

***INTENTION;***  
*Examining the concept through five different approaches*

by  
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Unlike our inherited propensity towards thinking and feeling, “We are not our bodies” in society at large, a class titled the “Dance of Life” from the New School catalog of 1999 began with, “We are our bodies, continuously creating ourselves by our thoughts, feelings, actions, and interactions”. It is my intent through this article to draw together the various areas I have explored in the past several years that pivot around this premise, and further, that we humans, in fact, do create ourselves, and our realities through our “thoughts, feelings, actions, and interactions” and thus, the more conscious we are of this fact, and the more responsible we become of “owning” this limitless potential, the more closely aligned we become to our greatest desires. Born from this understanding comes the increasingly keen awareness that INTENTION, - consciously chosen, mentally, emotionally, physically, and preferably, spiritually based intent reigns in the kingdom of manifestation.

Experientially this statement is far easier to prove for one’s self by practicing specific focusing techniques than it is to theoretically diagram and explain although I will present as much scientific data as I can to illustrate these workings and laws of nature.

Before going further, I would like to add that my interest in intention and its meaningful power, is that I embrace the belief that we “either allow or create or lives”, so if I or the orientation of this paper were to fall into either of the two

camps in the “locus of control” question, I definitely am currently in a strong internal locus of control. So internal that the statement: “We could lie in our beds and change the world” makes me smile. I mention this now because this paper could only be of interest to a reader who also seeks to discover more effective tools to create what it is they want in their lives. I find both the search and the experimentation just about the only interesting “game in town” which includes ever-expanding visions. The knowledge of just how intent can be applied yields results in building both long and short term goals – anything from orienting and orchestrating the details of one’s day to building a life-long dream. From affecting one’s health to the influence we have within relationships and organizations, our lives and this world that we live in provides us with unlimited creative alignment and refining.

I list the following different influences chronologically since February 1997 that have each consistently brought me further appreciation of the prime value of intention:

1. The course “Transformational Counseling” as taught by Dr. Martin Hart, founder of the American Association of Alternative Therapists.
2. “Expansion”, Transformational Meditation and Energy Work as taught by Lille O’Brien, W. 58<sup>th</sup> Street, NYC.
3. The Usui System of Reiki Healing as taught by Ivan Bakic and the Unlimited Reiki System of Natural Healing as taught by Lille O’Brien.
4. “The Emotional Freedom Technique”, as developed and taught by engineer, Gary Craig, original student of Dr. Callahan.
5. The Science of Deliberate Creation as taught by Esther Hicks of San Antonio, Texas.

Fortunately, what each of these bodies of knowledge has in common is the holistic grasp that through the *integration* of body and mind (and some, as myself, would like to include spirit), healing, growth, and transformation are achieved, assuming that is one’s intention.

While checking the dictionary for the correct definition of intent and intention, Merriam-Webster states: *Intent (noun) 1. Purpose 2. The state of mind with which an act is done; volition 3. aim 4. Meaning, Significance. Intention reads: 1. A determination to act in a certain way and even more precise to my point is: Intend (verb) 1. To have in mind as a purpose or aim 2. To design for a specified use or future (!)*

Thanks to the paradigm shift from Newtonian to Quantum physics, there is a broader consideration of the affects and power of perception and consciousness on reality. Before my course with Dr. Martin Hart began in February 1997, he advised his upcoming students to read, The Holographic Universe by Michael Talbot (c. 1991). Talbot's first two chapters are devoted to explaining the research done by *two of the world's most eminent thinkers: University of London physicist David Bohm, a protégé of Einstein's and one of the world's most respected quantum physicists; and Karl Pribram, a neurologist at Stanford University and author of the classic neuropsychological textbook Languages of the Brain. Intriguingly, Bohm and Pribram arrived at their conclusions independently and while working from two very different directions. Bohm became convinced of the universe's holographic nature only after years of dissatisfaction with standard theories' inability to explain all of the phenomena encountered in quantum physics. Pribram became convinced because of the failure of standard theories of the brain to explain various neurophysiological puzzles. After reading these two convincing chapters titled: "The Brain as Hologram" and "The Cosmos as Hologram", along with their diagrams and explanations, it was a lot easier to understand one of the critical words (and*

techniques) upon which the success of one's self-processing (ultimately, life) and Dr. Hart's course was based: *RESONANCE* and resonance shifts.

