

# Into the Sacred Heart: Higher Dimensions and the Power of Intentions

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Thank you for downloading and opening this short report. All the ideas relate to the video [Sacred Love](#) – please watch this first on You tube if you haven't already.

*"No problem can be solved from the same level of consciousness that created it." Albert Einstein*

# Part 1 Higher Dimensions

“This audio contains brainwave entrainment -  
Headphones are recommended...”

It has been recently discovered that, through a process called brain entrainment, it is possible to induce a person's brainwaves to a certain frequency. By emitting signals of different frequencies in each ear, you can "reprogram" your mind to work just the way you want it to.

You see when you introduce the two signals to the ears that are offset by just a few Hertz, something very interesting happens: the brain tries to compensate for the difference. In doing so, it sets of an amazing amount of electrical activity throughout your brain.

And by controlling the frequencies that go into each ear, you can also ‘tune’ the brain to go to any of the frequencies in the table below...

| Frequency range | Name        | Usually associated with:   |
|-----------------|-------------|--|
| > 40 Hz         | Gamma waves | Higher mental activity, including perception, problem solving, fear, and consciousness |
| 13 - 40 Hz      | Beta waves  | Active, busy or anxious thinking and active concentration, arousal, cognition          |
| 7 - 13 Hz       | Alpha waves | Relaxation (while awake), pre-sleep and pre-wake drowsiness                            |
| 4 - 7 Hz        | Theta waves | Dreams, deep meditation, REM sleep   |
| < 4 Hz          | Delta waves | Deep dreamless sleep, loss of body awareness   |

Effects can still be experienced without headphones but for the maximum effect they are recommended (...and the music sounds much better!)

“...and listening is only recommended for people 18 years and older”

Younger people’s brains are still developing and not enough research has been done to see how brainwave entrainment may affect them long term.

“This track, Sacred Love, is directly associated with heart and healing

As you’re about to learn, both the music and the accompanying Brain Wave Entrainment (BWE) are both connected to the heart and healing.

The colors, the images and the words in the video are also predominantly connected with the heart .

The brainwave entrainment base pitch is set at 341 which is associated with the heart”

Here are the Main notes and their correlating frequencies:

Musical Scale - C, do (264 Hz) | root chakra (256 hz and 194.18 hz)

Musical Scale - D, re (297 Hz) | sacral (naval) chakra (288 hz and 210.42 hz)

Musical Scale - E, mi (330 Hz) | solar plexus chakra (320 hz and 126.22 hz)

**Musical Scale - F, fa (352 Hz) | heart chakra (341 hz and 136.10 hz)**

Musical Scale - G, so (396 Hz) | throat chakra (384 hz and 141.27 hz)

Musical Scale - A, la (440 Hz) | third eye chakra (448 hz and 221.23 hz)

Musical Scale - B, ti (495 Hz) | crown chakra (480 hz and 172.06 hz)

We'll explore the musical scales and chakras shortly, but first, let's look at frequencies; what they mean and how they affect us...

Words, music, our consciousness, our body, indeed the entire universe is nothing more than vibration and frequency of energy.

For instance our physical body is made up of molecules. The molecules are made up of atoms and the atoms are made up of small particles of energy.

The rate this energy vibrates, i.e. the number of cycles per unit of time is called the frequency.

Rocks, insects, plants, and people differ from each other, and everything else, because of their unique vibrational frequency and energy pattern.

The science of vibrations and frequencies and how they affect people is something that has been around for thousands of years. We can still find evidence of this in the ancient Vedic texts of India. These explain the results of using the frequencies of words and mantras.

Whilst there are many frequencies which can benefit us greatly, there are also frequencies which are not so good...

Unfortunately during our every day existence we are surrounded by power lines, appliances and compact fluorescent lightbulbs (CFL) that use low frequencies and extra low frequencies (ELF) . These can cause depression, apathy and sickness.

Cell phones and wifi also use a dangerous frequency that can affect our immune system.

The more focused the attention, the calmer the mind, and the slower the brainwaves (all very stress-reducing), the closer one's approach to higher vibration is likely to be.

As you can see from the previous table, different musical notes and different chakras all vibrate at different frequencies. Therefore *just* looking to raise your vibration isn't really the best way forward. What is more important is resonating as certain beneficial frequencies. This is why music makes us feel

good as it vibrates at frequencies that resonate with certain chakra energy centers.

“Additionally, the Brainwave Entrainment is set a 10.5 cycles per second which is said to help with healing the body and encourages mind body unity

This frequency is also associated with relaxed alertness, contemplation, lowering of blood pressure and the heart chakra”

The alpha brainwave state is between 7 and 13 cycles per second or Hz, with 10.5 Hz being the optimum frequency.

It is a state of passive awareness, composure, and of physical and mental relaxation. Emotional sensations in the alpha state include a sense of well being, pleasure and tranquillity.

Further benefits of the alpha brainwave state:

- Improves your mental processes – learning ability, concentration and clarity of thinking
- Improves decision making and memory
- Stimulates imagination, intuition and higher awareness
- Allows you to sleep better, fall asleep easily, stay asleep through the night
- Lowers levels of cortisol – keeps you healthier by boosting your immune system
- Increases levels of DHEA and Melatonin which slows the aging process and improves sleep

10.5Hz is also known as the frequency for healing of body, mind/body unity, a potent stabilizer and stimulator for the immunity system, valuable in convalescence, body healing and the heart chakra.

“The 10.5 cycles per second entrainment frequency has one other quality that makes this frequency one of our favorites...

...It's also associated with "mind over matter" thus it is well suited for visualizations that help manifest your goals”

The 10.5Hz frequency is also associated with mind over matter as it is the optimum alpha brainwave state, and alpha connects the conscious mind to the subconscious mind.

It is the subconscious mind that does the work of manifestation. You have to think about what you want at the start, and then let it go and let your subconscious mind take over the manifestation process.

Your thoughts have the most amount of creative power when they are empowered by your complete mind. Your conscious mind is the directive power towards your subconscious mind which is the creative power.

Not only that, as 10.5Hz is associated with the heart chakra, this connection to unconditional love empowers the manifestation process.

“The beautiful meditation music will awaken and purify the energy center of your heart...”

The music for Sacred Love was composed by Christopher Lloyd Clarke in the key of F which is associated with the heart chakra, transformation and unconditional love.

Not only does the music awaken and purify your heart on a spiritual level, but also a physical one... Recently scientists have discovered that when we listen to music that makes us feel good, the lining of our blood vessels relax and open up, lowering blood pressure and relieving stress. The music also produces chemicals that help protect the heart.



(The track, Sacred Love, is just one of 7 tracks written by Christopher available on the beautiful album – [The Awakening](#).)

This album also contains the powerful brainwave entrainment throughout.

“The heart chakra is the fourth chakra and sits in the center of the chakra system”

“Chakra is a sanskrit word, and it means "wheel," or "vortex," because that's what it looks like when we look at it. Each chakra is like a solid ball of energy interpenetrating the physical body, in the same way that a magnetic field can interpenetrate the physical body.

The chakras are not physical. They are aspects of consciousness in the same way that the auras are aspects of consciousness. The chakras are more dense than the auras, but not as dense as the physical body. They interact with the physical body through two major “transport” systems, the endocrine system and the nervous system. Each of the seven chakras is associated with one of the seven endocrine glands, and also with a particular group of nerves called a

plexus. Thus, each chakra can be associated with particular parts of the body and particular functions within the body controlled by that plexus or that endocrine gland can be associated with that chakra.

