

Intend / Visualize / Ask / Release

1. Intend

Choose one domain and one specific desired state.

3. Ask

“Make the path easy to see. Make the right behavior obvious. I’m willing. Show me where.”

2. Visualize

Hold the desired state long enough to name it clearly.

4. Release

Let go of how the answer should arrive. Notice gripping and let go again.

A practice for clarity, not a guarantee.

Ask for a path or behavior, not a specified outcome. The response may not be what you want or what you understand. The work is repetition, not perfection.

My domain and desired state

What I will release