

## **The Power of Intention**

Mary Jean Lawson

Globe Institute-Sound Healing Certificate Program

July 29, 2017

Intention is a word that I have spoken and heard many times. However, I will never think of intention in the same way after reading Lynne McTaggart's book, *The Intention Experiment*. The book has expanded my understanding of intention in a way that I never expected. She does a brilliant job of outlining the science behind intention supported by research from scientists and physicists from well-known universities. She unveils the mystery behind how to strengthen one's intention "muscles," discusses the many studies that have measured intention and invites her readers to join the global Intention Experiment.

There is one important aspect of healing that impacts the outcome possibly greater than any other thing—and that is intention. According to David Gibson, intention is, "A key component to the effectiveness of any healing work." He describes intention as "a clear focus of attention without distraction." (p. 64) In almost every section of David Gibson's book, *The Complete Guide to Sound Healing*, he stresses the importance of coupling sound with intention to magnify the energy and power of a healing experience—clear and sustainable intention is the key to optimizing the healing experience. Intention is one of the most important skills to learn when offering any healing modality to a client or for manifesting anything from health, wealth or world peace.

Outlining the scientific dialogue and discoveries that McTaggart shares in her book along with some of the experiments will help to provide foundational knowledge and a greater appreciation for the science behind intention. It also provides the background information that helps the reader understand the rest of the book. The following information was directly stated from McTaggart's book on the following pages: xxi-xxix.

There were scientists who were studying Quantum Physics for several years who were "re-examining" certain equations that were considered unimportant. They discovered that these equations were called Zero Point Field, "concerned the extraordinary quantum field generated by the endless passing back and forth of energy between all subatomic particles. The existence of the Field implies that all matter in the universe is connected on the subatomic level through a constant dance of quantum energy exchange." (p. xv) There was other evidence that suggested that everyone is also "a packet of pulsating energy constantly interacting with the vast energy sea."

The scientists discovered that "consciousness is a substance outside the confines of our bodies – a highly ordered energy with the capacity to change physical matter. Controlled experiments had proven that focusing thoughts on a specific target could alter cell phones, machines, and people. "This mind-over-matter power even seemed to traverse time and space." (p. xv) "The tiniest bits of the universe, those very things that make up the big, objective world, did not in any way behave themselves according to any rules that these scientists had ever known." (p. xxii) These ideas were gathered in a writing called Copenhagen Interpretation. Physicists Niels Bohr and Werner Heisenberg realized that "atoms are not little solar systems of billiard balls but something far more messy: tiny clouds of probability.

"The only thing dissolving this little cloud of probability into something solid and measurable was the involvement of an observer. Once these scientists decided to have a closer look at the

subatomic particle by taking a measurement, the subatomic entity that existed as pure potential would “collapse” into one particular state.” (p. xxiv) “The implications of these early experimental findings were profound: living consciousness somehow was the influence that turned the possibility of something into something real. The moment we looked at the electron or took a measurement, it appeared that we helped to determine its final state. This suggested that the most essential ingredient in creating our universe is the consciousness that observes it.” (p. xxiv)

“The observer effect in quantum experimentation gives rise to another heretical notion: that living consciousness is somehow central to this process of transforming the unconstructed quantum world into something resembling everyday reality. It suggests not only that the observer brings the observed into being, but also that nothing in the universe exists as an actual “thing” independently of our perception of it.” (p. xxiv) “It implies that observation—the very involvement of consciousness—gets the Jell-O to set ; it implies that reality is not fixed, but fluid, or mutable, and hence possibly open to influence.” (p. xxiv)

Every subatomic particle is not a solid and stable thing, but exists simply as a potential of any one of its future selves – or what is known by physicists as a “superposition,” or sum of all probabilities, like a person staring at himself in a hall of mirrors.” They also learned about the notion of “indeterminacy”—that you can never know all there is to know about a subatomic particle all at the same time. If you discover information about where it is, for instance, you cannot work out at the same time exactly where it is going or at what speed. They spoke about a quantum particle as both a particle—a congealed, set thing—and a “wave”: a big smeared-out region of space and time, any corner of which the particle may occupy. It is akin to describing a person as comprising the entire street where he lives.” (P. xxiii)

“Their conclusions suggested that, at its most elemental, physical matter isn’t solid and stable—indeed, isn’t anything yet. Subatomic reality resembled not the solid and reliable state of being described to us by classical science, but an ephemeral prospect of seemingly infinite options. So capricious seemed the smallest bits of nature that the first quantum physicists had to make do with a crude symbolic approximation of the truth—a mathematical range of all possibility.” (p. xxiii) “At the quantum level, reality resembled unset Jell-O. (p. xxiii)