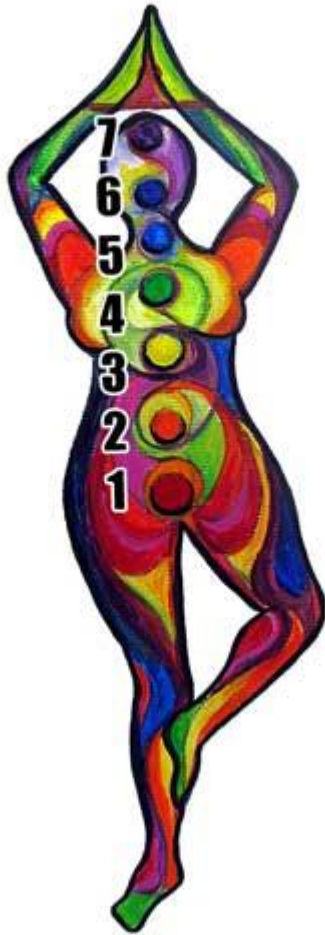
Your consciousness, your experience of being, represents everything it is possible for you to experience. All of your senses, all of your perceptions, all of your possible states of awareness, can be divided into seven categories, and each of these categories can be associated with a particular chakra. Thus, the chakras represent not only particular parts of your physical body, but also particular parts of your consciousness. When you feel tension in your consciousness, you feel it in the chakra associated with the part of your consciousness experiencing the stress, and in the parts of the physical body associated with that chakra. Where you feel the stress depends therefore on why you feel the stress. When someone is hurt in a relationship, they feel it in their heart. When someone is nervous, their legs tremble and their bladder becomes weak.

When there is tension in a particular part of your consciousness, and therefore in the chakra associated with that part of your consciousness, the tension is detected by the nerves of the plexus associated with that chakra, and communicated to the parts of the body controlled by that plexus. When the tension continues over a period of time, or reaches a particular degree of intensity, the person creates a symptom on the physical level. Again, the symptom served to communicate to the person through their body what they had been doing to themselves in their consciousness. When the person changes something about their way of being, they are able to release the stress that had been creating the symptom, and they are then able to return to their natural state of balance and health.” Martin Brofman

Let’s look at the 7 chakras in more detail. You’ll learn the spiritual lesson related to each chakra, the physical and emotional symptoms of an unbalanced chakra, and how to balance each one of the 7 sacred energy centers.

You’ll also learn how each one of the 7 tracks of *The Awakening* album is composed in a musical key and style that resonates with each energy center. This helps stimulate and purify each chakra in turn. Helping you to feel balanced and healthy ...and increasing your manifesting ability...





## 1.The Base Chakra

**Color** Red

**Music** Key of C

**Location** Base of spine

**Spiritual Lesson** Survival: The right to exist.  
Deals with tasks related to the physical world

**Emotional Issues** – Security, social order and self esteem

**Physical Symptoms** Lower back pain, depression, sciatica, varicose veins, anaemia, rectal tumors

**Root Stimulants** a)Physical exercise and restful sleeps, gardening, pottery and clay. Red food & drink. Red gemstones, red clothing, bathing in red, etc. Using red oils such as ylang ylang or sandalwood.

**b) Listening to *Elemental Roots*, track 1 on *The Awakening* album, which is composed in the key of C.** Ethnic instruments and deep, warm tones are blended together in this soulful composition that is both grounding and soothing at the same time. This gentle music will activate the base chakra, while preparing the physical body for deep relaxation.

## 2.The Sacral Chakra

**Color** Orange

**Music** Key of D

**Location** Lower Abdomen below navel

**Spiritual Lesson** Feelings: The right to feel. Connected to our sensing abilities and issues related to feelings. Ability to be social and intimacy issues

**Emotional Issues** Blame, guilt, sex, power, control, morality

**Physical Symptoms** Eating disorders. Alcohol and drug abuse. Depression. Low back pain. Asthma or allergies. Urinary problems. Sensuality issues as well as impotency and frigidity

**Spleen Stimulants** a) Hot aromatic baths, water aerobics, massage. Embracing sensation. Orange food, drink, gemstones and oils.

**b) Listening to *Warm Embrace*, track 2 on *The Awakening* album, which is composed in the key of D.** The music of the sacral chakra becomes more emotional and more fluid. This composition awakens and purifies the sacral chakra while engendering feelings of openness, warmth and connectedness towards others.

### 3. The Solar Plexus Chakra

**Color** Yellow

**Music** Key of E

**Location** Solar Plexus, stomach area

**Spiritual Lesson** Personal power: The right to think. Balance of intellect, self-confidence and ego power. Ability to accept and love yourself.

**Emotional Issues** Self esteem, fear of rejection, oversensitivity to criticism, self-image fears, indecisiveness

**Physical Symptoms** Stomach ulcers, Digestive problems, ulcers, diabetes, pancreatitis, anorexia/bulimia

**Solar Plexus Stimulants** a) Sunshine. Reading informative books, doing mind puzzles. Yellow food, drink, gemstones, clothing and yellow oils such as lemon.

**b) Listening to *Golden Radiance*, track 3 on *The Awakening* album which is composed in the key of E.** This empowering composition is wonderful for awakening and cleansing the solar plexus chakra. It has a brightness to it that invokes images of sunshine and inner radiance. You will notice that the music is very calm, but it is also very “alive” and energizing.

## 4. The Heart Chakra

**Color** Green

**Music** Key of F

**Location** Center of chest and heart

**Spiritual Lesson** Relationships: The right to love. Love, forgiveness, compassion. Ability to have self-control.

**Emotional Issues** Lack of confidence, despair, hate, envy, fear, jealousy, anger, selfishness

**Physical Symptoms** Heart and breathing disorders. Heart, lung and breast cancer. Chest pain. High blood pressure, pneumonia, upper back, shoulder problems

**Heart Stimulants a)** Nature walks, time spent with family or friends. Green food, drink, gemstones, clothing and green oils such as eucalyptus or pine essential oils.

**b) Listening to *Sacred Love*, track 4 on *The Awakening* album which is composed in the key of F.** This is the music of love and compassion, pure and simple.

## 5. The Throat Chakra

**Color** Blue

**Music** Key of G

**Location** Throat

**Spiritual Lesson** Relationships: The right to speak. Learning to express oneself and one's beliefs. Ability to trust. Loyalty. Organization.

**Emotional Issues** Lack of willpower and authority. Addiction, criticism, indecisiveness.

**Physical Symptoms** Sore throat, mouth ulcers, swollen glands, thyroid dysfunctions, laryngitis, voice problems, gum or tooth problems.

**Throat Stimulants a)** Singing (in the shower), poetry. Meaningful conversations. Blue food, drink, gemstones and clothing. Using blue oils such as chamomile or geranium.

**b) Listening to *Inspired Journey*, track 5 on *The Awakening* album which is composed in the key of G.** Visualize yourself drifting across a clear blue sky, floating like a cloud on the breeze. You are breathing cool, sparkling air deep into your lungs. Openness, freedom of self expression and lightness of being are encouraged by this tranquil composition.

## 6. The Third Eye Chakra

**Color** Indigo

**Music** Key of A

**Location** Forehead in between the eyes

**Spiritual Lesson** Intuition: The right to "see." Trusting one's intuition and insights. Developing one's psychic abilities. Self-realization. Releasing hidden and repressed negative thoughts.

