

Personal Intention Development - Syllabus

A Core Course within CHY Teacher Training

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Course Rationale

Collective manifestation only works when the individuals participating are internally coherent.

Before students are asked to hold collective intent, they must first learn how to "shape, stabilize, and sustain intention within their own personal field of experience".

This course trains practitioners to translate diffuse longings into "heart-aligned, emotionally embodied, present-based intentions" that the nervous system can actually carry. The emphasis is not on getting outcomes, but on "learning the mechanics of intentional influence from within".

Personal Intention Development serves as the "training ground" for all collective work that follows.

Course Objectives

By the end of this course, students will be able to:

- Shape a personal intention using present-reality language
- Decompose a complex desire into emotionally coherent facets
- Identify and work skillfully with limiting beliefs and emotional interference
- Generate and sustain embodied emotional states that agree with the heart
- Distinguish between will, desire, intention, and surrender
- Recognize when an intention is misaligned with their nervous system or values
- Maintain intention without fixation, strain, or outcome obsession

Most importantly, students will "experience intention as a felt orientation", not a mental narrative.

Core Materials

- "Intention Development Worksheet (IDW)"

- Feelings List (emotional vocabulary resource)
- Personal journal

The worksheet is not busywork—it is the "architecture map" of the student's intent.

Course Structure

Session 1 – What Intention Actually Is (and Isn't)

Themes

- Creation as a present-moment process
- Why mental projection fails
- The difference between wanting, intending, and orienting
- Why emotion—not thought—is the carrier wave

Practice

- Guided reflection on past “failed manifestations”
- Locating intention in the body rather than the mind

Assignment

- Choose one personal life area for the duration of the course
- Begin Section I of the Intention Development Worksheet

Session 2 – Present-Reality Language & Faceted Intent

Themes

- Why the nervous system resists future-based language
- Faceted intentions vs singular goals
- Load-bearing vs brittle intent

Practice

- Refining intention statements into present-based reality
- Breaking one desire into multiple compatible facets

Assignment

- Complete Section II of the Intention Development Worksheet
- Rewrite intention until it feels neutral, grounded, and breathable

Session 3 – Emotion as Structure, Not Decoration

Themes

- Emotion as compressed information
- Why vague emotions produce vague results
- Emotional congruence vs emotional performance

Practice

- Mapping emotions to each facet of intention
- Identifying emotional contradictions

Assignment

- Complete Section III of the Intention Development Worksheet
- Use precise emotional language—no spiritual gloss

Session 4 – Blocks, Beliefs, and Nervous System Resistance

Themes

- Limiting beliefs as protective mechanisms
- Why resistance is information, not failure
- How unexamined beliefs distort the emotional signal

Practice

- Somatic inquiry into contraction points
- Naming beliefs without trying to “fix” them

Assignment

- Complete Section IV of the Intention Development Worksheet
- Identify which beliefs are still emotionally charged

Session 5 – Emotional Memory & Embodied Recall

Themes

- Why the body trusts memory more than imagination
- Emotional snapshots as anchors
- Training the nervous system through recall

Practice

- Evoking memories that match target emotions

- Learning to inhabit an emotional state without story

Assignment

- Complete Section V of the Intention Development Worksheet
- Practice brief emotional recall daily

Session 6 – Detachment, Timing, and Letting the Field Work

Themes

- Yogic time vs psychological time
- Why fixation collapses coherence
- Detachment as openness, not apathy

Practice

- Observing subtle grasping in real time
- Releasing outcome without abandoning direction

Assignment

- Reduce active “working on” the intention
- Maintain emotional tone without monitoring results