

Networking with Intention¹

Carol Ong rsm



I'm often unable to sit in contemplation with those of us committed to the CEN practice of 4pm meditation/contemplation and hence would join in by intention. So, when I was contemplating a reflection contribution, Madeline suggested I share my experience/practice of joining by intention. No doubt we all do it in varying ways, all of which are great and appropriate. And so, instead of a reflection, I share my practice as one of the myriad ways of joining in, hoping to encourage others to share their own experience in order that we may learn from each other, for there is never only one way. I am happy to share the underlying assumptions/spirituality/theology in another reflection, if anyone is interested. With gratitude, Carol.

The alarm goes off it's 4 pm.... It's time for people who have committed to being part of the Contemplative Evolution Network to gather into the conscious field of Love with the intention of healing the suffering of people, creation and places in the world, perhaps even the cosmos. We are possibly joining thousands of others who are also gathering in heightened consciousness and intention of bringing more Love and healing into the fields of consciousness where Love is not experienced, and where instead, experiences of pain and suffering dominate.

I'm often in the midst of doing something when the 4pm mental alarm goes off—about to start a Zoom meeting, sorting paperwork, feeling pressured with upcoming deadlines, in deep conversation with another, writing, and the list goes on. It's often impossible to set aside the hour. So, I participate with intention. By this I mean that alongside other members of the Network, and likely thousands of others, I will, with all my senses, thought and being, intend the healing transformation of the suffering of others, whatever this may mean for each one. I do this in communion with the ineffable, unknowable Mystery that is the utter Fulness of Love-Divine-God or whatever we name 'that which is and lies beyond our consciousness'.

¹ Much has been written about the "Power of Intention" as a quick Google search will reveal. Here, I refer to Judy Cannato's description in *Field of Compassion* (2010) pp 133-142.

The more I do it, the quicker I can tune into the field of consciousness and set my intention. The more I grow in consciousness of the Essence² within, through other practices—such as contemplation, just being in Unconditional Love/God, prayer, experiencing God in all creation, and so forth—the easier I am able to tune into that field of Unconditional Love consciousness. Sometimes I tune in for a minute or so, sometimes a second or two, depending on what I’m doing at the time. I stop, I take a big breath and intend being in the field of the Fullness of Love where the experience is as One. Sometimes the experience is of being part of the ocean with no horizon, sometimes the endless cosmos, sometimes it is space with no reference points. This year I draw my attention to that of Peace—our CEN focus for this year. It is the deep peace before or at the time of creation, before division, as others have described in recent CEN reflections.



The emotional experience is often of equanimity, peace, serenity, quiet joy and a sense of “all is well”. Sometimes it’s unstoppable joy, delight and deep love and loving, deep intimacy, union and so on. At times, especially when rushed, and my consciousness remains in the everyday, I draw upon the memory of such experiences of being in Essence, which sometimes helps me glimpse it.

Once in this field I set my intention for the transformation of all suffering to healing, and all aggression to compassion and Love, sometimes it is to particular people and regions such as Gaza, Ukraine, Myanmar, Sudan, and especially the troubled places about which we do not hear. I am also conscious of the places Karen invites us to focus on for the month.

Then I let go and refocus on what I was doing before the alarm, believing that the intention will materialise in varying degrees, not just because I intended it, but also because there are greater “forces” in play than just me. I am in communion with the Fullness of Love including others in CEN who are contemplating, as well as with thousands of others in the One. We send ripples and waves of healing Love to the part of the Ocean that is suffering. For me, the intention remains even though my attention shifts. I am also aware that if I take away the dimension of time, I know that the good that is intended IS already.

The alarm goes off 5 pm, and I close with “Namaste” and “Glory be to you Source of all Being, Eternal Word and Holy Spirit, as it was in the beginning is now and ever shall be. Amen”.

² By ‘Essence’ I mean the part of us that is of God and untainted, which mystics through the ages have tried to describe—the Immaculate Conception (Beatrice Bruteau); Guha (Swami Abhishiktānanda); and Le pointe Vierge or Virgin Point (Thomas Merton) <https://www.anamchara.com/le-point-vierge/>
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