

Using Your Thoughts to Change
Your Life and the World



*Take Part
in the
World's Largest
Mind-Over-Matter
Experiment*

The
Intention
Experiment

Lynne McTaggart

Author of *THE FIELD*

The Intention Experiment: Using Your Thoughts to Change Your Life and the World, Lynne McTaggart, Simon and Schuster, 2007, 1416548262, 9781416548263, 320 pages. The book you hold in your hands is revolutionary, a groundbreaking exploration of the science of intention. It is also the first book to invite you, the reader, to take an active part in its original research. Drawing on the findings of leading scientists on human consciousness from around the world, The Intention Experiment demonstrates that thought is a thing that affects other things. Thought generates its own palpable energy that you can use to improve your life, to help others around you, and to change the world. In The Intention Experiment, internationally bestselling author Lynne McTaggart, an award-winning science journalist and leading figure in the human consciousness studies community, presents a gripping scientific detective story and takes you on a mind-blowing journey to the farthest reaches of consciousness. She profiles the colorful pioneers in intention science and works with a team of renowned scientists from around the world, including physicist Fritz-Albert Popp of the International Institute of Biophysics and Dr. Gary Schwartz, professor of psychology, medicine, and neurology at the University of Arizona, to determine the effects of focused group intention on scientifically quantifiable targets -- animal, plant, and human. The Intention Experiment builds on the discoveries of McTaggart's first book, international bestseller *The Field: The Quest for the Secret Force of the Universe*, which documented discoveries that point to the existence of a quantum energy field. *The Field* created a picture of an interconnected universe and a scientific explanation for many of the most profound human mysteries, from alternative medicine and spiritual healing to extrasensory perception and the collective unconscious. The Intention Experiment shows you myriad ways that all this information can be incorporated into your life. After narrating the exciting developments in the science of intention, McTaggart offers a practical program to get in touch with your own thoughts, to increase the activity and strength of your intentions, and to begin achieving real change in your life. After you've begun to realize the amazing potential of focused intention, and the times when it is most powerful, McTaggart invites you to participate in an unprecedented experiment: Using The Intention Experiment website to coordinate your involvement and track results, you and other participants around the world will focus your power of intention on specific targets, giving you the opportunity to become a part of scientific history. The Intention Experiment redefines what a book does. It is the first "living" book in three dimensions. The book's text and website are inextricably linked, forming the hub of an entirely self-funded research program, the ultimate aim of which is philanthropic. An original piece of scientific investigation that involves the reader in its quest, The Intention Experiment explores human thought and intention as a tangible energy -- an inexhaustible but simple resource with an awesome potential to focus our lives, heal our illnesses, clean up our communities, and improve the planet. The Intention Experiment also forces you to rethink what it is to be human. As it proves, we're connected to everyone and everything, and that discovery demands that we pay better attention to our thoughts, intentions, and actions. Here's how you can..

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Conjuring up Philip an adventure in psychokinesis, Iris M. Owen, Margaret Sparrow, 1976, *Body, Mind & Spirit*, 217 pages. .

The Power of Premonitions How Knowing the Future Can Shape Our Lives, Larry Dossey, Apr 30, 2009, *Body, Mind & Spirit*, 320 pages. The doctor-and bestselling author-who first demonstrated the healing effects of prayer now offers an unprecedented look at the science of premonitions. When Larry Dossey was in

The PK Zone A Cross-cultural Review of Psychokinesis (PK), Pamela Rae Heath, Jul 1, 2003, *Body, Mind & Spirit*, 404 pages. This book is a tour de force, which leads the reader through the long and fascinating history of psychokinesis (PK), in all its facets. From the earliest days of levitating

Integral Health The Path to Human Flourishing, Elliott S. Dacher, 2009, *Health & Fitness*, 344 pages. INTEGRAL HEALTH The Path to Human Flourishing Everyone agrees that the mind/body connection is a critical component in healing and well-being. But how do you activate that