**Emotional Issues** Fear of truth, discipline, judgement, evaluation, emotional intelligence, concept of reality, confusion

**Physical Symptoms** Brain tumors, strokes, blindness, deafness, seizures, learning disabilities, co-ordination problems, sleep disorders.

**Third Eye Stimulants a)** Star gazing. Meditation Indigo food, drink, gemstones and clothing. Using indigo oils such as patchouli or frankincense.

**b) Listening to *Mystic Dreams*, track 6 on *The Awakening* album which is composed in the key of A.** This mystical soundscape does not adhere to any of the “rules” that might govern traditional music composition. Intentionally unstructured – this dreamy, meditative music opens the third eye chakra and frees the listener to explore their imagination, their intuition and the deeper aspects of their mind.

## 7. The Crown Chakra

**Color** Violet

**Music** Key of B

**Location** Top of the head

**Spiritual Lesson** Knowingness: The right to aspire. Dedication to the divine consciousness and trusting the universe. Learning about one’s spirituality. Living in the now. Our connection to the concept of “God” or a higher intelligence. Integrating one’s consciousness and subconsciousness into the superconsciousness.

**Emotional Issues** Lack of purpose, loss of meaning or identity, values, ethics

**Physical Symptoms** Headaches. Photosensitivity. Mental illness. Neuralgia. Senility. Right/left brain disorders and coordination problems. Epilepsy.

**Crown Stimulants a)** Focusing on dreams. Writing down one’s visions and inventions. Violet food, drink, gemstones, clothing. Using violet oils such as lavender or jasmine.

**b) Listening to *Divine Love*, track 7 on *The Awakening* album which is composed in the key of B.** Heavenly and sweet, the music of the crown

chakra opens one up to the timeless, limitless nature of pure awareness. As the music unfolds, melodic bells gradually give way to a wash of celestial choirs and shimmering chimes that uplift and inspire the listener to an elevated state of consciousness.

**“The most powerful way to open, energize, and balance all of our chakras is to love ourselves and others. Love is the greatest healer”**

As you’ve just read, listening to the music on the complete *The Awakening* album will awaken and purify each one of your chakras in turn.

Not only that, the brainwave Entrainment that you heard on *Sacred Love* is continued throughout the whole album. The BWE uses frequencies associated with the heart chakra, love and healing, helping to heal each one of your chakras.



[Click here](#) for details on how you can get the complete album with brainwave entrainment in mp3 format.

Sidenote: It was only when I first listened to the Sacred Love track with the BWE that the inspiration for the video and the intention was formed (more on this shortly)

The music filled me with love and compassion and the desire to do more to help others.

I hope it makes you feel the same way too.

“The Heart Chakra is the balance point integrating the world of matter (the lower three chakras) with the world of spirit (the upper three chakras).

Through the heart chakra, we open to and connect with harmony and peace”

Ok, so far you’ve discovered how the BWE on Sacred Love is set at 341 Hz which is associated with the heart chakra, the balance point integrating the world of matter with the world of spirit.

The music is played in the key of F, also associated with the heart chakra

The BWE is also set at 10.5Hz which is the optimum frequency of the alpha brainwave state. The alpha state connects your conscious mind with your subconscious mind and perfect for visualizations...

...in other words, everything about this music is designed to be absolutely perfect for manifesting your goals.

...and the very best way to manifest your goals is by working with the power of intentions

In part 2 of this report you’ll learn more about creating with intentions so you can start to make improvements in your personal life ..but for now, let’s look at how we can work together to co-create a better world...

“...so here's an idea... Listen to this song daily and imagine living in a better world”

If you look closely throughout history you will notice that all the successful men and women used visualization. That is what a visionary is, someone who sees first in their mind what they want to create.

When you visualize you have an intention behind it. That intention creates energy and the energy brings about the manifestation.

Each one of us has the ability to shift the circumstances of our lives so dramatically that it would boggle our minds if we had full awareness of this capability.

...and working together we are much more powerful...

There have been studies that show the power of group intentions and meditations, which we'll look at shortly, but first let's look at the simple, but powerful joint intention you could help create...

## “...a world of equality, unity and harmony”

At present we live in a world of inequality.

95% of the wealth is owned by just 1% of the people

There are 10 million millionaires who own more than \$1 million in assets, yet over 1.2 billion people live on less than \$1 a day

The average American spends over \$6000 a year on food yet nearly 1 billion people suffer from hunger.

We could go on with the stats but you get the idea...

...and it doesn't have to be this way.

We can have a world without hunger, without poverty.

There's more than enough to go around...

But what's the solution?

I think we have to go back to this quote –

*“No problem can be solved from the same level of consciousness that created it.”* Albert Einstein

For the solution to come we all need to change our way of thinking.

Humanity as a whole must raise its level of consciousness.



A world of unity...

United we stand, divided we fall.

It's time for humanity to come together.

All races. All religions. All nations. Not sure how, but it needs to be done.

Maybe from a place of unity, solutions to other problems may start to arrive...

A world of harmony...

We need to find a way to live in harmony with each other.

We also need to find a way to live in harmony with technology.

Technology is neutral and can be used constructively, such as the brainwave entrainment used in *Sacred Love*, or it can be used to control and manipulate...

The internet is neutral, yet teenagers (and many adults) are now obsessed with social networking and accumulating thousands of virtual friends. In reality they are becoming more isolated and lonely as they spend most of their free time plugged into the internet.

Also recent studies have shown that spending too much time on the internet is actually starting to change the ways we think. Our attention span is reducing and our short term memory is worsening.

On a positive side, the internet now allows us to video call friends and family across the world for free...

The internet allows us to see beyond the lies and misinformation that the mainstream media spreads. It allows us to discover the truth about our reality and it gives us access to esoteric knowledge which has been suppressed from the masses for so long.

It also allows the current 'leaders' to track our lives and read practically every thought we make, and of course it allows them to spread more lies and propaganda.

...so we need to find a balance.

Harmony between technology and the human spirit.

We also need to live in harmony with our beautiful planet earth.

No more pollution.

No more cutting down rainforests or poisoning the oceans.

We need to create a sustainable society with zero waste

...and no more suppressing *free energy technology* (Google it).

Just that alone would transform the world.

...but most importantly we need to learn to live in harmony with ourselves...

...and each other...

“a world with leaders with integrity who serve with honesty and transparency”

Pretty much the absolute opposite of what we have at the moment.

Definition of integrity - adherence to moral and ethical principles; soundness of moral character...

...so no more manipulation

Honesty ...no more lies

Transparency ...and no more secrecy

Our current social system (political, economic, legal, medical and more) is corrupt so this would probably mean a completely new way of running things, but let's focus on the end result we want and see what the universe provides.

“a world of abundance ...clean air, food and water for everyone”

We already live in a world of abundance – nature provides us everything we need, but because of our current ‘leaders’ and their agenda, our air is polluted, our food is genetically modified and mixed with toxic additives and even much of our tap water is poisoned with the neurotoxin fluoride.

So the solution to this part should be easily fixed once we have the leaders with integrity...

One example of a nation thinking outside the box was Russia... Not only did they solve a food crisis, they united many of their people and found a way to live in harmony with nature... Taken from the book *Anastasia, The Ringing Cedars* (This book is highly recommended reading) –

The word ‘dachnik’ refers to Russian people who have been given a cottage and approximately 600 square meters of land (a dacha plot) for free from the Russian government. Dachas can be in the forest, on farmland or any other open land. Normally the dachniks will grow most or all of the family’s fruits and vegetables for the year on these dacha plots.

According to the book 35 million families (approximately 70% of Russia’s population) have acquired dacha plots. Over 90% of Russia’s potatoes come from dacha plots.