Briefly, a hologram is created by a laser (a very pure, coherent form of light) being split into two separate beams; one is bounced off the object to be photographed, and the second collides with the reflected light of the first – creating the interference pattern of these two different wave patterns intersecting with each other (and caught on a type of film), like the waves on a pond from two different pebbles bouncing into each other, creating a third wave pattern. So, after bringing to consciousness (with the energy of *attention*, like a laser) what one's limited beliefs or blockages are, activating metamorphosis is done by creating an interference pattern which emerges out of the relationship between that which you have understood of your past (in a visualization process) and that which you currently are or vividly imagine becoming, to produce this resonance shift. The hypothalamus in the brain (or 'wedding chamber') actually produces a new hormone at this point that enables the resonance shift to take place electro-magnetically, affecting the *entire* body or more specifically, the morphogenic field, which includes *all* levels of our vibratory existence- physical, mental, emotional, etheric, and causal. Therefore, the holographic parallel, because it takes into consideration not only all levels from the gross to the most subtle being intimately interrelated but also the simultaneity of the past, present and future; so as one could guess, the attention and interaction with either a past or future self (child, adolescent, young adult, etc., as in "Parts Therapy") alters the whole of the person. This explains why, in other meditative processes, the claim is made and can be understood that the present (self, universe, or whatever) is being created by the

future against the backdrop of the past. This phenomenon allows for the effectiveness of this type of deep work because actual *change* has taken place – a physical, mental, emotional (and probably etheric and causal) shift has taken place, re-arranging one’s DNA and the subtler energies that “piggyback” on the observable cell components.

So it may seem I have gone ‘round about to lay the foundation for why INTENTION is so powerful but it is my belief that, like the pure, coherent laser beam, intention is the inherent *quality* of attention (light) that determines the outcome of our focus. I also have to deduce that intensity and duration, as well as consistency and lack of resistance, all play their part in stimulating the hypothalamus (and no doubt other players in the brain) and creating that essential resonance that will affect the permeating morphogenic field that then, I surmise, sets up the magnetics, structures, and forms of creation within and around us. (As I initially stated, practicing and witnessing the results of these techniques is far easier than explaining the physics of them.)

In a simpler and more palatable form, Dr. Christianne Northrop encourages her readers in her Oct. '97 newsletter (“Health Wisdom for Women”) to: *Write to focus your attention. When you sit down to write a letter, you are able to focus on a particular concern that you have. The process of putting that concern into language and asking for help through writing engages your will in a particularly powerful way that sends an energetic signal out from you into the universe – a signal that has the capacity to draw to you to what you desire. ...Use writing to access the power of focused, uncontradicted thought. If you can hold a thought long enough without contradicting it – about 17-20 seconds - that thought will manifest into physical reality in some way. This ancient wisdom has*

*been known for centuries.... Despite the veracity of these statements, however, we often don't get or notice the answers because we haven't been trained to hold our thoughts in one place long enough to see results.... we're also not trained to appreciate the results when they do show up.* A number of key words are used here: attention, focus, process, engage, will, powerful, energetic, signal, draw, and desire...all driven by the INTENTION of the individual.

On to the “Expansion” influence – one of the first and most deeply absorbed (and possibly obvious) truths I have come away from Lille O'Brien with is that thought is energy and that however we direct our thoughts, we are directing energy. We move this thought energy through the will (or as I may repeat, intention), and curiously enough, visualizing is slower than thinking, so by merely thinking a particular way, we are able to direct energy virtually instantly. Our weekly classes were long, vivid visualizations of moving different colored energy up through our chakras and out beyond the physical body to expanded areas of space, accessing more refined levels of energy that were then brought back down into the body, clearing dense or blocked areas that related to their respective life issues. We were taught basic clearing exercises for environments, using directionality, speed, and color as the basic qualities to alter an atmosphere. Every phase of this work was based on the trust and belief that through our intention, this mental, purposeful energy was indeed having an effect, no matter how subtle or strong, on us, our potential clients, and our worlds. Through learning trust in our sensing and refining our senses, we were able to experience new dimensions of our lives and perceive more of those we interacted with. Ideally, as developing healers, we were preparing to utilize these more "psychic" abilities to “see, hear, feel, or simply just *know*”

(Clairvoyant, clairaudient, or clairsentient) where our clients were blocked while working with them. It was mentioned that as the healer, we were to be mindful of keeping “our channel” open as well as helping to open the channel of our client, to maximize the benefits of the work. In other words, the core of our being runs far above, through and below us, like a river or channel, allowing the various frequencies of energy and information (energy *in* formation) to come through. So the more clear we are as practitioners of our own energetic distortions, the more clarity and benefit we can be while perceiving and treating a client.

