

# Pathways

THE CHRIS DEWEY PROFESSIONAL SERVICES LLC. NEWSLETTER

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*"If I keep a green bough in my heart, the singing bird will come"*

*Chinese Proverb*

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## Energy of Intent

I am going to break with my tradition a little to get this newsletter rolling. I am going to start with a quote because it has been rattling around in my head a lot recently...and that means that I have been banging into it in my world as well...so much in fact that it is going to be the theme for this entire newsletter.

Go figure!

Anyhoo...to the quote. It comes from Johann Wolfgang von Goethe, and for those of you who have been with me over the years it is not a new quote.

*"The moment one definitely commits oneself then divine providence moves too. All sorts of things occur to help one that would never otherwise have occurred and which no man could have dreamed would have come their way."*

Such is the energy of intent. What we do with intent has power, those things we do without intent lack power. Perhaps it really is that simple.

When we are committed to an enterprise the universe moves with us, or perhaps more accurately, we move with the universe. When we lack commitment we may be moving through the universe, but we are not moving with the power of the universe. Perhaps we feel stressed, fatigued, frustrated, abandoned, lost, alone...I'm sure you can find your own words for such moments.

On the other hand once you know that you have found something to which you are utterly committed, you become an unstoppable power for manifesting the thing to which you are committed. It matters not one whit what the enterprise might be...maybe it's going to school, building a relationship, building a business, competing in a sport, performing in the arts.

The bottom line is that commitment brings results...(well, so does a lack of commitment, but that's not quite the same thing).

In my coaching world I have learned to appreciate two questions that I resisted while I was training.

Question One: On a scale of one to ten, how important is xyz to you?

Question Two: On a scale of one to ten, how committed are you to xyz?

You see, you can say that something is important to you, but if you are not 100% committed to it, nothing will happen. Now we can discuss all the things that hold you where you are, but that's another set of articles.

For now, the most important thing to me is to get across the notion that once you make a 100% commitment to something, something almost magical happens in universe. You can call it luck, you can say that your stars lined up...whatever works for you is fine. The simple truth is exactly what Goethe said. So, what do you want to do with piece of knowledge? ☺

## Intent of Energy

So let's turn this thing around. We have talked briefly about the energy of intent. So what's the intent of energy?

O.K. for the physicists amongst us, I will concede that in the physical universe energy does not have intent, but hang with me here for a moment. What does energy do?

Some possible answers:

It flows along a gradient.

It permits a system to do work.

All very good, but how does that help me in this case?

Let's look at the second answer first. Energy allows you to do work. So if we manifest different levels of energy in our lives, then our ability to perform work changes.

So let's look at the energy of a victim. A person who manifests victim energy lives in the world of "it's not my fault." So what sort of work will get done there? Another person, however, who manifests the energy of reconciliation, is seeking win-win situations. Both people might be working in the same environment for the same company, doing essentially the same jobs, which of them do you think will be the more productive?

So where do you hang out in terms of the energy you bring to your work, your relationships, your life? What results are you achieving from the energy you manifest? How much happiness and contentment do your results bring you? What would you like to do about that?

So, yes, the energy itself lacks intent, but the energy we manifest in our

lives will be the energy that does work for us. The question then becomes what kind of energy do you wish to manifest?

In a wonderful twist on words, I want to talk about potential energy. In the world of the physicist, the potential energy of a system is the energy available to do work. Kinetic energy is the energy of work.

So here's a cool question: What's your potential?

Isn't that a neat question?

How we approach that question governs so much of what happens in our lives. If I see my potential as being limited in some area of my life as compared to another, what results will that bring me?

So let me use an example. I'm not a big person, and I'm not very strong. I can see those two physical traits as being limits to my potential, but in the martial arts, when I am able to move with my partner in a direction that coincides with their energetic intent, they will go flying, because we are both aligned and the result is not about my energy so much as about the combination of our energies. Too often we meet force with force in the martial arts, rarely do we meet together in a power transference. So let me chew it a little finer. If you push me and I push back, I lose because I am weaker. If you push me and I help you push in the direction of your push your energy will become mine for a moment and you will be unbalanced and therefore vulnerable to my technique.

