The Power Of 8 - The Missing Link To Human Optimization Transcript

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Introduction and Speaker Bio

– Well, welcome back everyone to the Medicine of Mindset Summit. I am Jana your host for this whole week that has been so purposefully created for you to be able to connect with the amazing speakers who have said yes to the Medicine of Mindset summit and I'm really excited about our next speaker.

Let me tell you a little bit about her, you're gonna get a chance to be inspired and tap into the wisdom of Lynne McTaggart today. She's an award winning journalist, the author of seven books, including international best sellers, The Power of Eight. We're going to be touching on that today.

The field, the intention Experiment and the Bond And not only have they been international bestsellers, but they've been translated into 30 languages.

So I want to mention that so you can understand the scope um that this amazing woman has had all over the world. And so over the years, I love this when I was, when I was learning about Lynn, she's been called a metaphysical rockstar, the Madonna of the Quantum World and I love this so much the Dalai Mama.

So we get hurt today, all to ourselves. She's constantly voted one of the world's top 100 spiritual leaders for her groundbreaking work with consciousness and the power of intention as co founder and editor of the World's number one health magazine.

What Doctors Don't tell You, Which is also now published in 15 languages worldwide and get well the International Holistic Health Expo, Lynn is a tireless campaigner for consumer rights with our own health care. So we had a little chat just before we went live and she is an American living in London.

We got to know each other a little bit and now please help me welcome Lynne McTaggart to the virtual medicine of mindset stage. – Hi Jana, it's great to be here. – Mm So Lynn, let's just start with um I believe that everyone who works in this field of you know consciousness and mind set and intuition at some point in their life was gifted you know, X Y. Z. Experience that led to where you are today, will you? Let's start there.

Tell us a little bit about what it was that brought you to what you do today. – Okay Jana, I started out life as a hard boiled investigative reporter.

My first book was breaking international baby selling rings and I found out my information with hidden tape recorders.

From Investigative Journalism to Healing

I, you know this was many years ago I posed as an unwed mother. Got hired by a lawyer who was actually trafficking in vain babies and you know got the inside story there. So I as I say hidden tape recorders.

And um and after that also on my next book was all about unearthing a secret story of the Kennedys, one of the sisters who had not really been written about.

So again I was really involved in investigative type of journalism. I moved over to the U. K. And I got ill and that really was the first gift because it didn't feel like a gift at the time.

I had what would be considered now very workaday a faulty microbiome. But at the time time way back then nobody knew what it was. And so I went from conventional medicine to the very outer rim of alternative medicine.

Nobody could figure out what I had. So I finally decided if I'm going to get better I'm going to have to take charge of

this myself. So I investigated what I thought I had and then I found a pioneering doctor to work with me who was pioneering and nutritional medicine.

And within a year he got me completely better. The whole experience was so heady and transformational that I got very boring on the subject I was telling everybody about it.

So my husband finally said to me stop telling me tell the world. So we together he's also a journalist launched what Doctors Don't Tell You First as a newsletter. It's been going now for 32 years I think first as a newsletter. And now as an international magazine.

And that campaigning Zeal has never left me because for me it was so extraordinary that just a change of diet and supplements could just heal me after I was going through an extraordinary range of of Of symptoms.

I felt people needed to know more about this. That plus the fact that I had written about a lot of corruption in medicine before in my earlier life as an investigative reporter.

So in the process of studying medicine and writing about medicine, I kept coming across very good studies. Really excellent scientific studies of spiritual healing. This was back in the 90's and I kept thinking to myself, wait a minute if we can have a thought and send it to someone else and make them better this on its own undermines everything we think about how the world works.

So I decided to find out why and I thought there might be something like human energy fields. I didn't know what even what I was looking for. But I convinced my publishers almost like a confidence trick to let me pursue this journey that had no compass. So I started um interviewing uh from frontier scientists who were quantum physicists and people who were looking into consciousness research. And very soon I realized I was on completely new ground. Each of these scientists have discovered a little piece of what was essentially unfolding as a new science, a completely new world, new view of the world. And also I realized that it was very difficult for them to speak in normal language.

You know, scientists speak in code, they speak in math, particularly physicists and they don't like to venture beyond their own experimental boundaries what they themselves have discovered to try to speculate on what this all means.

So to my horror, I realized that job was going to have to be left to me. So I wrote my book The field and that was a big international bestseller. Um and as I say, you know, translated into lots of languages.

But for me there was some um unfinished business and that was some of the studies did indicating that thoughts are an actual something with the capacity to change physical matter, thoughts are things that affect other things.

So the journalist in me wanted to find out why and that has really led me to the intention experiments, the power of it and where I am today, one giant detour that essentially has hijacked me.

– Okay, so where where should we go? Is does it make sense to go into the power of Eight? Can we talk about the or should we talk about the intention experiments first as it leads into?

What do you think our audience would make more make more sense to them? – The intention experiments because that was the next step.

The Intention Experiments Begin

– Okay, let's do that. Let's go there. – Okay, so I was left with this unfinished business. And again, the journalist in me was curious how far can we take this?