The dachniks have managed to save the whole nation (Russia) from famine, sow the seeds of good in people’s hearts, and are educating the society of the future.

The dachniks know every plant personally in their garden. They feel better and act kinder when they are working in their gardens. They live longer and are healthier. It is the dachniks who can show us the path towards becoming aware of how destructive the technocratic path can be.

“...freedom for everyone...

“a world of happiness, a world of peace, a world of love”

Whatever way society is run in the future, it's important that we focus our intent on the end result.

Everyone wants to be free, happy and live in a world of peace...

...and if we can start to live in higher state of individual and collective consciousness, then I believe all the solutions to making this dream a reality will come...

“Mental images, accompanied by strong emotion are the blueprint for the manifestation of an event

Your thoughts, expectations and beliefs create your world”

How does this work?...

Every nerve and fiber within the body has an unseen inner purpose.

Nerve impulses travel outward from the body, along invisible pathways, in much the same manner that they travel within the body.

These pathways are carriers of telepathic thoughts, impulses, and desires containing all the codified data necessary for translating any thought or image into physical actuality, altering seemingly objective events.

This telepathy operates constantly at an "automatic" or subconscious level, providing communication to back up sensory data. Telepathy is the glue that holds the physical universe in position, so that you can agree on the existence and properties of objects. In one respect, your body and all physical objects go flying out in all directions from the inner core of the whole self. The physical environment is, therefore, as much a part of you as your own body.

What seems to be a perception, an objective concrete event independent from you, is instead the materialization of your own emotions, energy and mental environment. Events and objects are actually focal points where highly charged

psychic impulses are transformed into something that can be physically perceived: a breakthrough into matter.

The intensity of a thought or image largely determines the immediacy of the physical materialization. All such images or thoughts are not completely materialized, in your perception, as their intensity may be too weak.

Expectation (particularly the subconscious type) is absolutely vital for the construction of physical objects and events from subconscious inner data flows. It is also vital when this internal data is sifted and categorized, within the framework of the individual's personal belief system.

This individual belief system has developed and polarized over the years based upon the successes the individual has experienced in his or her life. It is the expectation, based on this belief system that enables the individual to manifest situations, events and material objects.

Expectation characterizes the belief system of the individual and portrays the innermost aspects of his or her personality. It represents the psychic building blocks from which the physical constructions will be successfully constructed.

Expectations are basically formed from your emotions. If you can develop "emotional excitement" about potential physical constructions (such as events) then you will find it much easier to manifest that which you desire.

*Expectation is the force that triggers psychic realities into physical realities.*

By Jim Francis and taken from [Real Mind Power Secrets](#)

"Imagine what we can create together

Maybe 10,000 people, or more, with pure intentions coming from the heart...

...sent with the strongest energy, love ...this could be the start..."

When a large group of experts experience Transcendental Consciousness all together — enjoying the profound peace of the unified field—this powerful influence of peace radiates into the entire society. Fifty demonstration projects and 23 published studies have identified this radiating influence of peace, as measured by reduced crime, accidents, warfare and terrorism.

During seven different peace-creating assemblies—in a two-year study of the nearly continuous fighting in Lebanon during the 1980s—war deaths decreased by an average of 71%. Some of these assemblies were large (7-8,000 peace-creating experts) and distant (as far away as Fairfield, Iowa, USA)—indicating that the peace-creating effect can radiate worldwide. During the three largest peace-creating assemblies ever held in the West, statistics provided by the Rand Corporation showed a 72% reduction in worldwide terrorism. During the one large peace-creating assembly (8,000 experts) that continued for several years (1988-90), major conflicts in the world all came to an end —including the Soviet invasion of Afghanistan, a seven-year war between Iran and Iraq that had killed millions, and, most notably and unexpectedly, the Soviet-American Cold War that had threatened the world with nuclear annihilation for forty years.

One conclusion from this research is that even a relative handful of peace-creating experts, as they become fully attuned to the unified field of natural law, can create an indomitable influence of unity and coherence in the collective consciousness of any nation. This internal coherence resists invasion from external enemies.

A second conclusion from this research is that if the peace-creating group is large enough, stress and negativity can be dissolved all around the world. Rather than simply creating a shield that keeps enemies out, such a large group actually prevents the emergence of an enemy. This allows true defense for any nation—by defusing the acute political, religious and ethnic tensions that fuel terrorism and war.

### **The Hundredth Monkey Effect**

The concept of the hundredth monkey effect originates with a story that Japanese monkeys spontaneously acquired a new behavior (washing sweet potatoes to get the sand off) once a certain critical number had acquired the

skill. The story of the "Hundredth Monkey Effect" was published in the foreword to Lawrence Blair's *Rhythms of Vision: The Changing Patterns of Myth and Consciousness* in 1975, then by others including *Lifetide*, by Lyall Watson and *The Hundredth Monkey* by Ken Keyes.

Critics, skeptics and "debunkers" claim that the scientific literature does not verify this claim. Bear in mind that professional "peer-reviewed" publications have gate keepers. Claims of so-called paranormal factors are not allowed in "prestigious", "respected" and "peer-reviewed" publications. Consequently, the story was passed on by more informal communication rather than in "peer-reviewed" and "peer-sanctioned" form.

This story is taken from the book *Lifetide* by Lyall Watson, pp. 147-148. Bantam Books 1980. This book gives other fascinating details.

"The Japanese monkey, *Macaca fuscata*, has been observed in the wild for a period of over 30 years. In 1952, on the island of Koshima scientists were providing monkeys with sweet potatoes dropped in the sand. The monkeys liked the taste of the raw sweet potatoes, but they found the dirt unpleasant.

An 18-month-old female named Imo found she could solve the problem in a nearby stream. She taught this trick to her mother. Her playmates also learned this new way and they taught their mothers, too. This cultural innovation was gradually picked up by various monkeys before the eyes of the scientists.

Between 1952 and 1958, all the young monkeys learned to wash the sandy sweet potatoes to make them more palatable. Only the adults who imitated their children learned this social improvement. Other adults kept eating the dirty sweet potatoes.

Then something startling took place. In the autumn of 1958, a certain number of Koshima monkeys were washing sweet potatoes — the exact number is not known. Let us suppose that when the sun rose one morning there were 99 monkeys on Koshima Island who had learned to wash their sweet potatoes. Let's further suppose that later that morning, the hundredth monkey learned to wash potatoes."

**THEN IT HAPPENED!**

"By that evening almost everyone in the tribe was washing sweet potatoes before eating them. The added energy of this hundredth monkey somehow created an ideological breakthrough!"

But notice

"A most surprising thing observed by these scientists was that the habit of washing sweet then jumped over the sea — Colonies of monkeys on other islands and the mainland troop of monkeys at Takasakiyama began washing their sweet potatoes!"

Note that this story is empowering. So, is it true? Following critical review by a number of individuals, Watson admitted that he may have exaggerated but insisted that it was still a good idea. The popularity of the concept was powerful and worldwide. So was the controversy that it generated. Two important points emerge from the controversy. First, it is apparent that mass belief (in the hundredth monkey effect in this case) is a force of social change. Second, the necessity of taking responsibility for one's self, one's choices and one's life circumstances cannot be abdicated.