This was all a good preparation for the Usui and Unlimited Reiki healing classes that I took soon after, because through the initiations performed and the knowledge conveyed, we are to act as open channels of pure Universal Life Force Energy that simply runs into the top of our heads through the crown chakra, on down through our heart chakra, and out through our arms and hands – balancing and restoring health in any area of weakness or imbalance in our own or another’s body. It is emphasized in Reiki that it is the intention and open-ness of the person requesting healing that really determines the degree with which they receive the flow of energy through the healer. As a practitioner gains experience and increases in sensing energy (sometimes as heat, movement, or, again, sheer intuition) intention can be used more skillfully – directing energy more specifically, beyond the taught positions for laying on of hands, sometimes accessing the oriental systems of meridian points or feeling directed to work on any specific area that “calls out” for attention. Fortunately, Reiki affects all of the energy bodies, so one can direct this cosmic energy to a client’s etheric or causal body, apparently clearing blocked energy again on an

open timeline – past, present, or future, either in person, or at any distance. Fred Gallo states in his book Energy Psychology; Explorations at the Interface of Energy, Cognition, Behavior, and Health: *“Related to morphic resonance is the power of intercessory prayer, for which there is some intriguing empirical evidence (Dossey, 1993). For example, fairly well designed studies have demonstrated the effects of distant prayers in promoting or inhibiting the growth of bacteria and fungi (Barry, 1968; Tedder and Monty, 1981; Nash, 1982). Since it is doubtful that this form of prayer has anything to do with the intercession of God, perhaps the effects should not be described in terms of prayer, but rather in terms of psycho kinesis and the power of intentionality and thought”*.

So far, whether it was the more elaborate and intellectually complex explanation from the Transformational Counseling classes, the “Expansion” energy work, Reiki, or the following “meridian-based” psychological work called EFT (Emotional Freedom Technique), I believe it is the intention of the client and practitioner and the direction of the thought forms (through the cleared body and mind) that affect this infinitely complex and sensitive web called the morphogenic or (bio) field for the purpose of healing and growth. From the instruction manual for the SE-5 Biofield Spectrum Analyzer (that detects, quantifies, and transmits subtle energy), the un-named author wrote: *“The biofield model is being conceptualized as an informational field expressing itself as individual and collective mind wave patterns. Scientists are now advancing the proposal that these subatomic subtle electromagnetic and gravitational-like fields form a holographic representation which may not only serve as the control mechanism for matter, but may very well be how consciousness or mind expresses itself into matter”*. To me, the possibilities of realizing our intrinsic



unity and potential beneficial influence upon ourselves, one another and our planet (or all of creation) become far more realizable. A hologram we are – each a part or even within the other, being endowed with consciousness, free will, creative responsibility, limited only by the use of the imagination and intentionality!

The Emotional Freedom Technique has been developed by Gary Craig, a Stanford-trained engineer who “*continues to redefine the boundaries of energy psychology with his advanced training on harnessing the power of healing intention*”. (Bender/Britt Seminar brochure for Nov., '98 class) He was an early student of Dr. Callahan who discovered that tapping on specific meridian points on a client while identifying their particular ailment, be it a phobia, anxiety, pain, or ailment, could remove the symptoms on a permanent basis. This method completely eliminated the need for the patient to mentally or emotionally re-visit the traumatic events and re-stimulate the pain and speak over a prolonged period in order to resolve (or possibly not) the source of the problem. Because the basic premise is: “*The cause of ALL negative emotions is a disruption in the body’s energy system*”, it is only required to restore the balance in the energy field to remedy the problem. The Emotional Freedom Technique is a simple set of four procedures that when used either once or repeatedly, can reduce a persons SUDS level (Subjective Units of Distress – 1 through 10) down to zero and completely eliminate the unpleasant experiences by simply re-balancing the body and brain. The method is one of many “meridian-based” psychologies being developed today where through gently tapping on specific meridian points on the face, torso, and hands, and doing

specific eye movements while stating relevant phrases, the energy system is restored to a state of homeostasis.

The seminar I attended was a thorough exposure to the methods, videos of actual healing sessions, and live demonstrations with participants that were 40-50 practicing psychologists or psychiatrists except for my sister and myself. One of the fascinating aspects to Gary Craig's work to me is that he has worked so extensively with people and utilizes his honed intuition so directly, that he can very quickly guide a person to the deeper issue(s) underlying the apparent symptoms and create significant relief on major and often stubborn life issues within a matter of minutes. He interacts with the client in such a way that he continuously is sensitive to "Psychological Reversal" (a self-sabotaging polarity reversal in the body that can block the benefits of this work or other remedial efforts) and utilizes his own body to kinesthetically test for guidance in fine-tuning into the client. This "surrogate muscle testing" of clients is a fundamental proof of just how completely he believes in the power of intention and finds the results as accurate as if he were testing another directly. I imagine from watching and listening to him work (and reading the prolific e-mail communication that takes place on "The Forum") that he begins with the clear intention that he wishes to assist this particular individual and volunteers his own "biofield" (mind, body, and spirit) to facilitate this purpose in any appropriate manner. (An attitude that most healers consciously take prior to working.) After briefly discussing the problem with the client and going through the various sequences (including the tapping), he will do what he calls "Subsequent Round Adjustments" where any remaining problems are cleared. He admittedly tunes into what he calls as "guidance" while muscle testing

himself for specific clues as where to guide the healing session and what might be going on with the client. Frequently, he would predict the client's SUDS level by indicating with a show of fingers to us, the observers, after having tested himself simultaneous to asking the client where they were on a scale of 1 – 10. Most often he was either right or very close, and more impressively, he could sense the real underlying issue if it wasn't already apparent and eliminate the source of the problem by balancing the body on that issue.