Second Sight , Judith Orloff, Dec 14, 2008, *Body, Mind & Spirit*, . In this compelling self-portrait,

psychic and psychiatrist Dr. Judith Orloff draws on her own experience and that of her patients to explore the mysterious and poorly

Intention , Gertrude Elizabeth Margaret Anscombe, 2000, Philosophy, 94 pages. Intention is one of the masterworks of twentieth-century philosophy in English. First published in 1957, it has acquired the status of a modern philosophical classic. The book

The Field , Lynne McTaggart, Oct 13, 2009, Body, Mind & Spirit, 288 pages. In this groundbreaking classic, investigative journalist Lynne McTaggart reveals a radical new paradigm that the human mind and body are not separate from their environment

Ghosts and Apparitions , W.H. Salter, Apr 1, 2012, Body, Mind & Spirit, . The Paranormal, the new ebook series from F+W Media International Ltd, resurrects rare titles, classic publications and out-of-print texts, as well as new ebook titles on the

The Grand Illusion: A Synthesis of Science and Spirituality Book One, Book 1 A Synthesis of Science and Spirituality Book One, Brendan D. Murphy, 2012, Body, Mind & Spirit, 590 pages. The Grand Illusion(TGI) synthesizes the paranormal with today's hard science, seeking to initiate a dramatic reempowering of humanity. You'll no longer consider yourself just a

Intention Mit Gedankenkraft die Welt verÄndern. Globale Experimente mit fokussierter Energie, Lynne McTaggart, 2007, , 363 pages. Weitere Angaben Verfasser: Lynne McTaggart ist preisgekrönte Journalistin und Autorin erfolgreicher Bücher wie "The Field", das in 14 Sprachen übersetzt wurde (dt. Titel: "Das

Measuring the Immeasurable The Scientific Case for Spirituality, Daniel Goleman, 2008, Body, Mind & Spirit, 552 pages. Collects essays on meditation, the power of prayer, optimism, thankfulness, neurophenomenology, and alpha brain waves, all written from the perspective that science and

The Energy of Belief Psychology's Power Tools to Focus Intention and Release Blocking Beliefs, Sheila Bender, Mary Sise, Nov 1, 2007, Psychology, 235 pages. Sise and Bender lay out a series of simple exercises that allow people in distress to quickly feel major physical and psychological shifts by holding their bodies in certain

What Doctors Don't Tell You The Truth About The Dangers Of Modern Medicine, Lynne McTaggart, May 1, 1998, , 388 pages. Discusses the potential dangers of cholesterol-lowering medications, steroids, antibiotics, and Ritalin, and reveals the potentially life-threatening risks of certain medical

The book you hold in your hands is revolutionary, a groundbreaking exploration of the science of intention. It is also the first book to invite you, the reader, to take an active part in its original research. Drawing on the findings of leading scientists on human consciousness from around the world, "The Intention Experiment" demonstrates that "thought is a thing that aff...more The book you hold in your hands is revolutionary, a groundbreaking exploration of the science of intention. It is also the first book to invite you, the reader, to take an active part in its original research. Drawing on the findings of leading scientists on human consciousness from around the world, "The Intention Experiment" demonstrates that "thought is a thing that affects other things." Thought generates its own palpable energy that you can use to improve your life, to help others around you, and to change the world. In "The Intention Experiment, " internationally bestselling author Lynne McTaggart, an award-winning science journalist and leading figure in the human consciousness studies community, presents a gripping scientific detective story and takes you on a mind-blowing journey to the farthest reaches of consciousness. She profiles the colorful pioneers in intention science and works with a team of renowned scientists from around the world, including physicist Fritz-Albert Popp of the International Institute of Biophysics and Dr. Gary Schwartz, professor of psychology, medicine, and neurology at the University of Arizona, to determine the effects of focused group intention on scientifically quantifiable targets -- animal, plant, and human.