Bohr, Heisenberg and others challenged the Newtonian view of “matter as something discrete and self-contained. They suggested that matter, at its most fundamental, could not be divided into independently existing units and indeed could not even be fully described. Things had no meaning in isolation; they had meaning only in a web of dynamic interrelationships.” (p. xxiii) “The quantum pioneers also discovered the astonishing ability of quantum particles to influence each other, despite the absence of all those usual things that physicists understand are responsible for influence, such as an exchange of force occurring at a finite velocity. “ (p. xxiii) “Once in contact, particles retained an eerie remote hold over each other. The actions—for instance, the magnetic orientation—of one subatomic particle instantaneously influenced the other, no matter how far they were separated.” (p. xxiii) Quantum physicists refer to this as entanglement.

At the subatomic level, change also resulted through dynamic shifts of energy; these little packets of vibrating energy constantly traded energy back and forth to each other via “virtual particles” like ongoing passes in a game of basketball, a ceaseless to-ing and fro-ing that gave rise to an unfathomably large basic layer of energy in the universe. – McTaggart – *The Field* “Subatomic matter appeared to be involved in a continual exchange of information, causing continual refinement and subtle alteration. The universe was not a storehouse of static, separate objects, but a single organism of interconnected energy fields in a continuous state of becoming. At its infinitesimal level, our world resembled a vast network of quantum information, with all its component parts constantly on the phone.” (p. xxiii and xxiv)

“Most modern workaday physicists shrug their shoulders over this central conundrum: that big things are separate, but the tiny building blocks they’re made of are in instant and ceaseless communication with each other. “ (p. xxiv) “Recent research demonstrates that living things are constant transmitters and receivers of measurable energy.” New models of consciousness portray it as an entity capable of trespassing physical boundaries of every description. Intention appears to be something akin to a tuning fork, causing the tuning forks of other things in the universe to resonate at the same frequency.” (p. xxix)

Scientists started doing experiments, calling them “directed remote mental influence, “psychokinesis,” “intention” or “intentionality.” (p. xxv) “Their investigations boiled down to a simple question: if the act of attention affected physical matter, what was the effect of intention—of deliberately attempting to make a change? In our act of participation as an observer in the quantum works, we might be not only creators, but also influencers.” E.J. Squires, *Many views of one world – an interpretation of quantum theory*, *European Journal of Physics*, 1987; 8; 173. “If matter was mutable, and consciousness made matter a set something, it seemed likely that consciousness might also be able to nudge things in a particular direction.” (p. xxv)

They defined intention as “a purposeful plan to perform an action, which will lead to a desired outcome, (B.F. Malle et al., *Intentions and Intentionality: Foundations of Social Cognition* (Cambridge, MA: MIT Press, 2001). Unlike a desire, which means simply focusing on an outcome, without a purposeful plan of how to achieve it.” An intention was directed at the intender’s own actions; it required some sort of reasoning; it required a commitment to do the intended deed. Intention implied purposefulness: an understanding of a plan of action and a planned satisfactory result. To influence physical matter, they believed, thought had to be highly motivated and targeted.” (p. xxv)

In a series of remarkable experiments, these scientists provided evidence that thinking certain directed thoughts could affect one’s own body image, inanimate objects, and virtually all manner of living things, from single-celled organisms to human beings. (p. xxvi) “This evidence suggests that human thoughts and intentions are an actual physical “something” with the astonishing power to change our world. Every thought we have is a tangible energy with the power to transform. A thought is not only a thing; a thought is a thing that influences other things.” (p. xxi) A number of diverse researchers demonstrated that human intention can affect an enormous variety of living systems:

bacteria, yeast, algae, lice chicks, mice, gerbils, rats, cats, dogs. D. Benor, *Spiritual Healing*, vol. 1 (Southfield, MI: Vision Publications, 1992).

The largest and most persuasive body of research has been amassed by William Braud, a psychologist and the research director of the Mind, Science Foundation in San Antonio, Texas. Braud and his colleagues demonstrated that human thoughts can affect the direction in which fish swim, the movement of other animals such as gerbils and the breakdown of cells in a laboratory." W.G. Braud and M.J. Schlitz, "Consciousness interactions with remote biological systems: anomalous intentionality effects," *Subtle Energies*, 1991; 2(1): 1-27; McTaggart, *The Field*, 128-9.

