

INTENTION

The Intention
Workbook

Course Material
by Lynne McTaggart

INTRODUCTION

How many times have you really wanted to find a parking space on the main road – and as you round the corner, there it is! Or you've suddenly thought about someone and, just moments later, they have phoned? Happenstance? A coincidence? Sometimes, but as the famous quote has it: "Coincidence is when God chooses to remain anonymous."

Today we might call these phenomena 'intention' – something conspired between the moment of your thought and the world of time and space, and life reshaped itself to your thought or wish. Intention is a controversial area of science, and test results have been variable. We believe this is because our power of intention is like a muscle; the more you use it, the better the results become. Neither the controllers nor the participants in previous intention experiments have realized this, and very few have prepared the participants beforehand.

The Intention Workbook is designed for anyone who wants to plot his or her progress as an intender. It explains how to create the ideal conditions, both inner and outer, for a successful intention exercise, before moving into actual experiments, which you can observe and measure. While it can be used by anyone interested in the subject, it is also designed as a complementary companion to Lynne McTaggart's latest book *The Intention Experiment*, published in 2007 by Thorsons in the UK and by Simon & Schuster in the USA. The book is the first complete review of all the scientific evidence for intention, but it also gives a great deal of practical information on how to make your intention successful.

Its pages also include an unlock code that will allow readers of the book to participate in one of the world's largest series of intention experiments, which are taking place via the book's website: www.theintentionexperiment.com.

You can also plot the success of the global intentions along with your own personal intentions.

INTRODUCTION

Please use this workbook as often as you can. There is plenty of space for you to write down your own thoughts and the results of any intention experiment you carry out.

May you have good intentions, and may they come to pass.

PART I: PREPARING FOR INTENTION

1. GETTING THE SPACE READY

Choose a room, or a space, that is special. It will be your intention place.

Feel comfortable in it. Clear it of extraneous items. Make it your own.

Put in it the things you like – cushions, or comfortable furniture. Soft lighting, perhaps, or candles, or incense.

Some people create an altar on which they focus. You may like to, too.

Make the air cleaner and fresher with an ionizer, especially if you live in an urban area.

NOTES FOR GETTING THE SPACE READY

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PART I: PREPARING FOR INTENTION

2. POWERING UP

Now we need to slow the brain waves to an alpha state.

Sit comfortably, with your back upright and your hands on your knees.

Begin by breathing slowly, in through the nose, out through the mouth. Your in-breath should be the same duration as your out-breath.

Repeat this every 15 seconds for 3 minutes.

Anchor the mind by letting it focus on the body, Or watching the thoughts drift across your mind, like clouds
Or repeating a mantra, such as 'Om', or 'Ah-Om'
Or counting numbers, backwards or forwards
Or listening to repetitive music
Or listening to a single tone
Or a drum or rattle
Or by saying a prayer.

Whatever your anchor, focus on it for 20 minutes every day.

And every day you will expand your ability to be mindful and watchful.

NOTES FOR POWERING UP

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PART I: PREPARING FOR INTENTION

3. REACHING PEAK INTENSITY

Meditation is a period in the day you set aside for quiet times. Now you need to develop the state of mindfulness in your day-to-day life

Learn to be present in every moment, or every moment you can remember to do it.

Mindfulness is to just observe, just eat, just listen, just walk - without judgement, chatter, or criticism.

When you eat a meal, be mindful of the eating and the food. What is its taste? What is its texture?

When you take off your sweater, what does it feel like? How does it feel as it goes over your head? What is its colour? Its smell?

When you walk on the pavement, what is the sensation in your feet, or legs? What do you see? Are you noticing the cracks in the pavement, the weeds sprouting through? What about the wind on your face, in your hair?

Can you listen without thinking? Can you hear the gurgle of the water in the pipes? The leaves swaying in the breeze?

Are you aware of your body, the way it sits or stands?