You know, if thoughts or things that affect other things, are we talking about a tiny effect like affecting a quantum particle? Are we talking about a giant effect? Like curing cancer, ending wars, ending violence? So, I wanted to find

out why.

And I started thinking about it and I thought, well I know lots of scientists working at prestigious universities um like University of Arizona, University of California Penn state. Princeton, they'd all been people I interviewed in my research. And I also thought, well I've got lots of readers around the world, so if I put them together I'll have the biggest global laboratory in the world to test this.

And so that's what I did back in 2007, we started working with a variety of scientists and I wanted to be, I wanted to use different scientists for different experiments so I couldn't be accused of bias.

So I started with the University of Arizona. We started small, we wanted to see if a batch of in tenders all intending the same thing at the same time could affect some very subtle properties of a leaf or make seeds grow faster.

So I did that in the first experiment 2007, I had an audience of 700 and then later we also would do it over the Internet where we would just invite my readers from around the globe to come on all at the same time and send an intention which we would unfold to them. We wouldn't let anybody know what it was ahead of time. And everybody would send it together.

And I'd have my web team flip over pages, one at a time. So everybody was seeing the same thing at the same time. So I really didn't think it was going to work. I really didn't think this was gonna work.

My editor was more convinced it was going to work than than I was because I wrote a book called The intention experiment which was essentially not only a compilation of all the evidence about intention but also an invitation to take part in these experiments.

The other reason for doing them was I was really interested. What happens if lots of people are thinking the same thought at the same time? Does it magnify the effect?

So as I say we started out small with leaves and seeds and we started getting significant positive results. One of my seed experiments the first one this will give you an example.

I was speaking in Sydney Australia. I was working with the University of Arizona. They had four sets of seeds of 30 seeds each. They photographed these sets of seeds and labeled a. b. c. d. sent me the photos.

I had my audience in Sydney choose one of them. Unbeknownst to the scientists, we didn't tell them which ones they were, let's say we we sent intention proceeds. A all sent intentions for them to to grow a certain amount. And by the fifth day and after we were finished I told the scientists we were done not telling them which seeds we sent intention to.

That was their cue to plant the seeds and five days later measure the seedlings and lo and behold after they'd measured it. We finally um blinded the study.

I told them it was seeds a let's say. And the seeds sent intention grew significantly higher than controls. We did this five more times with different locations and then once over the internet with my readers around the globe. And every single time of these six times the seeds sent intention grew significantly higher than controls.

Let's just unpack this first one. So and they were all in different locations. But the first one I was in Sydney Australia. The seeds were in Tucson Arizona 8000 miles away. Plus I wasn't sending intention to the seeds.

We were sending intention to a photograph of the seeds, you know, a symbolic representation of the seeds. Yet we had an effect that we had it every time. So this told me we do create some sort of psychic internet in doing this kind of intention work together.

We moved on, we did lots of seeds, we did lots of leaves. Then we moved on to water, trying to purify water including working with the late Masaromoto to do an intention experiment in Japan with samples of a polluted lake

lake, the largest lake in Japan. We had an effect, we moved the water by a full ph towards alkalinity.

So after about all of these experiments, we did a load of different water experiments. I was getting bored with seeds and leaves and water. So I said let's do something huge, let's try to lower violence in war torn area.

So we did an intention for Sri Lanka and which was going through a war at the time. And um we had an extraordinary untoward effect, I believe. During the week we did an intention 10 minutes a day for eight days.

And afterward in my scientific team, I assembled about three different scientists to advise me on this, suggested we do it more than once. So we did it same time every day.

And then afterward I worked with Jessica Lutz who is a professor of statistics at the University of California and an expert in consciousness research.

So she analyzed all of them. And although violence quadrupled the week of our intention, which really worried me, it then absolutely nosedived. But more interestingly, What happened during the week of our intention turned out to be the pivotal week in the entire 25-year war. During that pivotal week.

The government won a number of decisive battles that enabled it to take over and um wind back the north of the country which had been choked off by the rebel forces.

And within a few months after that, This 25-year war was over. Now can we do this short answer, who knows? But we've run about 10 piece intention experiments to date and had extraordinary effects each time. One time in Afghanistan we had a huge, huge drop in violence in the most violent areas of Afghanistan some years ago.

And then more recently, just a few years ago we did an intention for the official most violent place in America which is St. Louis, Missouri the neighborhood we sent intention to have a drop in violence of 43% every area around it plus St. Louis as a whole continued to have violence increase. Only our little neighborhood had this decrease again. Working with Dr. Oates who did almost the stats.

So we've had a lot of effect like that. That's not the interesting part of the story. The interesting part of the story happened to be when I started serving the participants and I did this from 2008 whenever we were doing a piece and pension experiment and I found Big effects with the participants themselves. When they were involved in a peace intention experiment, their lives became more peaceful. They were writing in things like I'm getting along better with my estranged partner or my Children have finally stopped started talking to me again after 10 years of being apart and not speaking or my neighbor who I have not liked before suddenly is very friendly towards me.