Perhaps the most frequently studied area of remote influence concern remote healing. Some 150 studies, varying in scientific rigor, have been carried out in all, and one of the best designed was conducted by the late Dr. Elisabeth Targ. During the height of the AIDS epidemic in the 1980s, she devised an ingenious, highly controlled pair of studies, in which some 40 remote healers across America were shown to improve the health of terminal AIDS patients, even though the healers had never met or been in contact with their patients. F. Sicher, E. Targ et al., "A randomized double-blind study of the effect of distant healing in a population with advanced AIDS: report of a small scale study," *Western Journal of Medicine*, 1998; 168(6); 356-63

"Most intriguing, in much of the research on psychokinesis, mental influence of any variety had produced measurable effects, no matter how far the distance between the sender and the object or at what point in time he generated his intention. According to the experimental evidence, the power of thought transcended time and space." (p. xxviii) A body of research also suggests that the power of an intention multiplies, depending upon how many people are thinking the same thought at the same time. (McTaggart, *The Field*, 199)

The latest studies of the effect of mind on matter suggest that intention has variable effects that depend on the state of the host, and the time and place where it originates. Intention has already been employed in many quarters to cure illness, alter physical processes, and influence events. It is not a special gift but a learned skill, readily taught. Indeed, we already use intention in many aspects of our daily lives." (p. xxix)

As Sound Healing students and healers, I thought that it would be interesting to share what science has said about intention and healing energy. McTaggart describes many findings and scientific experiments related to the science of intention for healers and their healing energy. I would like to share the information that I found that was most interesting.

Elmer Green, a physicist and pioneer in the field of biofeedback, was fascinated by the idea of energy being transmitted by the mind. He wanted to answer the question as to whether healers, when in the process of healing, sent more electrical energy than usual. Green created a copper room and attached EEG amplifiers (electroencephalogram). This is the same equipment is used to measure the electrical activity in the brain. The copper walls acted like a large antenna, to "magnify the ability to detect the electricity from the healers and enabling Green to capture it from five directions." (p. 21)

Green discovered that when a healer sends healing energy, the EEG amplifier recorder a surge of electrostatic charge. (p. 21)

“Elmer Green had demonstrated in his research that an enormous surge of electrostatic energy occurred during healing. When a person is simply standing still, his or her breathing and beating heart will produce electrostatic energy of 10-15 millivolts on the EEG amplifiers; during activities requiring focused attention, such a meditation, the energy will surge up to 3 volts. During healing, however, Green’s healers produced voltage surges up to 190 volts; one healer produced 15 such surges, which were 100,000 times higher than normal.” (p. 23-24) I think the most interesting finding is that Green discovered that the energy was coming from the healers’ stomach area, the solar plexus.

Gary Schwartz at the University of Arizona took this discovery on step further. He wanted the answer to the following question: “Could it be that human beings were not only receivers of signals but also transmitters?” He built an aluminum shield and began waving his hands and he noticed that the EEG amplifier tracked the movement. “His hands movements were generating signals.” (p.22) When Schwartz put an EEG cap on the bust of Einstein, the “magnifier suddenly came alive and produced evidence of electromagnetic wave”—this was not a record of brainwaves, but Schwartz’s hand movements. His body was sending out a signal with every move that he made. Schwartz asked one of his students to put his left hand above Einstein’s bust and extend his right arm to Schwartz who was sitting about three feet away. When Schwartz moved his hand, “the movement was picked up by the amplifier.” (p. 23) In this scenario, the student became the antenna. This was an amazing discovery. Schwartz discovered that “simple movement generated electrical charge, but more important, created a relationship. Every movement we make appears to be felt by the people around us.” He wondered if someone was criticized by another person waving their finger at him/her, saying, “You can’t do anything right.” He suggested that the person would get a zinger with a wave of energy. Schwartz began to wonder if the “energy of thought could have the same effect as the energy of movement. (p. 23)

William Tiller is responsible for creating a device to measure the healing energy of healers. “The equipment discharged a steady stream of gas and recorded the exact number of electrons pulsing out with a discharge. Any increase in voltage would be captured by the pulse counter.” (p. 24) Tiller asked volunteers to place their hands about six inches from the device and hold a “mental intention to increase the count rate.” Tiller discovered that during the intention, the pulses increased by 50,000 and lasted for about five minutes. He obtained the same results even if the device was not near the volunteer.