Do all of this without judgement. It's not good. It's not bad. It's not better than something else. It's not worse than something else. It is what it is.

NOTES FOR REACHING PEAK INTENSITY

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PART I: PREPARING FOR INTENTION

4. Developing mindfulness

It's amazing how often you will forget to be mindful. So here are a few ways that will help you.

Take time out in the day to be quiet and mindful. It need be only a few minutes. It can be done at work. It can be done while you're washing up.

Try to build 'mindfulness breaks' into your day. If you have an alarm clock on your computer, mobile phone or watch, set it twice in the morning and twice in the afternoon. These are your mindfulness moments.

Come back to the moment by watching your breath.

Associate mindfulness with one activity every day. It could be when you put your coat on in the mornings. Make a promise with yourself: "When I put my coat on, I shall be present. I shall feel the coat and its texture, feel it as it goes onto my body, how it warms my body. How it feels when it's on."

When you come home after work or shopping, look at your partner or your children as if you've never seen them before. Then you see them as they are, not how you think they are.

NOTES FOR DEVELOPING MINDFULNESS

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PART I: PREPARING FOR INTENTION

5. MERGING WITH THE 'OTHER'

We are preparing ourselves for successful intention. One vital key is compassion, or being coherent with the person for whom you're intending

You can practice intention with someone you know. If it is your partner or child, the connection should be easy to establish.

If you instead decide to work with someone you don't know, exchange something with him or her, such as a photograph, or something you own, like a simple piece of jewellery.

Whoever you choose, meditate with them for half an hour. Feel their presence.

Ask the person to be open to your intention when you send it.

NOTES FOR MERGING WITH THE 'OTHER'

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PART I: PREPARING FOR INTENTION

6. DEVELOPING COMPASSION

Our compassion will embrace the world and everyone in it. This sense of universal compassion will be with us as we intend

Feel compassion for your heart first. Imagine that your compassion is a light that is spreading over your heart.

Breathe in and send a loving thought to yourself. 'May I be well and free from suffering' or 'I am well and free from suffering.'

Breathe out and send this wonderful light from your heart and out into the world.

As you do this, think: 'I appreciate the kindness and love of all living creatures. May all others be well'.

Let this light first reach those you love, then your good friends, then people you know, and finally to people you dislike or actually hate. As the light reaches each new band of people, say: 'May they be well and free from suffering.'

Concentrate on the kindness and compassion of all living things, and how they make your life possible, and good.

Imagine what it is like to be somebody else. What is it like to be your parent, your husband, your wife?

How is life for them, with their own fears and dreams, their hopes?

Every day is a call to compassion. You see a beggar in the street, you see people dying on the television news.

When you feel compassion for others, don't brush it aside. Become open and vulnerable, enhance and deepen the feeling.

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PART I: PREPARING FOR INTENTION

7. STATING YOUR INTENTION

Begin intending when you are in the alpha state, and when you feel compassion for the other.

Intend with an active expression, not a passive one. Say 'I am healthy now' rather than 'I have always been healthy.' Present tense, present voice, when you are present.

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PART I: PREPARING FOR INTENTION

8. BE SPECIFIC

Be highly specific in your intending. Intend for something that is very precise and measurable.

Don't intend for 'world peace', desirable though such an outcome would be. Instead intend for something highly specific, such as the healing of the fourth finger of your child's left hand, which was burnt in a candle flame. Also include in your intention the exact problem with the finger (eg, the blister won't heal after the finger was burnt on a candle).

Then, in your intention, state your objective exactly. "I intend for the wound on the fourth finger of Sam's left hand to heal in three days time, that is on Thursday, the 18th October 2007." Make sure you complete the checklist that runs through the head of most reporters when they write an article: who, what, when, where, why and how.

To reinforce your intention, you could draw a picture, or perhaps have a photograph of the intender in front of you.