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Ever since the book (and I won't name the book because I hate it and have serious issues with the author) made it's debut on Oprah, the Law of Attraction has become this bizarre attraction in and of itself. Now, every time I turn around I hear this nebulous, ubiquitous word, "energy" (life is 'energy'), and that if I want anything in life I can "attract" it to me. The universe is a giant ATM machine in the sky and I just have to learn the special numbers to punch in to get my every wish. Like at...more
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Tell that to a magnet.

Lynne McTaggart bring scientific research into many of the fascinating ways the universe does work, and shows that if we know what we're doing, we can affect that for our own good. There's no New-Age mythology in here, it's science. I looked up many of the scientists she cites, and they're respected in their fields. I researched the studies she mentions, and she was true to the study. She didn't try to rework it so that it fit her narrative.

Rod Stewart's old standard, Some Guys Have All the Luck implies that some guys simply get it all without even trying. Maybe they were born to an important family, or blessed with extreme good looks. Perhaps they worked very hard all their lives and the natural consequence of those actions are good fortune. Then again, maybe they learned how to energize their dreams with the power of intention. Lynne McTaggart, author, of the groundbreaking book THE FIELD, now takes it one-step farther with THE I...more
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The first section of the book is devoted to explaining various processes, previous experiments, and

the resulting data that proves our thoughts are very powerful. The second section shows surprisingly experiments involving healing and prayer as not always being effective. The third section details why they weren't effective, and how they could be more so. Finally, it walks the eager reader through how he or she can be part of the big experiment.

While I found the book to be fascinating, it is not an easy read. I have a degree in science and had to look up terms. I believe reading THE FIELD first would help in understanding THE INTENTION EXPERIMENT. McTaggart offers a free online class to walk you through her first book. THE INTENTION EXPERIMENT book rambles in places so caught up in the participants and perceived outcomes that it fails to reach the point in a prompt fashion. All the same, it is well worth reading, I'd advise a slow, thorough perusal.

So you don't believe in God. That's okay. The important part is that you recognize that you believe. That's it. Because its your thoughts, your intentions, that shape this world. I know that its a spiritual mindset but in reality - fact is fact. We are a combination of electrical impulses, for lack of a better way of putting it. Why do you think that your body affects radio transmissions or television transmissions when you stand in certain locations. A small example: Ever get feedback from hold...more So you don't believe in God. That's okay. The important part is that you recognize that you believe. That's it. Because its your thoughts, your intentions, that shape this world. I know that its a spiritual mindset but in reality - fact is fact. We are a combination of electrical impulses, for lack of a better way of putting it. Why do you think that your body affects radio transmissions or television transmissions when you stand in certain locations. A small example: Ever get feedback from holding the microphone too close to your mouth. Now what if you could consciously direct that energy? That is the premise of this book. Using intention to focus on tangible results. I loved this book. My minister did her talks on this book for the month of September and, I like to purchase the books that she recommends and to read along during the month. What makes this book a bit unique is that the author, Lynne McTaggart, asks her readers to join in on experiments well into the future. She will periodically ask that readers log on to a site to learn about the new experiment then focus on the listed intent. Maybe nothing will happen, maybe much will. Okay, I'm going to say it. For the Doctor Who fans out there, you will LOVE the correlations between quantum physics and affecting the past and the story lines in this books. Read this book...and Don't Blink. (less)

"The Intention Experiment" gathers evidence, culled mostly from rigorous scientific studies, in support of the healing power of intention. Although the book is written for a popular audience, it includes a comprehensive bibliography and notes. If you're a nerd like me, that's a good thing. Another noteworthy thing about the book is that it inspired the movie, "What the Bleep Do We Know."

The premise of the book is that intention not only works, but when used collectively effects change on a macro level. In her preface, Lynne McTaggart writes, "What on Earth, I wondered, was meant by intention? And how can one be an efficient intender?" This question resonated with me as I was asking myself the same question about, not only the meaning of intention, but about how I could go beyond the buzzword and effectively use it to live a better life.

The chapters include explorations of quantum reality, and how place, time, attitude, and emotion are determining factors in the practice of intention. Provocative proposals include the idea that intention can affect the past, present, and future. So, in other words, you can rewind, replay, and revise. This is qualified by evidence that suggests that the less a physical reality or object has been seen and agreed upon, the more malleable it is on a quantum level.