Chemical changes are also caused by intention too. Bernard Grad discovered water treated by healers had “undergone a fundamental change in the bonding of oxygen and hydrogen in its molecular makeup. The hydrogen bonding between the molecules had lessened in a manner similar to that which occurs in water exposed to magnets.” (p. 24)

There were experienced meditators who sent the intention to impact the molecule structure of water samples. “The amount of light absorbed by the water at a particular wavelength—had been

significantly altered. 11 (p. 25) When someone holds a focused thought, he may be altering the very molecular structure of the object of his intention.” (p.25)

Gary Schwartz was curious about the role of magnetic fields. He discovered that “healing may generate an initial surge of electricity, but the real transfer mechanism may be magnetic.” (p. 25) Gary Schwartz and Melinda Connor, a postdoctoral fellow working with Schwartz, used a battery-operated “three axis digital gaussmeter” that could pick up extra-low frequency magnetic fields. The gaussmeter could pick up one-thousandth of a gauss, which is a very faint pulse of a magnetic field.” (p. 25)

Schwartz and Connor asked Reiki practitioners to participate in an experiment. They took magnetic field measurements when the Reiki healers were focused on healing and when they were resting, with their eyes closed. They also had a group of who they called “master healers.” These were people were known for their healing abilities and they took the same measurements. They noticed that “both groups of healers demonstrated significant fluctuations in very low pulsations of a magnetic field, emanating from both hands. A huge increase in oscillations in the magnetic field occurred whenever a healer began to run energy. However, the most profound energy increase surged from their dominant hands.” (p. 26) The control group who were not healers, did not have the same effect. It was also interesting to note that there was a significant difference between the Reiki practitioners and the “master healers “averaged close to a third more magnetic-field changes per minute than the Reiki healers.” 13 (p.26) “The study results seemed clear. Schwartz and Connor had their proof that directed intention manifests itself as both electrostatic and magnetic energy.” (p. 26) They also realized that this is a learned skill and that it takes practice.

It’s interesting because when Schwartz discovered the connection between energy and a magnetic field, it did not address distant healing. When healers send healing energy from thousands of miles away with intention, the effect was the same as if they were there in person. Through his research, Schwartz could measure the electrical and magnetic process was involved in healing, but that it was not the core one. He began to think about “the possibility that the mechanism creating intention originated with the tiny elements of light emitted from human beings.” (p. 27)

I was amazed to find out that in the 1970s, there was a German physicist name Fritz-Albert Popp who, “stumbled upon the fact that all living things, from the most basic of single-celled plants to the most sophisticated of organisms like human beings, emitted a constant tiny current of photons—tiny particles of light.” 15 (p. 27) He called them biophoton emissions. Popp “believed that he discovered the primary communication channel of a living organism—that it used light as a means of signaling to itself and to the outside world. “ He believed that this “faint radiation, rather than biochemistry, is the true driving force in orchestrating and coordinating all cellular processes in the body. Light wave offered a perfect communication system able to transfer information almost instantaneously across an organism. Have waves, rather than chemicals, as the communication mechanism of a living being also solved the central problem of genetics—how we grow and take final shape from a single cell.” (p. 27)

Popp created the first machine to measure the photons of light, called photomultiplier. This machine had the ability to capture and measure every photon of light. Through years of studies, Popp

was able to “demonstrate that these tiny frequencies were mainly stored and emitted from the DNA of cells. The intensity of the light in organisms was stable, ranging from a few to several hundred photons per second per square centimeter of surface of the living thing—until the organism was somehow disturbed or ill, at which point the current went sharply up or down. The signals contained valuable information about the state of the body’s health and the effects of any particular therapy. Cancer victims had fewer photons, for instance. It was almost as though their light were going out. Popp had another amazing discovery that “biophotons measured from plants, animals, and humans were highly coherent. They acted like a single superpowerful frequency, a phenomenon also referred to as ‘superradiance.’” (p. 31)