NOTES FOR BEING SPECIFIC

[illegible]

PART I: PREPARING FOR INTENTION

9. THE MENTAL DRY RUN

Visualize the outcome of your intention. If it's Sam's finger you want healing (see previous page), see him playing happily without a bandage on the finger.

Visualization can be a powerful ally in helping your intention. The key, however, is to visualize the positive outcome. If your intention is to ease a painful back problem, visualize yourself walking freely and climbing the stairs two at a time.

It should also be a multi-sensorial visualization. So as well as seeing yourself climbing the stairs, feel what it's like to be free of pain, feel the muscles in the back working freely and well. And feel the elation as you realize you can again do things that were until recently impossible to complete.

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PART I: PREPARING FOR INTENTION

10. PRACTISE VISUALIZING

Visualization is a muscle that needs to be exercised just as much as your intention 'muscle'.

Start by getting yourself into a meditative state, and then begin your visualization exercises by imagining:

- » A recent meal you enjoyed. Can you see and sense yourself sitting at the table, possibly with others? Can you see the meal in front of you? Can you smell it? What does it taste like? How is the texture of the food inside your mouth?
- » Your bedroom. Mentally walk around it. Touch the bedspread and sense how it feels. Feel the curtains, and imagine your feet against the carpets or floorboards.
- » Yourself running or in a gym. How do your legs feel? Can you imagine the sweat trickling down your face and your back? Can you see other people in the gym? What are they doing?

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PART I: PREPARING FOR INTENTION

11. BELIEVING IT

When intentions – and other psi experiments – fail, it's usually because the person doesn't really believe it will work.

Implicitly believe that your intention will work. You have prepared well. You are ready. Your preparation is no different to the placebo or sugar pills that are handed out to participants in medical trials. They don't realize they haven't been given the actual drug – and so the sugar pill works for them just as well.

The placebo effect, as it's known, proves that if you believe that something will work, it will.

If the target of your intention doubts that it will work, talk to him or her. Explain the science behind this, and the preparation you have gone through. Try to get him or her to believe that your intention will work for them.

This image shows a full page of blank, lined paper. It features approximately 20 evenly spaced horizontal grey lines across its entire width, providing a guide for writing. The paper itself is a clean, off-white color. There are no margins, text, or other markings present on the page.

PART I: PREPARING FOR INTENTION

12. GETTING OUT OF THE WAY

This is probably one of the most important elements of intending – getting out of the way. You're not responsible for any effect your intending may have – that's down to the universe – and so it's not you really doing anything. You're merely inviting something to happen.

Do what you've been taught so far. Get into the alpha state, state your intention clearly and precisely – and then move aside. You have placed a very precise request to the universe, and now powers that are beyond our comprehension may get to work.

You don't heal, you don't cure. The universe does. All you have done is to make a precision prayer. Now wait to see if it will be answered.

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PART I: PREPARING FOR INTENTION

13. TIMING

As we're part of the universe, so the activities and influences of the universe can have a bearing on the success of our intending, too.

Researchers have discovered that any psychokineses – or mind-over-matter – experiments work better at times of increased geomagnetic activity.

Find the best period to intend by checking out 'space weather' on websites such as US National Oceanic and Atmospheric Administration (NOAA) (<http://www.sec.noaa.gov>).

Other services include the European Space Agency's space weather service on <http://www.sohowww.nascom.nasa.gov> or <http://www.sohowww.nascom.nasa.gov/spaceweather>. This website includes useful charts on geomagnetic activity, solar wind and high-energy proton and x-ray flux.

All geomagnetic activity is measured on a K index, with 0 being the most quiet and 5 or more being the most active, or instead use the 'a' index, where high activity is measured at more than 200. In terms of time of day, it's been reckoned that the most productive could be around 1pm.

Also, take account of your own well-being. The evidence shows that intentions work best when you are at your best, physically, mentally and emotionally.

