank you for your insights. I really appreciate all of you when you're welcome to join in or when you just sit there and don't join in. Either way, the presence is great. And we have some Anthony called them. Questionnaireians,