

## FOCUS OF INTENT FOR OUR NATION

### A: Preparation:

1. In a sitting position, take a deep breath and relax the physical body. Take a moment and allow a feeling of well-being to pervade the entire physical body and nervous system.
2. Take a second, deep breath and relax the emotions. Take a moment and direct your emotions to be at Peace.
3. Take a third, deep breath and become mentally alert and focused.  
(not passive)

### B: Focusing of Intent:

1. Take a moment and bring your focused awareness into the area of the heart or place it at the forehead, whichever seems right and comfortable to you.
2. Know that your focused point of attention is a center of cause within that energy field of unfolding consciousness and events within humanity.
3. As that point of cause, focus the intent-thought:

*“We invoke that Truth and those highest goals and ideals which are the Soul of this Nation.”*

Hold that intent in focus within the greater field for about 2 or 3 minutes. (As you hold this active receptivity, let “the charge” build)

### C: Distribution:

1. Through your mind, become aware of the mental life of our Nation. Into that field, project the thought: *Let Truth be seen and known.*
2. Through your emotions, become aware of the emotional life of our Nation. Into that field, project the thought and feeling: *Let Love and Unity prevail.*
3. Through your physical body and brain, become aware of this moment in Time and Space. Into the field of the present moment and all its disruption, project the thought: *The Truth shall make us free.*

Finish by taking another deep breath, releasing your point of intent and any expectations, opening your eyes and going about your normal activity.

Use once a day at a time most convenient for you.