








SAY THAT AGAIN IN A NUTSHELL

Intent—Your Personal Expression



Here are the key ideas from Chapter 5 of *It's About You! Know Your Self*.
Ten things to understand about the nine Families of Intent:

-  **1. There are not necessarily nine!** Nine is a subjective generalization of the many directional paths of intent we can explore in the physical domain. The families are not a hierarchical structure or part of a spiritual development process that we can aspire to. They are the innate driving forces, groups of psychical assemblies, cooperating in the exploration of the potentials of human consciousness. While working *interdependently*, each family holds its own focus of interest. It is important that you understand the families of intent, for you are not simply associated with them, *they are very much a part of who you are*.
-  **2. Their presentation has nothing to do with separation.** The families are not specific to gender or race as they encompass all of humankind. It is important to remember that *no one family is better than another*. Metaphysical literature offers the “families of consciousness” metaphor as an aid for understanding what is essentially *the Source energies that steer our actions and our Selves*.
-  **3. These Source energies are translated in the human psyche—within your mind—**as a predisposition to teach, connect with nature, innovate, reform, exchange ideas, promote change through the arts, holistically heal, design the perfect form, and nurture. Following your *personal* predisposition will gain you a life of fulfillment. A proportional representation (balancing) of the families is maintained in the human psyche in respect of the overall fulfillment and evolution of humanity. Their interdependency contributes to an all-embracing intent of creating well-adjusted, healthy psychological and physical communities.
-  **4. We each embody the intentional qualities of all nine families of human intent.** We are therefore, on occasion, capable of expressing any one of the nine families' idiosyncrasies of character. *Remember this, as the timing and/or circumstances of an attempted enquiry into our own predominating affiliations can thwart our efforts*.
-  **5. Each family of intent holds a vibrational tone** associated with its direction of interest. Certain colors approximate to these vibrational tones. Elias (Mary Ennis) assigns the seven primary colors we see in refracted light – red through to violet (including indigo) to seven of the nine families. Pink (a hue between red and magenta) and black (because of its absorption of all other wavelengths) are “best fit” colors describing the vibrational tones of the Nurturers and Teachers families respectively.



6. **The families of human intent are not a truth.** A “truth” is a facet of Consciousness that remains consistent and unchanging across all dimensions. In view of this, the families do not qualify as a truth as they are peculiar to our own physical dimension.
7. **Our Essence self does not form itself “first” and then join a particular family** because of similar intentional leanings. Nor is it born into, or emerge from one of the families. Because our perception of such events is restricted by its familiarity with linear time, and we are unused to the concept of *simultaneous time* or the “*spacious present*,” we create a distorted view of how our individuated Identity, our Essence, forms and becomes part of a family grouping. In actuality, our Essence self configures its characteristics of intent and becomes part of a sympathetic family all within the continuing “moment” of the spacious present.
8. **Your Essence self belongs to, and your current personality aligns with, a particular family of human intent.** We rarely overtly express the characteristics of our family of *belonging* during our lifetime; instead, they bring an underlying subtlety to the qualities expressed by our personality’s family of *alignment*.
Your primary intentional characteristics fall within the spectrum of activities and issues explored by your family of alignment. It is important to acknowledge that there are many different ways of expressing the primary qualities of a family. You can discover the pertinent activities and roles of your current personality’s family of alignment by reflecting on your behavioral consistencies (your mannerisms), your passions, the roles you enjoy, and the significant fulfilling events experienced during your life.
From the point of view of your Essence self, your current personality’s intent is a pool of particular probabilities created under the *natural principle* of spontaneity. It is a pool of potential actions that is constantly revising itself—moment by moment—in accordance with your chosen actions.
9. **Knowledge of your families of belonging and alignment provides a fuller and clearer understanding of the qualities of your own personality, along with clarification of your purpose for this lifetime.**
Getting to know the primary intentional traits of all of the families of intent offers insight on your interactions with others. Knowledge of another’s family of alignment enables you to regulate your communications in a clearer, less judgmental fashion.
Your desires are automatically set to manifest in accordance with your personal intent. When your reality appears to be contrary to your desires, it is because a belief you are holding is affecting your automatic choice of action and thus hindering the flow of manifestation.
10. **Our “shift in consciousness” includes a widening awareness of how we create our reality.** Part of the *how* will become apparent when we comprehend the link between intent, the pool of potential probabilities for action, and how our choices influence this pool. A conscious awareness of *all* the inner processes involved in reality creation—not least the families of intent—provides greater creativity and freedom of expression for each of us—and thus, *all* humanity.