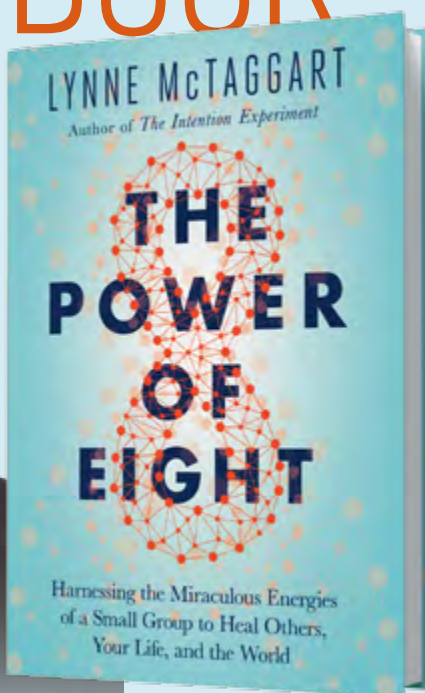


**A STEP-BY-STEP GUIDE TO CREATING
YOUR OWN POWER OF EIGHT CIRCLE**

THE POWER OF EIGHT HANDBOOK



16 SIMPLE STEPS TO CREATING YOUR OWN POWER OF EIGHT CIRCLE

1 Assemble yourself into a group of eight people who are open to the possibility of healing and intention. (It's okay to have groups of 5 or more but less than 12 – although 8 is optimum.)

2 Create structured times and frequencies for meeting and stick to them. Decide as a group whether you want to meet daily or weekly (Lynne McTaggart recommends at least once a week) and keep to a set time every week. Then decide if you want to meet in person, or online, as an audio group or as a video group. All three of the latter are possible on Google Hangouts or Skype.

3 Appoint a team leader, who will help to run the groups.

4 Ask the team leader and other members of the group to buy Lynne McTaggart's book *THE POWER OF EIGHT*. (Consult www.lynnemctaggart.com/the-power-of-8/ for links to buy the book.)

5 Consult the book for information about running the circles, the best techniques for carrying out intention and a variety of fun experiments to run with the group. Practice developing your intention skills together with Lynne's program 'Powering Up,' which is described in detail in *THE POWER OF EIGHT*.

6 Before the meeting, write down your major intentions for the month or year and take turns sharing them during the meeting.

7 Ask if any one of the members of the group with a healing challenge of some sort (emotional or physical) would like to be the target of the healing intention. Allow the person nominated as the recipient to describe his or her problem in detail.

8 Spend a few moments talking over and designing the intention statement that you will all hold together. Be specific and concrete. The scientific evidence shows that intention works best when the intended outcome is highly specific.

9 Gather around in a circle. Either join hands or place the nominated subject in the middle of the circle, as all the rest of the group place one hand on him, like the spokes of a wheel.

10 Begin by having each member of the group close their eyes and concentrate on inhaling and exhaling. Each should clear their mind of any distractions, then hold the intention statement in their mind while imagining, with all five senses, the intention recipient as healthy and well in every way.

11 Visualize yourselves as a single entity (say, within a giant bubble or any other unifying image). Meditate together for a minute, then "Power Up," by focusing on and visualizing the outcome in detail. Once you are all in a collective meditative state, have each member mentally think the same statement. Remember to send out the intention through your heart.

12 The intention recipient should remain open to receive.

13 At the end of 8-10 minutes, each member should 'come back into the room' and begin to share experiences. First ask the intention recipient to describe how he or she feels, and if he has experienced any changes, positive or negative. All the other members may then take turns sharing experiences. Take note of any feelings of palpable oneness and also any improvement in the condition of both senders and receivers.

14 Whether you've been a sender or receiver, observe what happens to you in your life after that, and report back to the group.

15 Keep a journal about your progress over the next days, weeks and months. Is your health improving? What about your relationships? Is your mood better and are you less likely to be depressed? Are you getting along with people you usually argue with, or have you made up with anyone you were estranged from? Are you experiencing amazing windfalls, or new opportunities in your work, charity work or hobbies? And how about your overall view of life and your life's purpose? Any changes there?

16 Report your experiences to your group and don't be afraid to ask for feedback and support. They're your new intention family!

PRACTICING WITH GROUP INTENTION

The group may also wish to experiment with sending intention to people outside the group with health or other life challenges. You can also try group intentions to improve your town or city.

Remember: when you are formulating intentions to heal anything – even the crime rate – be very specific. The scientific evidence shows that intention works best when the intended outcome is highly specific. If you want “peace,” don’t just intend for “world peace.” Choose a target place and request that it be 25 per cent more peaceful, for example.

Here are a few sample community targets for collective intentions:

- reducing violent crime by 5 per cent
- reducing pollution by 5 per cent
- reducing litter on a particular street in your neighborhood
- getting your mail delivered on time
- achieving some form of community activism (such as preventing a cell-phone tower from being built in your area)
- decreasing the incidence of local road accidents involving children by 30 per cent
- improving the collective grade point average of the local school by one grade
- decreasing the abuse of children in your community by 30 per cent
- reducing inappropriate hand-gun possession by 30 per cent
- decreasing the number of alcoholics in your area by 25 per cent.

LEARNING TOGETHER

Aside from your healing circles, you can learn more about the power you hold inside of you by including time for questions, sharing, and discussion about aspects of the work you’ve learned in *THE POWER OF EIGHT* and Lynne’s other books, like *THE INTENTION EXPERIMENT*, *THE FIELD* or *THE BOND*.

This could include becoming more conscious of your thought processes and the implications of the fact that we are sending and receiving information at every moment. What does that really mean to you? How does that impact the success or failures you’ve experienced in your life? Include time for questions, which you should address to the group.

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STAY IN TOUCH WITH US

This download is only the beginning of a continuing journey that you can take with Lynne McTaggart.

To find out more about *THE POWER OF EIGHT* and any of Lynne’s Intention Experiments, weekly Intentions of the Week, live and livestream events and Masterclasses, please sign up to: www.lynnemctaggart.com.

Lynne is also co-editor of the highly successful international magazine *What Doctors Don’t Tell You*. To subscribe to an online or print version of the world’s finest information about healthcare, modern medicine and better alternatives, and for weekly updates about your health, visit www.wddty.com.