Another perspective is offered by Elaine Myers (The Hundredth Monkey Revisited: Going back to the original sources)

"Instead of an example of the spontaneous transmission of ideas, I think the story of the Japanese monkeys is a good example of the propagation of a paradigm shift, as in Thomas Kuhn's *The Structure of Scientific Revolutions*. The truly innovative points of view tend to come from those on the edge between youth and adulthood. The older generation continues to cling to the world view they grew up with. The new idea does not become universal until the older generation withdraws from power, and a younger generation matures within the new point of view."

"What the research does suggest, however, is that holding positive ideas (as important a step as this is) is not sufficient by itself to change the world. We still need direct communication between individuals, we need to translate our ideas into action, and we need to recognize the freedom of choice of those who choose alternatives different from our own."



There is additional evidence that individual consciousness can affect the mass consciousness.

Hagelin, J. S., Orme-Johnson, D. W., Rainforth, M., Cavanaugh, K., & Alexander, C. N. (1999). Results of the National Demonstration Project to Reduce Violent Crime and Improve Governmental Effectiveness in Washington, D.C. *Social Indicators Research*, 47, 153-201.

This research project was conducted in Washington D.C. to demonstrate the potential for reducing crime through the practice of meditation. Approximately 4000 practitioners of transcendental meditation (one of many types of meditation) came to Washington D.C. and practiced meditation for an 8 week period. The maximum decrease in violent crimes during this time was nearly 25%. The maximum reduction occurred when the maximum number of participants were present. Note that the criminals were not practicing meditation and had no idea that it was happening. This is an example of the potential for individuals to influence large masses of people through a "morphogenic field." It works both ways of course.

The researchers estimate that the number of advanced practitioners practicing meditation in an area that is required to effect this change is the square root of one percent of the population of that area. 10,000 is the square root of one percent of ten billion (the world population rounded up to an even number). In other words, a change in the operating paradigm of the entire world can be dramatically shifted by 10,000 individuals. One could see this as a sustained positive revolution without bloodshed, violence, or destruction.

Through an effect of "Morphic Resonance," the paradigm balance of the entire planet can be shifted by individuals who make positive changes in themselves, discipline and cultivate their Spiritual faculties, and intentionally extend their conscious intent to the whole. When the time is ripe for evolution and change, the local Universe becomes supercharged with energy. This energy can manifest its effect when there is a force or a nucleus of change around which it can precipitate. This is such a time. This is also a time of much challenge, change, and chaos. Within this brew, there are also other, less positive, nuclei around which energy can precipitate as well.

Peace is a shared experience, not an imposed one.

This subject illuminates several important points:

- \* An individual's consciousness, energy, and actions do influence the collective.
- \* Many individuals acting collectively have a much larger influence on the collective.
- \* These facts are inspiring, encouraging, and uplifting to a very large number of individuals.

By John W Hill, author of [Changing the Paradigm](#)

“You have to believe it's possible ...believing is seeing...

Expectation is the force that triggers psychic realities into physical realities.

...not merely a hope or a wish...

...and if you believe in a better world...

Please share this video”

Please spend 10 minutes a day either listening to the Sacred Love mp3 available for [free at this link](#). You'll also be able to access a beautiful guided visualization mp3 – which you can hear at Youtube by [clicking here](#).

Alternatively, spend 10 minutes a day listening to a favourite piece of music that takes you to that special place of love and compassion. And whilst in that place, imagine a better world.

The more people around the world who spend 10 minutes visualizing and intending a better world, the more combined power of our intention...

...so please share this video.

The Youtube link to share is <http://www.youtube.com/watch?v=heCoAEEsgak>

Thank you so much for spending your valuable time reading through this report.

...and don't forget that if you like the Sacred Love music with brainwave entrainment, you'll love complete [The Awakening album](#) 😊

The Sacred Love music is perfect for visualization ...but you need to know exactly what you want to manifest in your life....

In the 2<sup>nd</sup> part of this report, you'll find more information about the power of intentions – including step by step instructions for creating your own intentions.

We wish you lots of success.

Iain, Cyndi, Phil and Jeff

**P.S. Please give us your feedback...**

Did you like the video or the music? How did it make you feel? What do you think of group intentions? What is your suggestion for a better world?

Please visit the link below and let us know...

[www.EvolutionEzine.com/sacredlove](http://www.EvolutionEzine.com/sacredlove) - Also at this link you'll be able to access the *Sacred Love* mp3 and the *Sacred Love: A Better World* guided visualization mp3.

P.P.S. ...and at the very end of this report you'll find some useful links to recommended resources.

## Part 2 - The Power of Intentions

### Did you know?

One of the most underused abilities by people today is creating with intention? Most likely that's because no one has ever shown them how to do it – or even told them that they CAN do it!

Do you fall into that category too?

Sadly, we live in an age of disempowerment. There is a rampant, mass belief that we have no control over our lives. Most of us carry untold responsibilities and obligations each day, doing what we think we have to do to meet the expectations placed on us by others. As a result, we end up feeling powerless and out of control. We experience an ongoing sense of dissatisfaction and boredom but have no idea how to remedy it. Instead, we do our best to squelch it down and ignore it.

What feelings have you been ignoring? Do you dream of a more empowered way of living, of having the control to direct your life experiences and create more of what you want? Do you crave a greater sense of freedom from the mundane, a greater sense of meaning in your daily activities and a greater feeling of purpose for your life in general?

You can achieve all of this and more with the use of intentions.

An intention is a choice. But more important than making a choice is the awareness that you CAN CHOOSE.

It is the claiming of your own power as a dynamic creator.

You may not feel too powerful right now. In fact, you may be wondering, "What power? I don't have any power!" I assure you, you do. Each one of us has the ability to shift the circumstances of our lives so dramatically that it would boggle our minds if we had full awareness of this capability.

Even if you don't quite believe that yet, be willing to consider the possibility. In fact, take a moment right now and think back to a time when you wanted something badly and made it happen. Maybe you wanted a shiny new toy

when you were a child, or you wanted to attend a particular university as a young adult, or you wanted a specific make and model car more recently.

What did you do to get it? If the desire was strong enough, you intended to have it. Then, one of two things likely happened: you either moved into action to bring it into your life, or you put out such strong, clear energy that it was pulled into your life without any further action needed.

It's true – intentions CAN work even if you don't take action, but not always. We'll explore that process in more detail later in this report, and reveal ways to tell whether action will be required on your part.

It is also important to note that intentions are different than affirmations.

Affirmations are positive statements about what you would like to be true.

Intentions are empowering statements about what you intend to be true.

Can you feel the difference in power between those two? To be fully effective, an intention needs to come not only from your mind, but from the center of your being. This area might be called your "power center," your "soul," or your "energy source." The label you place on it is not important. Just know that your intentions come from a place much more powerful than your mind.

The energy you emit (your frequency of vibration) is what activates the Law of Attraction. Your thoughts and feelings (especially feelings!) play a very large role in the experiences and events that occur in your life.

However, your results will be limited if you focus only on thinking positively and feeling good. It's a good start, but it's not proactive enough.

To take greater control of your life, you need to INTEND what you want. You need to learn how to use your inner power to shift your outer circumstances.

Don't worry if you have no experience doing so; it's not as difficult as you might think! This report will walk you through the entire process, step by step.

If you're ready to begin, let's start with the first step – which is probably the most important, yet difficult of them all.

## Step One: Figuring Out What You Want

You'd think that knowing what you want is simple, but it proves to be confusing for almost everyone when they start learning how to use intentions. You could probably write a very long list of the things you don't want:

*You don't want to be unhappy.*

*You don't want limited financial resources.*

*You don't want destructive relationships.*

*You don't want someone else telling you what to do and when to do it.*

*You don't want unfulfilling, boring work.*

*You don't want to be lonely.*

*You don't want to be ridiculed or rejected.*

*You don't want to live a meaningless existence.*

Need we go on? You could probably add at least one hundred more items to that list, but it's not necessary. What you don't want doesn't matter; what you DO WANT does.