Schwartz took Popp’s research and tried to replicate it. He used a CCD device, a supercooled charge-coupled device. This is highly sensitive equipment that could pick up light from the most distant stars or a very faint light coming off of living things. Kathy Creath joined Schwartz and was interested in learning more about the role of light in the healing process. Their first test involved a geranium leaf. They placed the leaf on a black surface and took fluorescent photographs after exposure of up to five hours. The photos were “dazzling: a perfect image of the leaf in light, like a shadow in reverse, but in incredible detail, each of its tiniest veins delineated. Surrounding the leaf were little white spots, like a sprinkling of fairy dust—evidence of high-energy cosmic rays. They made history! Schwartz and Kathy Creath tested the light emitted from healers. This time they used a white background. “The images were breathtakingly clear: a stream of light flowed out of the healers’ hands, almost as though it were flowing from their fingers. Schwartz now had his answer about the nature of conscious thought: healing intention creates waves of light—and indeed these are among the most organized waves found in nature.” (p. 30) Schwartz finally had the answer about the source of healing: if thoughts are generated as frequencies, healing intention is well-ordered light.” (p. 32) So, Schwartz’s experiments uncovered that people give and receive quantum signals. “Directed intention appears to manifest itself a both electrical and magnetic energy and to produce an ordered stream of photons, visible and measureable by sensitive equipment. Like any other form of coherence in the subatomic world, one well-directed thought might be like a laser light, illuminating without ever losing its power.” (p. 33) Amazing, simply amazing!

McTaggart believes that everyone can learn how to use the power of intention. She has provided a step-by-step process that anyone can easily follow. Like everything in life that we would like to achieve, it helps to practice intention. McTaggart suggested starting with small intentions that would be easy to measure: having a friend call you that you haven’t talked to in years, noticeable and measurable behavior changes from your partner or children, growing your plants 10% faster than usual. She offers more suggestions on p. 214.

It seems to reason based on the findings in McTaggart’s book, that the process of intention and the power of the quantum field can play a pivotal role in all healing work and healing modalities. If the giver and receiver, the healer and client, are in alignment with respect to intention, focus and clarity any resulting benefit from such practices as Sound Healing, Reiki, Quantum Touch, EFT, etc. can only be amplified. The process of intention is the framework and the foundation from which all healing techniques and methodologies can take root and take off! When the process of intention and

consciousness is utilized in collaboration with Sound Healing manifestation and healing goals are brought into coherence and as a result improved and enhanced. The better that healers and their clients can be at this intention-setting process, the more successful the outcome will be. McTaggart's work underscores the importance of bringing these techniques together for the greater potential for healing.

I have outlined McTaggart's Intention Program. She provides more details in Chapter 13. (p.199-212)

**Enter your intention space** – choose a place that feels comfortable, the best places would be in the country, outside on a sunny day, etc. An altar can become a focal point. Select a spot that is way from a TV or electrical appliances, cell phones.

**Power up through meditation** – slow your brain down to alpha state of light meditation or relaxed day-dreaming. Breathe slowly and diaphragmatically inhaling through your nose and exhaling slowly through your mouth, so that your inhale is the same length as your exhale—creating a rhythm with your breath. Try not to strain or hold your breath and try to work up to five or ten minutes. It helps to have what McTaggart calls an “anchor.” This is something to focus on that helps to keep you in a meditative state. This could be a chant, mantra, focus on the breath, a single tone, drum or rattle, rosary. Practice until you feel comfortable practicing on your “anchor” for at least 20 minutes.

**Move into peak focus through mindful awareness of the present** – “Powering up” involves developing the ability to attend with peak intensity, every moment, moment-to-moment awareness of what is happening internally and externally. Accept all of the sounds around you from the room and all around. Notice the smells and colors of the room. McTaggart describes this state as more than concentration, but rather mindfulness – maintaining your concentration in the moment. It takes practice to silent the chatter that is in your mind—concentrate on your sensory experience, no matter how mundane – washing laundry, setting the table, eating a meal, combing your hair. The most important distinction is a lack of judgement or reference point about your experience. She suggests not to try too hard and try not to rush the process of mindfulness.

**Get onto the same wavelength by focusing on compassion and making a meaningful connection** – Focus attention on your heart, as if you are sending light to it. Visualize the light going from your heart to the rest of your body. Send a loving, healing message to yourself, such as “I am health and whole.” As you exhale, visualize a white light radiating outward from your heart. At the same time think, “I appreciate the kindnesses and love of all living creatures. May all others be well.” Think of your loved ones, friends and then those people that you dislike and think, “May they be well and free from suffering.” Concentrate on the kindness and compassion of all living things. Send a message of compassion to all people and living things on Earth. Practice switching roles and imagine what it may be like to be your spouse, child, etc. with their hopes and dreams. If you are sending healing to someone, imagine what it must be like to be in the other person's shoes, try to feel and have empathy for the person. Start shifting your energy to your intention.