"After all, he was emitting a constant stream of biophotons, all travelling at the speed of light; each photon would have travelled 186,000 miles one second later [after being emitted:] and 320,000 miles one second after that. His light was not unlike the photons of visible light emanating from stars in the sky. Much of the light from distant stars has been travelling for millions of years. Starlight contains a star's individual history. Even if a star has died long before its light reached the earth, it's information remains, an indelible footprint in the sky."

The picture of myself emitting invisible biophotons that would travel on carrying my history has stayed with me, and though poets often write about light (its quality, memory, and meaning) I think this scientific explanation is rendered just as beautifully. Or, even more so because it moves beyond the individual imagination.

Follow up to "The field" by the same author, this sequel expands previous themes in relation to the supremacy of mind over matter. Recent researches are divulged in the usual passionate if sometimes not fully accurate style - there is as expectable perhaps too much stress on how the experiments the author investigated support her point of view, which is stated immediately. Nonetheless, the book provides extensive reference to scientific papers, many ideas and speculations about paradigms next...more Follow up to "The field" by the same author, this sequel expands previous themes in relation to the supremacy of mind over matter. Recent researches are divulged in the usual passionate if sometimes not fully accurate style - there is as expectable perhaps too much stress on how the experiments the author investigated support her point of view, which is stated immediately. Nonetheless, the book provides extensive reference to scientific papers, many ideas and speculations about paradigms next in line to be adopted in order to make sense of as-of-now not framable let alone explainable facts.

I felt it was only worthy of a 2 star rating, although I have to admit I tried repeatedly to make myself like it, because it started off on such a strong note using quantum physics to draw connections between the material world and a "spiritual realm." Soon after, I was disappointed because it seemed like the author was just picking and choosing a hodge podge of scientific experiments and citing them to support her views causing me...more Readers of this book will take from it that which they want to.

I thought that McTaggart's conclusions seemed questionable despite citing numerous studies that may or may not have anything to do with her conclusions. I have no confidence in the non-scientist author's ability to draw accurate conclusions from the studies she mentions. Some of the studies sounded scientifically reasonable but others seemed suspect. I also find the lack of graphs and charts disturbing and wonder if the scientific community sees this book as a joke despite the fact that I don't...more I thought that McTaggart's conclusions seemed questionable despite citing numerous studies that may or may not have anything to do with her conclusions. I have no confidence in the non-scientist author's ability to draw accurate conclusions from the studies she mentions. Some of the studies sounded scientifically reasonable but others seemed suspect. I also find the lack of graphs and charts disturbing and wonder if the scientific community sees this book as a joke despite the fact that I don't necessarily disbelieve any of McTaggart's suggestions about the power of intention or the potentials of human thought or the ability for physical results of mental processes to occur.

I've been taking classes on the laws of attraction which basic premise is that our thoughts manifest to create our life and the world. I find this fascinating because it gives me a sense of power to create what I want in my life and to be aware of how negative thoughts also create my experiences. I have always disliked the victim mentality and learning about the law of attraction seems to put the power in our own selves to take responsibility for our circumstances. This book is based on scientific...more I've been taking classes on the laws of attraction which basic premise is that our thoughts manifest to create our life and the world. I find this fascinating because it gives me a sense of power to create what I want in my life and to be aware of how negative thoughts also create my experiences. I have always disliked the victim mentality and learning about the law of attraction seems to put the power in our own selves to take responsibility for our circumstances. This book is based on scientific experiments using the laws of physics and I'm learning about quantum physics and subatomic particles and how these particles are all effected by eachother. Very interesting and intellectual read. Not fluff.(less)

This is an incredibly fascinating overview of experiments studying the effects of consciousness on the environment, both internal and external, but after the first 100 pages I found myself skimming chapters, because McTaggart describes--in painstaking detail--study after study after study. Granted, this is a topic met with a great deal of skepticism, so I understand the desire to be

thorough, but she had me convinced halfway through, and I found myself more interested in learning ways to apply t...more This is an incredibly fascinating overview of experiments studying the effects of consciousness on the environment, both internal and external, but after the first 100 pages I found myself skimming chapters, because McTaggart describes--in painstaking detail--study after study after study. Granted, this is a topic met with a great deal of skepticism, so I understand the desire to be thorough, but she had me convinced halfway through, and I found myself more interested in learning ways to apply these amazing discoveries to my own life, rather than just reading more examples of why they're legitimate.