Remember that an intention is a statement about what you INTEND to be true. If you don't know what you want to be true for your life, you cannot form an intention about it.

You may think that what you want is simply the opposite of what you don't want. In some cases this might be true, but in others you will need to dig a little deeper and get a lot more specific.

Using an example from the list above, you might say that one of your intentions is to have unlimited financial resources. That would be the opposite of limited financial resources. But is such a statement specific enough? Does it address how and how much? "Unlimited" is such a vague term. You would be better off to decide on a firm figure that would give you the feeling of "unlimited" financial resources.

It is also important to take your time with this so you can really get in touch with what you want. Not what you think you want off the top of your head; not what your mother thinks you should have; not what you feel you are capable of having – but what you REALLY WANT, from the depths of your being.

Also be sure you understand WHY you want it. What will such an experience provide for you? What essence does it bring to your life? What FEELINGS will it give you? These are all very important questions to answer, because they help you to shape your intention into something that will truly benefit your life.

Not doing this preliminary clarification sets you up for disappointment; I must be honest with you on that. So many times in the past I believed I knew what I wanted and intended to have it. Once my intention worked to bring it to me, I realized I still felt hollow and empty and dissatisfied. I tried to convince myself that it would make me happy, but it wasn't what I TRULY wanted.

You may remember similar experiences from your own life. Do yourself a huge favour and really make an effort to delve deeply into your heart and figure out what will make you most happy. Do it even if you don't believe you can really have what you want. Do it even if others tell you that you must be crazy to think you can have something so wonderful.

You may have to play some inner mental games to convince yourself your true desires are possible. You may need to trick yourself into believing you can have them. Even if you can't see any possible way to make them happen yourself, believe that the universe has ways to deliver what you want.

Once you are clear (really clear!) on what you want, make a list. Make this list VERY detailed. Write down every tiny aspect of what you want; color, shape, size, magnitude, and also include the essence and feelings it will provide for you. In other words, write down exactly why you want these things. What will having it contribute to your life? How will it make you feel?

Don't worry if your list is very long. You don't have to intend everything at once. In fact, I encourage you to start with one thing from your list and work only on it to begin with. Later you can move on to others. Once you master the intention process, you can easily work on more than one thing at a time, but start with just one for now.

You can start with something small if you feel unsure about your ability, or start with something huge and give it all you've got! It's up to you. Go with what you feel in your heart is the right thing to do.

Once you've decided on your first intention, it's time to write your power statement.

## Step Two: Writing Your Power Statement

Any effective intention needs to have two crucial elements:

- 1) It must be very specific.
- 2) It must be written (and spoken) with complete power and confidence.

You wouldn't write a power statement like this: *"I want to have more money."*  
Wishy-washy!

Instead, your power statement must be powerful. It must convey the unspoken message that YOU are the creator of your own life, and you INTEND to have this thing you desire.

Consider the difference in a statement like this:

"I intend to create \$5000.00 monthly income, quickly and effortlessly."

Or even better:

"I intend to create \$5000.00 monthly income quickly and effortlessly, doing work I feel passionate and excited about."

Even better, specify the exact type of work you want to be doing to receive this money. The more specific you can get, the more powerful your statement will be. Note: You don't have to use the word "create." If you feel more comfortable with words like receive, attract, have, open to, or anything else, go with that. Keep working on your statement until you feel it's exactly right for what you want to bring into your life.

It's important that your statement resonate with you. If your statement makes you feel nervous, anxious, fearful, or even doubtful – it's not right for you at this time. Either it's not what you really want, you don't believe you can have it, or you simply need to adjust the statement somewhat.

Sometimes we really do want something but we are not yet in alignment with it. For example, if you want to intend a large sum of money into your life, you may not be comfortable with such a large sum (even though you want to be). If a large sum of money makes you feel stressed or burdened, choose a sum that you would be comfortable handling. Consider what your immediate needs are rather than trying to attract enough money to last the rest of your life.

Remember, you can always intend more money later too! You don't get just



one shot at this; you can continue working on your intentions and increase the size and intensity of what you attract as you go along.

Once you've gotten your statement complete and you feel comfortable with it, begin saying it two or three times a day. You don't have to recite it incessantly; in fact you may create a blockage if you place too much "need" into the process. Instead, recite your statement no more than a few times a day and then let it go.

As you do recite your statement, be sure to put power and conviction in your voice. Be sure to say it out loud, and say it as if you absolutely KNOW that this thing will be yours.

At the very beginning, you may not have a strong level of belief that you can and will meet your objective. That's okay, and we'll be going into that in more detail shortly. For now, however, I encourage you to "fake it until you make it." Pretend that you have a solid belief that this thing is yours.

Don't do it just mentally; actually let yourself fill up with feelings of confidence, power, strength, and absolute determination that you will have this desire fulfilled.

You should notice two things happening:

1) First, you will probably feel strange, like you're riding a bicycle for the first time. You'll feel a little off-balance, a little out of your element, and possibly a little silly. Just ignore those feelings and keep at it. As you get more comfortable with using intentions more consciously you'll get more comfortable with it and the strangeness will go away.

2) Secondly, you should feel an inner shift happen as you focus power and conviction into your statement. Even though you don't quite believe it will happen yet, you will very likely be able to FEEL your inner power rising up and being directed toward the creation of this thing you want. It may be subtle at first, but pay attention to how you feel as you speak the words and you should notice a shift taking place. This sensation will get stronger the more you practice your intentions.

## Step Three: Deciding, Believing and Having Faith

Intentions do not work unless you back them up with a solid foundation of belief and determination. How many times have you made up your mind to do something, but then lost your determination and given up? This applies not only to your action, or lack of action, but also the way you FELT about your intention. Most often, you lose your inner determination first; then you start slacking on the action steps you originally intended to take.

In order to make your intentions effective, you need to keep a continuous focus on knowing – no, deciding – that they are your truth. This can require tremendous willpower and persistence, but it becomes much easier when you are intending something you really and truly want.

That's why we went through that crucial first process of figuring out what you want. You must have absolute clarity about why you want something, and the reasons you want it. Without that clarity, it is much easier to lose interest and weaken the power of your intentions.

There are actually three facets to this third step:

\_ First, making a decision that you WILL have what you want. You must decide that it is yours. Not hope for it, not wish for it, not feel lukewarm about it – you must DECIDE you are going to have it. Period.

\_ Then, you must believe you CAN have it. This is often more complex than it may sound. You may think you can have it, but do you really believe you can? Do you believe you deserve it? Do you believe it is possible for you? If you have doubt in any of these areas, you can subconsciously push your desire away.

One good way to overcome any inner blockages like these is to make a list of all the reasons why you believe you CAN have what you want. The reasons can be varied and unrelated to each other. Things like, "I can have this because I know other people have achieved it." Or "I know I deserve this because I'm a good person." The only requirement to these reasons is that they must be believable. You must be able to make sense of them when you read them. If you experience any kind of inner resistance or discomfort when you review your list, you need to work on making them more believable. By the way, I mean believable to YOU – not anyone else.

\_ Finally, the third facet in this step is to consistently affirm that your intention

is working and your desire is on the way. This means never allowing yourself to slip into an anxious or worried state of mind, wondering if it's really working or not. This means never faltering in your strong faith that what you desire will be yours.