**State your intention and make it specific** – McTaggart recommends using the present-tense and stating the end-result, i.e. My hip is free of pain and moves easily and effortlessly. (Avoid making a negative statement, i.e. I will not feel pain in my back). Make your intention highly specific and directed, the more detail the better. If you are trying to heal your husband's big toe, be specific and even state the problem with it. State your entire intention, what you would like changed, using who, what, when, where, why and how. It would help to draw a picture of your intention or create a collage. Place this where you will look at it often.

**Visualize, in vivid detail, your intention as established fact** - Visualize the outcome that you desire with all of your five senses in real time. Plan a mental image of the outcome ahead of time – see the image clearly in your mind's eye. If you are trying to heal your body, imagine yourself free of pain, running or exercising. Mentally rehearse every moment of it with all your senses--Imagine it already existing. For healing, try to imagine healing energy, a white light, filling you and observe it healing the portion of your body that is ill, saying "Turning a diseased organ into a healthy one." Visualize diseased cells or tissue changing into healthy cells; imagine your body in perfect health. If you are in pain, imagine the nerve endings in your entire body and "see" healing energy being taken in with every breath, flowing through your muscles and blood cells, through your arteries to the nerves, where they are soothed and healed. Send out the visualization during the meditation and several times throughout the day. Belief in the power of intention is essential. Do not think of failure.

**Time it right** – check what the sun is doing, and choose days when you feel happy and well – Intention works best at points of increased geomagnetic activity. McTaggart provides a list of websites to check, including: [www.sec.noaa.gov](http://www.sec.noaa.gov). This website provides real-time situational awareness of regional electric fields generated by disturbances in Earth's magnetic field. The following website is good to check on the day the you are planning to set your intention: <http://sec.noaa.gov/today2.html>. To access charts of geomagnetic activity, solar wind, you can go to the following website: <http://sohowww.nascom.nasa.gov/spaceweather>

Geometric activity is measured on a K index, the range is 0 – 9. 0 is the most peaceful and 9 is the most turbulent. The "a" index is similar, but uses a larger scale from 0 – 400. When you are sending your intention, plan on doing it when the index is five or more or the index is greater than 200.

**Move aside** – surrender to the power of the universe and let go of the outcome – People who are successful with intention imagine themselves as one with the universe. Imagine your sense of "I" merging with the universe. Frame your intention, state it clearly and let go. The intention will be taken over by God/ Source. The power does not originate with you, you are channel, so put your ego aside.

She offers solid advice about using intention and measuring the results. McTaggart said that people should document any changes in the object of the intention and to be specific, especially if you are trying to heal yourself or someone else. It would be interesting to hear from the students in our Sound Healing Class about their sound healing results when they combine the techniques that we learned in class with McTaggart's intention process.

As a Sound Healing class, we could choose an intention to focus on as a group and follow this process. When people are participating in a group intention, McTaggart suggested powering up by visualizing everyone as a single entity (this could be a bubble, octahedron or visual image that pulls everyone together as one). One member of the group reads the statement. Keep a daily log with the statistics for 30 days before the group started the intention work and for several months after the group does the intention work. I know that the students in our class are located in different states and in different time zones, but we could all set a time and intention and connect online. McTaggart is collecting the data and she would like to hear about any/all results. People can send them to her website: [www.theintentionexperiment.com](http://www.theintentionexperiment.com).

McTaggart has expanded The Intention Experiment to a global level. People around the world have read her book and have signed up to participate in a variety of intention experiments, from helping an Alzheimer's patient improve his memory to find his way back to his room, to measuring attention spans in children and helping hospital patients who have wounds to heal faster and the list goes on. I am planning to join the Intention Experiment and I invite anyone who feels called to sign up for her newsletter and to join the global community to impact people, places, animals and the world in a positive way. There is more information on her website: [www.theintentionexperiment.com](http://www.theintentionexperiment.com).

The Intention Experiment is an open invitation to experiment with your own life and see the changes, healing, awareness and all possibly manifest. Through this book, she has helped me understand how intention can impact my life and the world around me.

After reading David Gibson's book, *The Complete Guide to Sound Healing* and Lynne McTaggart's book, *The Intention Experiment*, I have personally grown to reach a new level of understanding of what is meant by intention. I have come to learn that all of my thoughts, actions, focused energy, etc. has a frequency and a beam of light and that I can influence healing for myself and others by the power of intention. My Sound Healing sessions and the other healing modalities that I offer will be positively impacted and I believe that the results will be far greater than I could ever have imagined! "The Intention Experiment was to make a statement about the extraordinary nature and power of consciousness. It may prove true that a single collective directed thought is all it takes to change the world." (p. xxxi)