This book describes the power of intention. The premise is that thought is a thing that can affect other things. It suggests that this power of thought is not affected by location or time. It appears to work better when there is geomagnetic turbulence. It tries to relate it to the field of quantum physics. The book discusses related experiments that have been done at universities across the world. There is even a website where you can take part in their future experiments. I have always loved th...more This book describes the power of intention. The premise is that thought is a thing that can affect other things. It suggests that this power of thought is not affected by location or time. It appears to work better when there is geomagnetic turbulence. It tries to relate it to the field of quantum physics. The book discusses related experiments that have been done at universities across the world. There is even a website where you can take part in their future experiments. I have always loved the interplay between psychology, parapsychology, and physics.

Would rather start with chapter 13 about the actual technique and practice of this experiment. Although it might be necessary, but I found the first 12 chapters too long, and rather "needy" as if to really convince the reader about the "seriousness" of the book. But I understand the source of this need and "insecurity though.

A scientific approach to the power of intention. Not an easy book for me to read at times, but I got a lot out of it. I did not join "The Intention Experiment". Yes, it's an actual experiment that you can participate in if you fully understand the book! However, I have used the methods outlined in the book (in the last few chapters) with some success. I have had difficulty with meditating (one of the key recommendations) but have found that listening to Eckart Tolle, "Stillness Speaks" on CD is...more A scientific approach to the power of intention. Not an easy book for me to read at times, but I got a lot out of it. I did not join "The Intention Experiment". Yes, it's an actual experiment that you can participate in if you fully understand the book! However, I have used the methods outlined in the book (in the last few chapters) with some success. I have had difficulty with meditating (one of the key recommendations) but have found that listening to Eckart Tolle, "Stillness Speaks" on CD is one tool that helps me slow down. Also, listening to very relaxing music.(less)

This book was right up my alley - it is a look at scientific experiments that show evidence of the interconnectedness of life/consciousness, the ability of our thoughts to influence other living beings and matter in general, and what this could mean for not only our individual lives in the future, but for all life itself... Fascinating stuff. My only complaint is a minor one - the chapters on the experiments could have been a tad less detailed, I found myself feeling bogged down a few times along...more This book was right up my alley - it is a look at scientific experiments that show evidence of the interconnectedness of life/consciousness, the ability of our thoughts to influence other living beings and matter in general, and what this could mean for not only our individual lives in the future, but for all life itself... Fascinating stuff. My only complaint is a minor one - the chapters on the experiments could have been a tad less detailed, I found myself feeling bogged down a few times along the way. It wasn't that bad though, and definitely worth it.(less)

I read this book as research for a college paper I was writing on positive intention and affirmations in your daily life and it's effects. This was one of the few books I could find that actually provided the scientific research as evidence. Very insightful and extremely interesting even if you're not the type to believe in this type of thought.

This was an interesting book, which told about how to use intention to make a difference in the outcome of things. The author discussed using scientific experiments to measure intention and how

it does make a difference. Experiments were conducted using prayer to help people recover quicker from open-heart surgeries and other physical ailments. The research findings were impressive and thought-provoking. At the end of the book, the author solicits reader participation in future intention experim...more This was an interesting book, which told about how to use intention to make a difference in the outcome of things. The author discussed using scientific experiments to measure intention and how it does make a difference. Experiments were conducted using prayer to help people recover quicker from open-heart surgeries and other physical ailments. The research findings were impressive and thought-provoking. At the end of the book, the author solicits reader participation in future intention experiments.(less)

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