This can be incredibly challenging if you are facing circumstances that are largely in opposition to what you want. For example, if you have little money and you are intending to have more money, you might struggle daily to keep that strong faith, especially if the money doesn't show up immediately.

You must not look outside of yourself for any indication that your intentions are working, but rather build up a solid foundation of belief and never waver from that. Here's a good incentive to do this: every minute you spend focusing on doubt or disbelief will detract some power from the strength of your intention. How much power will depend on the intensity of your doubt and disbelief. If you get an unexpected bill in the mail and freak out for 30 seconds before remembering your new intention and then immediately get yourself back on track emotionally, it won't make much of a dent in your power.

If, however, you say your intentions and then go right back to incessantly worrying about money and groaning about how tired you are of being broke, you are diminishing the power you sent out with your intentions.

Remember:

- 1) **DECIDE** that you will have what you desire. Remind yourself why you want it, clarify the essence and feelings it will bring to your life, and keep your determination strong.
- 2) **BELIEVE** you can have it. Go over all the reasons why it is possible for you to have this item or experience or quality in your life. Specify exactly why you deserve to have it.
- 3) **KEEP FAITH** that it is on the way to you. Avoid worry, doubt, and disbelief at all costs. Simply develop a solid inner "knowing" that your intention is working.

Understand that these 3 things are vitally important to the process of manifesting what you want. You are putting forth **ENERGY** that will attract and draw to you what you want. That doesn't mean you definitely won't have to take any action (we'll be covering the action angle shortly).

However, your energy is what gets the whole process moving. The energy you emit when in the grip of doubt, disbelief, fear, worry, anxiety, or any related emotions to these is in DIRECT OPPOSITION to the energy you put out when you focus on faith, confidence and belief in your ability to have what you desire. You cannot have both; you must choose between the two!

## Step Four: Awareness and Action

The next step is to stay on the lookout for opportunities.

It is possible that your desire will drop into your lap fully formed, without any action needed on your part. Strange things indeed have been known to happen when people begin working with intentions.

Consider this: the universe will receive your intention, and then deliver your desire in the easiest and least complicated way. It may not seem that way to you, but there are usually reasons why something happens the way it does. Just because you think the best way to receive a large sum of money is by winning the lottery doesn't mean the universe sees things the same way. There may be a reason why a lottery win would be bad for you, and instead the money will come in another, much better way.

This can be difficult to accept because so many of us are used to trying to control every little detail that happens in our lives.

Creating with intentions requires the willingness to step back and surrender to the process. Ironically, this seems to be in opposition to what we covered earlier, about using your own inner power, but it is not.

Your own inner power (some might refer to this as your higher self, inner wisdom, energy center or any number of other terms) is fully and consciously connected to the Source energy (often referred to as the Universe, God, Divine Intelligence, or whatever name you give it). Your higher self knows whether something would benefit you, or detract from what you are supposed to be doing here. While it seems like you are "surrendering" to a force outside of yourself, you are actually just surrendering to the wisdom of your own higher self. This aspect of you always knows your highest good and will move you naturally toward it. Be willing to trust this wisdom and go with it.

In the weeks following the establishment of your intention, you will want to be sure you remain open to the possibilities that your environment holds for you. You might meet someone who has the ability to present an opportunity to you, or at least lead you to an opportunity. You might stumble across a book with the answer you need, or simply be in the right place at the right time to have your desire fulfilled immediately. You just never know how it might happen.

Your job is to simply relax and allow these opportunities to come to you. Don't go around purposely seeking them unless you feel drawn to do so. Otherwise, just go about your daily activities. If you feel a sudden urge to do something, like drive to the store when you ordinarily wouldn't, follow that hunch! Even if the urge seems completely pointless, do it anyway.

When you do come face to face with an opportunity, grab it! Don't hesitate or question it. Don't obsess over whether it's the "best" opportunity you could receive. Don't hold out hoping for something better. JUST ACT.

Even if there seems to be no logical connection to the opportunity and your intention, the opportunity might lead to the resources and other opportunities you need to fulfill that desire.

Too many of us waste opportunities because we distrust anything that seems too good to be true. This doesn't mean we should toss out common sense and leap at schemes and scams, of course. Use good judgment but trust your instincts too. Get in touch with your intuition and learn to use it as a guide in your everyday life. It will become an invaluable tool as you learn to work with intentions.

It's important to note that you do not need to take FORCED action in order to manifest your intentions. You might think that in order to get a better job you must go searching for a good job and apply to every one you think might work. You can certainly do that if it makes you feel better, but if you don't feel a strong urge to do so, it's more likely that your better job will come to you in an unexpected way.

Remember, forced action is the way you USED to do things. There's nothing wrong with forced action, except that it's not the subject of this report. We're talking about creating with your INTENTIONS, not your forced actions. This is a whole other ball of wax, so to speak.

You may be tempted to take forced action simply because you can't see any other way for your intention to manifest. I assure you, ways exist that you would never imagine in a million years! The universe has unlimited resources at its disposal. Believe me, it can find a way to deliver exactly what you want without you having to stress yourself out trying to force it into being.

## Step Five: Understanding Timing

I wish I could tell you that setting an intention would immediately cause your objective to manifest before your eyes, but you probably already realize that's not true.

Remember, when you set an intention and recite it with power and conviction, you are releasing energy into the universe that will bring about the outcome you desire (unless your objective is not for your highest good, as discussed previously) – but it often takes longer than you hope it will.

Some of your intentions might manifest so quickly that your head will spin. Others may take a little longer to come to fruition. The difference depends on many factors, some of which are not within your control. Let's take a look at the various reasons why your intentions may not manifest immediately:

\_ You are not yet in alignment with it. If you still have more inner work to do building your confidence, self-belief and self-worth, you might not be able to put forth the energetic power necessary to manifest what you want right away.

There is no way to hurry this process; you simply must do the inner work consistently and diligently until you move yourself into complete alignment with what you want.

\_ External conditions are not yet right. Even though most of us are extremely impatient about having what we want right now, there are always other factors to consider. Perhaps the new circumstances you desire would not fit appropriately into your life as it is right now. Maybe some outer changes need to take place before you can make room for your intention to manifest. You may need to let go of stagnant situations or unproductive habits before your new intentions will firmly stick in physical reality. Or it might be nothing that you personally have to do, but other people and situations in your life are in a state of change and your intention won't manifest until those transformations are complete.

\_ Your intentions affect other people. This is a sticky one. It's important to remember that your life overlaps with those of the people around you. If you are intending something that would affect others, you may need to alter your intentions to affect only yourself, or possibly make changes in your outer life so the intentions would not be in disharmony with the intentions of others

involved. You cannot control anyone with intentions – you can only create in your own reality!

\_ You are not open to receive. Even though you say you want something, you might be holding back and blocking it from appearing. This can happen for a number of reasons, but one of the most common is that you have a fear connected to the situation or objective you are trying to intend into being. For example, if you intend to become a successful businessperson but you also have a fear of success and the ways it might change your life, you will resist the very success you desire!

\_ You are trying to control how it manifests in your life. You may think you know the best way for what you want to appear, but in actuality, that might not be the best or simplest way. If you are trying to force something to happen in a very specific way, you will block out any other possibilities from opening up. Instead, learn to step back and focus only on the final outcome itself, not the circumstances and events that lead up to it. Doing so allows the universe to work on your behalf, and you should find that things move along much more smoothly.

