



From the Desk of Dr. Bertrand Babinet

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In This Issue

[The Nature of Clear Intentions - Your New Year's Resolutions](#)

[Three Special Offers to Start 2016](#)

[Dr. Babinet in New York City in February](#)

[About Dr. Babinet](#)

Greetings!

The New Year is often a time for resolutions, which frequently end up unfulfilled. What really differentiates clear intention from wishful thinking? This month's article is full of insights into the nature of intention and how it works in the consciousness and how to create a healthy, productive life.

Wishing you a fantastic year of adventure, abundance and radiant health!

*Please note our new phone number
to schedule appointments:*

720.328.8299

The Nature of Clear Intentions - Your New Year's Resolutions



Intention without follow-through is the beginning of delusion.

What is intention?

Intention originates from the Latin word "intendere" which means to stretch out. This indicates a flow of events from where we are to where we want to go. And this includes the idea that this flow may be somewhat of a stretch and quite possibly out of our comfort zone. Intention also indicates purpose, not only in what we want to accomplish, but also in what end our actions serve.

What is clear intention?

John-Roger, my Spiritual teacher, says that when our intention is clear nothing can come in the way and the outcome is guaranteed. For our intention to be clear we must operate from a place of congruence where all parts of our brain are in alignment. Keep reading to review the functions of our brain and how they work together as an integrated whole!

Relationship to the heart

The nature of the brain is to be reactive, operating out of lack and survival. For our brain to be congruent it has to escape these limitations. When the brain is in alignment with the heart it naturally comes into peace and loving, losing the fearfulness that promotes reactivity. In this situation the brain becomes the servant rather than the master. Whatever intentions you are creating, make sure they are free of judgment and coming from a place of unconditional loving for yourself and others. This is often referred to as intentions that are for the highest good of all concerned. If you have any sense of "not good enough" or "not loveable enough", perfectionism, etc., be careful as you are likely setting yourself up for failure. The intention is not to correct a wrong, rather it is designed to fulfill a clear need. Focus on the fulfillment.

The various roles of the brain in fulfilling our intentions:

1. The brain is connective.

This function of the brain is linked to our emotions and is designed to address needs. First, clarify what need your intention is serving, as well as your motivation in fulfilling that need. Let's say that you chose to lose weight. What need is this serving and how connected are you to that need and its fulfillment? How committed are you to reaching and maintaining your ideal weight? If it is wishful thinking coupled with a low level of motivation you will probably not be

congruent with your purpose. You might start the process but give up because it means changing your habits in ways you evaluate as unfamiliar and uncomfortable.

2. **The brain is directional.**

This function is associated with the will. The will, when properly trained helps us stay on purpose, going beyond desires and comfort in the pursuit of our deeper goals. For this, trust is critical. The will gets eroded when we do not keep our word. It is strengthened whenever we tell ourselves we will do something and we do it. We need to be consistent in the pursuit in order to achieve and maintain goals.

3. **The brain is functional.**

This function of the brain requires a clear methodology. This follows a clear, heartfelt intention. There are many methodologies to achieve most anything. The key is a working methodology having a good track record of positive outcomes. Once you commit to one, stay with it until you have validated its value for you. Most methodologies come with a certain timeline. Once you select it give it 100 percent and stick with it.

4. **The brain is creative.**

This function of the brain is close to the body and very associated with desires. Two factors are important in relationship to this function. First, we cannot achieve what we cannot see clearly. Give yourself a clear image of the outcome you want to reach. What will it look like when you have reached your goal? Second, this part of our brain likes rewards and results, so make sure you build a clear sense of reward throughout the process. Also, make sure that the reward does not derail the process. If you want to lose weight and your reward is ice cream, this will probably not work. Let the reward be something along the lines of a pleasant walk in nature.

Finally, remember that beyond a heart and a brain we also have a body. This is the part of us that anchors our intentions in continuous actions. So all the other parts are very important but if you do not "walk the talk", "embody the intention", nothing much will happen.

In summary, a clear intention is:

- Heart centered
- Requires ongoing motivation
- Requires sustained commitment to the outcome
- Is clear in methodology
- Is clear in vision of the outcome
- Requires sustained actions

For more info on the energetics of the heart and the functions of the brain, check our website, www.babinetics.com, and review previous newsletters.

Let us know if we can assist you in your process. Our products and services are here to help you create the health and the life you want.

We are 100% committed to your health.

***To schedule an appointment
call our new phone number at 720.328.8299
email us at babinetics@gmail.com.***

Three Special Offers for the New Year

**Free MP3 download:
Living in Peaceful Harmony**

This recording provides a simple methodology to cancel reactivity and come into alignment with peace and loving.

**Integrative weight management:
\$100 off any program**

Short program: 26 days - \$350
Long program: 43 days- \$450
Repeating the Short program- \$250 (the price of an appointment)
Repeating the Long program \$350



For more information about the Babinetics comprehensive weight loss program [click here.](#)

Prime Formula for first time users:

If you have never tried the Prime Formula - a one month supply for \$35, more than fifty percent off the normal price. For more information, [click here.](#)

To take advantage of any of the New Year's offers, call us on our new number: 720.328.8299 or email us at babinetics@gmail.com.

Dr. Babinet in New York City - Book Your Appointment



Dr. Babinet in New York City

Sunday, February 28 and Monday, February 29

This is your opportunity to work with Dr. Babinet in person and benefit from his 40 years of experience and his uncanny ability to identify areas of imbalance. His recommendations will help get you on track, living a healthy and fulfilling life.

To schedule an appointment for February 28th or 29th, please contact Nan Huson at Nan@huson.com or by phone at 917.373.2275.

Making Health Contagious

Please help us tell others about Babinetics

If you have friends who you think might benefit from our work, please share this newsletter with them by clicking here. [Forward to a Friend.](#) Thank you!

About Dr. Babinet



Dr. Bertrand Babinet has created a revolutionary approach to optimal health and wellbeing. Drawing from extensive education and training, 21 years practicing Chinese Medicine, and utilizing proprietary assessment and treatment tools to address both the physical and psychological, he helps clients identify natural strategies to restore balance and harmony in the body and in life. Dr. Babinet works with individuals, couples, families, organizations and the physical environment to optimize health,

effectiveness and creativity. [Read More.](#)

Babinetics | 720-328-8299 | babinetics@gmail.com | <http://www.babinetics.com>

1750 30th Street #184, Boulder, CO 80301

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