



The Intention Experiment: Using Your Thoughts to Change Your Life and the World

Lynne McTaggart

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The book you hold in your hands is revolutionary, a groundbreaking exploration of the science of intention. It is also the first book to invite you, the reader, to take an active part in its original research. Drawing on the findings of leading scientists on human consciousness from around the world, *The Intention Experiment* demonstrates that *thought is a thing that affects other things*. Thought generates its own palpable energy that you can use to improve your life, to help others around you, and to change the world.

In *The Intention Experiment*, internationally bestselling author Lynne McTaggart, an award-winning science journalist and leading figure in the human consciousness studies community, presents a gripping scientific detective story and takes you on a mind-blowing journey to the farthest reaches of consciousness. She profiles the colorful pioneers in intention science and works with a team of renowned scientists from around the world, including physicist Fritz-Albert Popp of the International Institute of Biophysics and Dr. Gary Schwartz, professor of psychology, medicine, and neurology at the University of Arizona, to determine the effects of focused group intention on scientifically quantifiable targets -- animal, plant, and human.

The Intention Experiment builds on the discoveries of McTaggart's first book, international bestseller *The Field: The Quest for the Secret Force of the Universe*, which documented discoveries that point to the existence of a quantum energy field. *The Field* created a picture of an interconnected universe and a scientific explanation for many of the most profound human mysteries, from alternative medicine and spiritual healing to extrasensory perception and the collective unconscious. *The Intention Experiment* shows you myriad ways that all this information can be incorporated into your life.

After narrating the exciting developments in the science of intention, McTaggart offers a practical program to get in touch with your own thoughts, to increase the activity and strength of your intentions, and to begin achieving real change in your life. After you've begun to realize the amazing potential of focused intention, and the times when it is most powerful, McTaggart invites you to participate in an unprecedented experiment: Using *The Intention Experiment* website to coordinate your involvement and track results, you and other participants around the world will focus your power of intention on specific targets, giving you the opportunity to become a part of scientific history.

The Intention Experiment redefines what a book does. It is the first "living" book in three dimensions. The book's text and website are inextricably linked, forming the hub of an entirely self-funded research program, the ultimate aim of which is philanthropic. An original piece of scientific investigation that involves the reader in its quest, *The Intention Experiment* explores human thought and intention as a tangible energy -- an inexhaustible but simple resource with an awesome potential to focus our lives, heal our illnesses, clean up our communities, and improve the planet.

The Intention Experiment also forces you to rethink what it is to be human. As it proves, we're connected to everyone and everything, and that discovery demands that we pay better attention to our thoughts, intentions, and actions. Here's how you can.

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