

Book Review 'The Power Of Intention'

As promised here is my book review of Dr. Wayne Dyers "The Power of Intention".

First let me say that there is very little in this field that can be considered "New", so when I say that there is not a lot of newness in the book, which is not a condemnation, please understand.

Dr. Dyer has been preaching the same message for a long time now and this book continues the message. He has re-formulated it and has tried to make it more comprehensible for most people. He has also tried to make it more generic and less spiritual.

Although, I was discussing it with a client, and she said that her husband was turned off because he thought it was too spiritual.

Wayne talks about the Seven Faces of Intention, which are:

- 1) The face of creativity
- 2) The face of kindness
- 3) The face of love.
- 4) The face of beauty.
- 5) The face of expansion
- 6) The face of unlimited abundance
- 7) The face of receptivity.

(Does any of this sound familiar?)

He then goes on to define them, and tell you what you can do to be more in tune with all seven faces. Like being "Creative", and allowing yourself to express your creativity.

Throughout the book he has incorporated many direct sentences that can be adopted by the reader as Affirmations or Incantations.

He also has a section at the back of every chapter that tells you how to take action and put in place those habits which will enable you to align with the Seven Faces.

If you are experienced in the area of self-motivation and actualization, this book is a good reminder of most of the principles that you have already learned, (although couched in different terminology). If you are a neophyte in this area, then it makes a good "Primer" or basic text book for learning the principles and techniques.

As I've already said, it comes with a built in set of Affirmations that you can copy and use directly although they are scattered across the book.

There are also many quotes from a multitude of sources, some of them anonymous, which are just plain fun to read as well as being useful. One I have seen before and think is great is the one I have included below.

If you could act in accordance with this – wouldn't life just be grand?

Good Morning,
This is God
I will be handling
All of your
Problems today.
I will not need
Your help, so have
A miraculous day!

So, I recommend the book! I enjoyed reading it, and determining how each of the principles he was writing about related to other training and information I had previously learned.

If you are just getting started, then I think this is about as good a book to start with as you will find.

One slight warning, even though he has taken great caution, for some of you the "spiritual" references might put you off.

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