In Gary Craig's transcript titled Becoming the Ultimate Therapist (c. 1998) he said, *"Anyway, to get out here where you throw away all muscle testing and mechanical diagnosis altogether, what I do is I set up for myself a set of mental metaphors, just like I would use this (surrogate arm test) as an indication to me as to whether somebody's reversed or not reversed (Psychological Reversal, or self-sabotaging reversal of polarity), or if they need collar-bone breathing or if they need the 9 gamut, (other parts of the sequences) or they need to tap under the nose, or whatever. I can do the same thing by making mental metaphors.... This is what I'd do: to find out if she was reversed or not I would put a mental metaphor, a visual image in my mind, of her face –even if I didn't know what her face looked like. (He often does work over the telephone.) I would just make a face. If she's not reversed, that's what her face looked like. If she is reversed, the way I set it up is the face was upside down. I'm setting up this metaphor. This is the same as this (surrogate muscle test), right? That's what I'd put up here, if the face is right side up or upside down."*

He proceeded to explain that according to a practitioner's strengths, they may prefer to use an auditory metaphor, whereas as his strengths happen to be visual and kinesthetic. *"Remember there's nothing magic about what tool you*

*use. It's a metaphor for getting information from the other dimension.... by the way, all surrogate muscle testing is another metaphor, it's a physical metaphor rather than a mental metaphor."*

He continued by explaining that he then perceives which meridian point needs to be tapped on by seeing black spots on the accurate points on this metaphoric face in his mind's eye. (How much more seamless could our energy fields be if one's body or one's mind can be a radionics device for another? And all through the mechanics set up by intention.)

My final example of a body of knowledge that hinges on the use of intention is "The Science of Deliberate Creation" as taught by "Abraham" and channeled by Esther Hicks. On the cover of the most recent quarterly newsletter, it is highlighted: *"You are creators. You are extensions of Source Energy. You have come forth in these bodies intending to evaluate (in the freshness of your Eternal Now) the contrast of your physical time/space reality, with the predominant intention of letting that contrast evoke within you clarity of decision, because it is through the decisions, that you focus the Creative Energy – the powerful Energy that creates worlds".*

From listening to Esther and Jerry Hicks, a husband and wife team, explain their introduction to channeling through the works of Jane Roberts (Seth Speaks, etc.) and hearing their reasonable and level-headed approach to seeking answers to some of life's mysteries in this fashion, one becomes less skeptical of their channeling approach. After listening to tapes of their live seminars where Esther (in a light trance state) receives random questions from the sizable audiences, it is even easier to appreciate the worth of what information comes through. And then participating in person with a such a

pleasant and intelligent audience and seeing Jerry and Esther in person makes it even more exciting and inviting to put into practice much of what “Abraham” has to offer.

Basically, emphasis is placed in a few areas of thought, which I will try to summarize: 1. Everything is vibration, including all of us individually, and we each have a “vibrational tone” which we are entirely free to determine. 2. Based on the Law of Attraction, this vibrational tone that we have set according to our greatest desires, determines what we attract and how our lives proceed, and how we respond to the ever-varying degrees of contrast. 3. Our sense of *feeling* is as equally important as our five outer senses and is the meter by which we can understand how on or off course we are in fulfilling our purpose, which is joy. 4. There are a number of ways “Abraham” suggests we learn to focus our thought and feeling energy - one of which I have heard and read about elsewhere - the 17 (or 34, 68, etc) second focusing on one feeling and image in order to, I believe, raise the frequency and achieve resonance with what it is we are choosing to bring forth in our lives. Abraham states that 17 seconds of uninterrupted focus equals 2000 man hours of doing and that doubling the time increases its power by ten times and so on. The tapes and newsletters provide an endless explanation of different subjects from this expanded point of view, but my interest in relaying the essence of “The Science of Deliberate Creation” is just that - co-creating in this universe is a science; it requires deliberate choice and is the clearest application of INTENTION that I recognize. *“The basis of life is FREEDOM, The objective of life is JOY, The result of life is GROWTH, We’ll never get it ‘right’, nor will we ever get it ‘done’”!* So as far as doing the Dance of Life where “ *we are our bodies, continuously creating*

*ourselves by our thoughts, feelings, actions, and interactions*”, I invite as many partners as inhabit the planet to intend a marvelous, graceful, celebratory dance!