So here's where the example comes home to roost. What was my potential in the moment? My potential certainly isn't measured by my physical strength. My potential is actually a function of our synergistic singularity of purpose. My potential is, in the example, not *my* potential at all. The inherent potential of the system is the effect produced by combining energies according to a common goal.

So let's take a more concrete example from the workplace. Let's say I am managing a department. If I can get my staff to bring their combined energies to a common purpose that they think is their own idea, then the results will be phenomenal. If, on the other hand, I tell my staff what I want them to do, give them my expected outcomes and tell them to get on with it, the results might not be so spectacular, especially if my 'vision' is not something my staff has 'bought into' as being in their best interest.

Sound familiar? Have you ever found yourself in a similar position, either as the manager or as the employee?

My last point is simply this: Energy flows along a gradient. You can choose to allow it to flow to a lower energy or you can choose to entrain it to higher levels of resonance. Think for a moment about how that statement applies to your relationships and the conversations in your world. So given my two answers, what is the intent of your energy as you move through your world?

*"Our greatest glory consists not in never failing*

*But in rising every time we fall"*

*Oliver Goldsmith*

## Intensity of Energy

I love this part of our topic, that's why I left it till the last part of the newsletter. Let's start with the notion that "how you do anything is how you do everything". This was another quote that came out of my coaching certification coursework, from the founder of iPEC, Bruce Schneider.

The intensity of energy is the energy of purpose, it is the energy of actually doing the work.

So again, let's take an example from the workplace. An employee who works with purpose and dedication, who is motivated and engaged is apt to outperform a similar employee doing the same job who lacks these aspects of their energy. We could argue that in part it is about commitment to the task at hand. Once I am committed to something, I am going to throw all my effort at it. If I lack commitment, I will lack the energy to follow through, especially when things get tough.

The intensity of energy I bring to something speaks almost directly to the idea of passion...just how passionate am I about something?

Passion speaks to perceived value. I am passionate about things because they have high levels of value in my view of the universe.

So what precisely is the intensity of energy? From my current perspective on the universe, the intensity of energy is the power I bring to something I wish to accomplish. It really is about

how I do anything.

When my energy is truly focused and I am fully engrossed in what I am doing, I enter moments of flow. In simple terms, when I am completely aligned in terms of purpose and energy, time loses any meaning whatsoever and I become the thing that I am doing, whether it be Judo, nature photography, coaching, teaching, studying, writing...or whatever. I enter moments of flow.

So here's the thing...suppose I could *manifest* moments of flow...how powerful would that be in my world?

I have spoken about moments of flow before. In the last couple of years I have begun to realize that we bump into moments of flow through serendipitous discovery...and once we discover such a moment, we want more of it. Unfortunately though, for most of us (I suspect), our first moments of flow took us a bit by surprise and we generally don't know how we got there because we didn't know it was going to happen, so we didn't leave any obvious breadcrumbs to lead us back again.

As we experience more moments of flow (and hopefully in more than one area of our lives), we begin to realize that not only is a moment of flow repeatable, it is also a direct function of a series of predictable and orderly events that lead inexorably towards flow and higher states of awareness.

Slowly, through experience and awareness of self we begin to discover the triggers to creating moments of flow. While we may not actually achieve flow all the time, what will happen is that we will start to perform at a higher level across the board, which makes moments of flow more likely.

How you do anything, is how you do everything.

Such a simple statement, but so redolent with meaning.

Let me close with a final example from my world. Until I understood what Bruce was getting at, I used to think that I was pretty good at multi-tasking, but I now realize that I don't multi-task at all. What I can do, however, is bring a laser-like focus to what I am doing in the moment and tune out everything else in that moment. Well that sounds pretty cool...and it is...mostly.

But this is all about swings and roundabouts isn't it?

There are times when having the ability to be intensely engaged in an event can actually get in my way. It's always about finding the right balance...another lesson about the intensity of energy.

If the intensity of energy is not balanced, then it can consume rather than produce, and once again...how you do anything is how you do everything.

So...how are you doing?

***“No [person] ever made a great discovery  
without the exercise of imagination”***

***George Henry Lewis***

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## Doorway to Wellness



If you live in the United States, I invite you to find out more about the **Doorway to Wellness Project**, and what it could mean to you, your family, and your town.

**Website:**

<http://www.doorwaytowellness.org>

**Donate:**

<http://www.indiegogo.com/projects/the-doorway-to-wellness-project>