\_ Finally, you simply may not have given your intentions the time they need to form. It might not be anything you are doing wrong, or circumstances in your life may not be interfering; you just need to be patient and let the process unfold as it is meant to.

That last one can be hard, for sure! In fact, all of these time delays can be hard to accept when you want something so badly. But the harder you try to force things to happen more quickly, the more snags you will cause in the manifestation process! From my own experience, I'd like to share the most effective ways to deal with time delays:

\_ Stay positive, no matter what. This can be difficult when you're trying to change negative circumstances using intentions because you feel like you can't stand the way things are and you want to hurry up and make something better happen. But the more you allow yourself to get sucked into negativity and impatience, the longer it will take for changes to occur. You may have to make a conscious choice to stay positive moment to moment, but work at it as much as you can. The more positive you can be, the more quickly you'll notice good things beginning to happen (and in the meantime, even before changes take place you'll just feel better, which is a benefit all its own!).



\_ Keep the faith. Another difficult thing to do, but so vital to the process! When you see that your intentions aren't manifesting soon enough, you might be tempted to believe that they aren't working at all. Not true! It just means they haven't begun to take form in the physical. But the more power and belief you can infuse into them, the more quickly they will begin to materialize. Keep affirming daily that your intentions are working, they are beginning to form even if you can't see it clearly yet.

\_ Enjoy the present moment. One reason waiting is so uncomfortable is because you believe that the objects of your intentions will make you feel better than you do now. They may indeed make you feel better, but remember also that feeling better is most importantly a choice! You can feel better just by choosing to do things you love, be happy, and look on the positive side of your situation. If you have to wait, why not make it enjoyable instead of miserable?

You might worry that doing this will cause your intentions to not manifest. If you're so "happy" now, why do you even need to create better circumstances? Will the universe not allow better things to come your way if you stay satisfied with what you've already got? No! I can assure you this is not the case. If anything, a happy attitude will only help better circumstances to come more quickly.

## Step Six: Remembering to Set Intentions

Believe it or not, when you first begin working with intentions, you might find yourself forgetting them frequently. I don't mean just forgetting to recite the intentions you've set, but forgetting to set them at all!

This is much more common than you might think, and there's a very simple reason for it: Most of us are used to taking what we get day to day, and we have lost touch with our inner awareness. We end up forgetting that we have the power to choose at all!

Imagine that you were a superhero, but you bumped your head and got amnesia so you had no idea what you were truly capable of. Even if you heard someone yelling for help, you wouldn't know that you had the power to help them!

In this case you are the superhero, but you're also the amnesia and the person yelling for help! You need to find a way to trigger the awareness of your true power.

There are several ways to do this:

\_ The most obvious is to place reminders where you will see them frequently. You can write little notes like, "What do you intend?" or "You have the power to choose!" Just seeing these notes will remind you to stay in your power throughout the day.

\_ You may also find it helpful to set a schedule for setting and reciting your intentions on a daily basis. If you get into the habit of sticking to your schedule, working with intentions will become a familiar routine. You might set aside 10 or 15 minutes first thing in the morning, during your lunch hour and right before bedtime; or any timeframe that works best for you. The more you do it, the more you'll remember to do it!

\_ Designate a trigger object. Choose a piece of jewelry, a hat or any other object that is wearable. Set an intention that whenever you become aware of this object on your person, you will remember to recite your intentions.

## Step Seven: The Illusion of Control

I touched on the topic of control earlier, but I want to clarify a few points because they're very important. As previously mentioned, you cannot create in another person's reality. You cannot set intentions that will attempt to control the actions, behavior or intentions of another. But what does this mean?

Basically it means that you cannot do anything that will infringe on another person's free will. You cannot force an ex-lover to come back to you. You cannot force anyone to fall in love with you. You cannot force anyone to be nice to you or respect you. You cannot force external circumstances to go your way, except those things you are in direct control of.

I could go on and on about what you can't do with intentions, but I think it's more important to clarify what you CAN do with them. You can change yourself from within. You can control the actions you take on a day to day basis. You can control your own thoughts, emotions and beliefs. You can choose to be positive or negative. You can choose to honor your power or dismiss it. You can attract wonderful people, resources, opportunities and experiences into your life.

The more you focus on using intentions to improve YOURSELF and your quality of life, the more easily and quickly your intentions can manifest. If you get stuck on trying to change others or things you have no business trying to control, you'll just remain right there . . . stuck!

The differences between the two focuses are subtle, for sure. However, it's easy to tell the difference when you look at the driving motivation behind anything you try to accomplish. Why do you want it? Are you forgetting about your inner power or trying to bypass it with the intentions you set? Are you trying to avoid facing your fears by asking for something that wouldn't serve you? Are you trying to control the actions or feelings of other people? Are you trying to control situations that are not yours to control?

Control is, quite simply, an illusion. (Except the control you have over yourself and your inner power, of course!) Once you truly understand this, you'll automatically start putting the responsibility for your happiness right where it belongs: on your own shoulders!

Intentions are not meant to serve as a magic wand you can wave over your life and transform it into anything you want it to be. In many cases, they certainly can work that efficiently! But more often you'll find that your intentions serve another powerful purpose: keeping you firmly in touch with your own power center. That may not sound like much, but it is HUGE. Here are just a few of the benefits you receive when you are in touch with your own power center:

- \_ Confidence in yourself and your abilities.
- \_ Empowerment in all situations.
- \_ Feeling balanced and centered.
- \_ Inner peace no matter what else is happening around you.
- \_ The freedom that comes with knowing you have a choice!
- \_ Excitement for the ways you can change yourself and your life.
- \_ Passion and fulfillment as you gravitate toward things that matter to you.
- \_ Clarity about what is truly best for you, both now and in the long run.
- \_ A deeper understanding of your life purpose.
- \_ Insight about the other people in your life, what drives and motivates them.
- \_ A better understanding of yourself, what drives and motivates you!

I could go on and on with the list, but those benefits alone are priceless. Now that you know how to work effectively with intentions, don't put off getting started! Grab a notebook and pen right now and start jotting down some ideas. Figure out what you want, write your power statement and set a firm schedule for reciting it. Intend, and receive!

With love,

Iain, Cyndi, Phil and Jeff

<http://www.evolutionezine.com/sacredlove>

### **Recommended Resources**

<http://www.ringingcedars.com/>

Since her discovery was first announced in 1996, word of the remarkable Anastasia has created a wave of excitement that swept through Russia and Europe and is now spreading to the West. *Highly recommended*

<http://www.theintentionexperiment.com/>

The Intention Experiment is a series of scientifically controlled, web-based experiments testing the power of intention to change the physical world..

<http://www.1paradigm.org/>

The purpose of the 10,000 is to facilitate the Spiritual evolution of the individual, to awaken the Spirit and to facilitate a paradigm shift. Free comprehensive training available.

<http://www.mindpowermp3.com>

For more details on how you can access the full Awakening album, which includes Sacred Love and 6 other tracks

<http://www.mindpowermp3.com>

The Awakening is the 6<sup>th</sup> album to be released by Super Mind Music. Each album uses a variety of beautiful music including classical and ambient, mixed with cutting edge brainwave entrainment. Visit the link to hear free samples.

<http://www.RealMindPowerSecrets.com>

To discover the full potential of your mind, download the free report, *Mindsurge: The Consciousness Revolution* taken from 10 years of advanced mind power research by Jim Francis and his team.

<http://www.youtube.com/watch?v=heCoAEEsgak>

...and please share the video link of Sacred Love. The more people involved, the greater our combined power... Thank you ☺