



The Power of Eight

By Lynne McTaggart

I run ongoing Intention Experiment to test the power of group thought in well-run, controlled scientific experiments and also informally in workshops and my “Intention” community. Besides the big experiments, I have been experimenting in what I call the “Power of Eight.” During weekend workshops, I divide the audience of attendees into small groups of eight, and ask groups of complete strangers to send loving thoughts to each other.

During many dozens of workshops, I have witnessed powerful stories of emotional or physical healing among both the senders and receivers.

Marsha, for instance, had developed an opacity in one cornea, largely blocking the vision of one eye. The following day, after her group’s healing intention, she claimed that her sight in that eye had been almost fully restored. Many of the members of her group who had sent the intention were plagued with lifelong migraines or back problems, but they also reported feeling better.

Even more significant than healing effects is the powerful effect of community. During these workshops, strangers begin resonating together as one; for instance, in the Netherlands at a recent workshop, I discovered that many of the groups reported having the exact same visualizations during their group intentions.

In one group, which concentrated on sending intention to a woman with a bad back, she and a variety of members of the group all imagined the same inner vision: her spine being lifted out of her body and infused with light.

The feeling of oneness reported by the members of the workshops and the Intention Experiment community is an example of the Bond — the resonance effect of pure connection. The simple act of belonging and spontaneously giving within a small group of strangers is so powerful and so satisfies our deepest longing that it heals both the healer and the recipient.



Creating your own healing intention circle

1. Assemble a group of between 6 and 12 likeminded friends who are open to the possibility of healing and intention.
2. Ask if any one of the members of the group with a healing challenge of some sort (emotional or physical) would like to be the target of the healing intention. Allow the person nominated as the recipient to describe his or her problem in detail.
3. Spend a few moments talking over and designing the intention statement that you will all hold together.
4. Gather around in a circle. Either join hands or place the nominated subject in the middle of the circle, as all the rest of the group place one hand on him, like the spokes of a wheel.
5. Begin by having each member of the group close his eyes and concentrate on inhaling and exhaling. Each should clear his mind of any distractions, then hold the intention statement in his mind while imagining, with all five senses, the intention recipient as healthy and well in every way. All members should then send out the intention through their hearts. The intention recipient should remain open to receive. (You can learn more techniques about 'Powering Up' – the best way to carry out intention – in my book *The Intention Experiment*: www.theintentionexperiment.com).
6. At the end of 10 minutes, each member may come back into the room and begin to share experiences. First ask the intention recipient to describe how he or she feels, and if he has experienced any changes, positive or negative. All the other members may then take turns sharing experiences. Take note of any feelings of palpable oneness and also any improvement in the condition of both senders and receivers.

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