



Detailed course description

For the first time Lynne McTaggart, author of the international bestsellers *The Field* and *The Intention Experiment*, is coming to the US to hold her own 'Living With Intention' workshops, which will teach you the real truth of intention and how to harness its enormous power to heal your life — and to heal the world.

After years of research – including meetings with the world's most brilliant quantum physicists and spiritual masters of many ancient cultures – Lynne has distilled her discoveries into 14 hours of intensive teaching.

Her discoveries have already been used with remarkable effect through her Intention Experiment website. People who should have been hospitalized for a year have gone home after just seven days. Those suffering from constant pain have become pain-free — and astonished medical science.

Her large-scale group experiments have begun to show that we can use intention to improve our world - and now she's ready to teach you.

Unconscious intention

We believe that intention results from our 'power' thoughts – the big things we ask for. Few of us realize that we are actually beaming out quantum information at every moment.

The trouble is that most of what we broadcast to world is negative and incoherent, largely because we have become habituated to our lives. We're so used to our routines that we stop experiencing life consciously and just think negatively.

For the last six years, Lynne McTaggart has researched how to train yourself to be focused and send out messages that are coherent and healing.

Her work is a unique synthesis of latest discoveries of quantum physics, the practices of many varied ancient and native traditions, philosophy, astronomy and biology, including the neurobiology of animals. She has pulled together findings from all these disparate disciplines to create a genuine toolkit of practices and techniques for personal and global transformation.

These practical demonstrations and exercises that will banish any sense of separation and powerlessness you may feel. Instead, you will live and know – deep in your heart

– that you are part of a unity, that you can influence the world around you, that you are a dynamic power for good.

Lynne is joined by her partner Bryan Hubbard, publisher of *Living the Field* and *What Doctors Don't Tell You*, who co-authored their 48-part *Living the Field* course. Bryan, a well-known writer and journalist in his own right, has formulated a unique model of the energy centers of the body that perfectly complements Lynne's work.

Raising the antenna

The *Living with Intention* workshop will train you to become a better sender and receiver of information. Over the weekend, you'll learn

- The best techniques for using intention, as distilled from scientific evidence, the practices of master healers, and many native cultures.
- Methods of 'raising the antenna' to enhance your ability to receive and send information beyond your five senses.
- The incoherent, non-specific messages you usually broadcast to the world — and special ways to 'rekindle' your brain to send better messages.
- Why your emotional 'body' constantly sabotages your intentions and how it interacts with your physical body.
- Techniques of establishing limbic resonance with others so that you can better send and receive intention.
- Ways of 'turning off' the cognitive mind when it interferes with your ability to send the right messages.
- To develop the 'seeking' mode of your brain, which you share with other mammals, which will enhance your ability to live 'in The Field'.
- Why there is more power in group intention and how to harness it.
- A blueprint to tease out your life's own central intention and to align yourself with it.

The power of the group

Based on their discoveries with *The Intention Experiment*, Lynne and Bryan have been exploring the transformational power of the group – how to use group intention to live – and heal – in unity.

Their workshop advocates that the path to wholeness is a journey best traveled in a group. The workshop will also explore how to use intention in other aspects of your life - to heal your community and indeed the world.

At the end of this weekend odyssey of discovery, you will leave with new toolkit for healing your life and a new community of likeminded individuals to help you carry on the journey.