

Does recapping enable us to see intents more clearly?

Yes, it cleans out the crud. It not only brings you clarity about your own patterns and intents, but it shows you how

people have affected you through their intents and you responded without realizing it with changes in the direction of your life and intents. (That's a lot of intents in there.) As you clean up that mess you arrive back at a more natural state of your energy and the intents of others tend to manifest more directly to you, you feel them, see them, even hear or taste them. It is all part of clarity and the clarity comes from removing the intents upon which you acted without even knowing they were intents. This is how people manipulate other people, they do something, you react to 'what' they have done, but more importantly to 'why' they have done it, that is a battle of competing intents. So most people are like puppets at the end of strings of intent which are not even their own, they are dancing to the tune of a composite of the people, events, etc., in their lives that have impacted their natural intent. Once that is cut away, you have to stand on your own and most people then find clarity and sense, in whatever way they are most inclined, to how the intent of others is trying to affect them.