NOTES FOR TIMING

[illegible]

PART I: PREPARING FOR INTENTION

14. PUTTING IT ALL TOGETHER

This completes the first part of the workbook. To summarise:

- » Make your own intention space that's special for you
- » Power up through meditation & Move into peak focus through mindful awareness of the present.
- » Focus on compassion or making a meaningful connection
- » State your intention and make it as specific as possible
- » Mentally rehearse every moment with all your senses
- » Visualize in vivid detail your intention as established fact
- » Check you're intending at the time of greatest geomagnetic activity
- » Carry out intentions when you feel good in every way
- » Move aside – and let the universe do its work.

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PART II: YOUR OWN INTENTION EXPERIMENTS

This part of the workbook really becomes your own. Its pages are to be used by you as you conduct a range of intention experiments. Each time record the date of the intention and precisely what was intended – and see what happens.

Don't forget to 'power up' in the way we've outlined in the first part of the workbook.

1. TO HAVE SOMETHING MANIFEST IN YOUR LIFE

Select a goal that has never before happened but that you would like to see happen. Start with something small, and see what happens. Here are a few examples:

- » receiving flowers from your husband
- » have your wife watch a football game with you (if she never does)
- » have your neighbour who never normally speaks to you give you a warm and cheery 'good morning'
- » have your children help with the dishes
- » have your child make his or her own bed
- » have your husband come home an hour earlier from work.

These are simple, but clear, intentions. But remember – be as precise as possible. So if you want your husband to bring home flowers, what day is he to bring them? What type, or colours, would you prefer?

[illegible]

PART II:YOUR OWN INTENTION EXPERIMENTS

2. RETRO-INTENTION

Solid scientific studies have demonstrated that we can influence what occurred in the past. The intention can only impact on the current situation, however.

The seeds of current problems were planted in the past. It may be a health problem, it may be a dispute with a family member. Whatever it is, your power of intention knows no barriers in time and space, and can work at the point of the genesis of any issue that you wish could be resolved, or improved, today.

For intention to work, it must be a situation that is still being played out today. You cannot bring people back from the dead, you cannot 'undo' the concentration camps of the Second World War. What has happened has happened. Only fluid situations unravelling today can still be influenced.

Here are a few examples of how your intention can unpick the threads that have become a tangled knot today:

- » If you have a health problem, cast your mind back to when it may have started. Carry out an intention for it to resolve itself.
- » If you are in dispute with someone, cast your mind back to the period when it started. Send out a specific intention for it to be resolved.

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PART II: YOUR OWN INTENTION EXPERIMENTS

3. GROUP INTENTION EXERCISES

Harness the power of the group to send a 'power intention'. There's plenty of evidence to support the idea that a group of like-minded and empathetic people will have a better result than someone intending alone.

If you have a circle of friends who are sympathetic to the idea of intending – and are prepared to 'power up' in the way described in this workbook – you can start a whole series of group intentions, and plot their success.

Here are a few suggestions for a group to intend:

- » G Reduce litter in the neighbourhood, especially in a few, named streets
- » G Lower the level of street crime in the neighbourhood by an agreed, and reasonable, percentage point
- » G Improve the grade score of the local school by one point
- » G Lower the level of road traffic accidents by x per cent

Before you start, have someone in your group find out the current figures. So, for example, if you want to reduce road traffic accidents in streets a, b and c, you will need to know what the current level is.

When you meet for the intention, 'power up' in the way described in this workbook, and visualize the group as a single entity.

NOTES FOR GROUP INTENTION EXERCISES

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Level of geomagnetic activity (if known) _____

Individual/Group intention (circle the appropriate description). If Group, the number of participants _____

The subject/target of the intention _____

The current problem/situation you wish to see change _____

What you intend to change, and when _____

Note incremental changes (say, in quarterly steps towards final date of change)

Phase One (first quarter time period before intention completion date/period/time) _____

Phase Two: _____

Phase Three: _____

Final result: _____

Was the intention a success or a failure? _____

If a failure, is there anything you will change for the next experiment? _____

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