My I'm getting along better with my not very nice boss etc etc. And about I guess it was about 40 to 40, reported, I am more in love with everyone I come in contact with.

So I was completely shocked by this. I mean people were hugging strangers the way they described it.

Seed, Water, and Peace Studies

And we also saw about a third of people with every intention experiment, report an improvement in the health condition or a cure, a complete cure. So again, this was really bizarre to me, but I started realizing there's some sort of rebound situation going on here.

– So Lynn in that in the moments where you are coaching these groups of people through the intention, what help me understand like what's happening there?

Are you guiding them through the thought process and so that everyone is literally think, thinking the same thing as the intention is being said or are you giving them just a framework and then you let them kind of, you know, go on their own journey for the intention setting. – No, I'm guiding them through the whole thing.

I mean, there are lots of techniques to intention. In fact, I've put together what I teach in my classes, particularly my Power of Eight intention Master class um is where I work with people for an entire year.

Put them into power of eight groups are smaller groups, group intention, I teach them 13 keys to intention mastery. So there are common threads among all in masters of intention, whether master healers or Buddhist monks or qi gong masters, they do certain things similarly, but they also have differences, but there's also a lot of science that where they've studied certain techniques that work.

So I've put all of that together in a program for people to follow in the intention experiments. Either I've had the words on my website where people have to have the exact words, think those exact words and I go through all of the things that they need to do in getting into the right mindset, the right hearts, set, the right visualizations, etcetera, etcetera.

But I also, when I'm broadcasting more recently, I've done live broadcasts, whether on special equipment, where I've got various audiences all hooking in at the same time or when I'm broadcasting over the internet, even over Facebook over zoom. I've, I guide them always because I want everybody to be thinking the exact same thought at the same time.

That seems to be a really important aspect of it. – How many little bit about who, who do you attract into this work? Is it already the people who are, and the word believer is coming up in my mind and I don't know if that's the right word, but who, who is, who is coming into your community, – Everybody, everybody. I mean, I have republicans, I have democrats, I have people who are very studied in this, you know, who, who have studied with many spiritual um, guides and masters and I have people who are downright novices.

That's one of the reasons in my courses. I have levels. So people can start with, you know, a level one class, intention essentials and move on to intention. The intention master class.

I also attract professionals. I do courses and become a better healer with the power of eight because I had my own healing journey a few years ago and I was this was after all my intention stuff. And I started noticing something really interesting in alternative practitioners and conventional practitioners.

They were all good at what they did, but their language ng, their thought processes were terrible, terrible. They were they were saying such discouraging negative stuff, you know, there's gonna be a long and painful journey.

Once said to me, which it wasn't somebody else said you're a shadow of your former self. And I had to confront them and said and say things like, well, what do you think that thought process is going to do to your patient?

Do you think that's going to help in any possible way? So, I I get involved in in thoughts and the power of thoughts in lots of different ways. But I think, you know, I think people are intrigued because what I say all the time is you have an innate power inside you, the power to heal yourself, other people in the world. But it's been discouraged as you've, you know, you may have known it as a child. But as you've grown, your authority figures discouraged any belief in that kind of innate power, those extended human potentials. So we grow up believing the current scientific story, which is a very very reductive story of individual separate objects operating according to fixed laws in time and space. You know, it's a story of separation.

It's a story of lonely people on a lonely planet in a lonely universe, you know, and that's the that is the worldview we grow up with and it's wrong. And that's one thing that I demonstrated, I hope in all of my books and most particularly the field, but in all of the books and certainly my own work with the intention Experiment and the Power of a I think also people come to me because they've heard about the power of eight. There are tens of thousands of power, vague groups around the world now, probably many more than that.

Hundreds of thousands of them and people are practicing this and seeing extraordinary miracles. So they get that group intention is, you know, an extraordinary process and it is a miraculous process.

– Okay, so let's go there. You've been dropping these little hints about the power of AIDS. I am very intrigued. Tell

us, tell us about what, what is it?

– Okay, so let's go back to 2008. I had run a bunch of intention experiments and by the way, I've run 40 today and 36 have shown measurable positive, mostly significant effects. There isn't a pharmaceutical drug out there with that kind of track record, But back in 2008, so I'd run these experiments.

We were getting positive results. And I was thinking to myself, I have a workshop, I'm going to do, I'd love to do this, but scale it down, how would I scale down what's happening in these big experiments? Because we, you know, we'd have anything from 15,000 to 25,000 people participating each time. So, I started thinking about, well, I was kicking this around with my husband, Brian Hubbard, and some members of my team and I said, I don't know, maybe I'll put them in groups of eight or so and have them send intention to somebody in the group with a health challenge.

And my husband's a great headline writer, he is a he's another journalist and he says, I love it the power of eight. So that is literally how the title got there.

So we were but we didn't call it that at the time, we were just experimenting, like with an intention experiment. So, we had a workshop, we put people in groups of eight, we had them send intention to a member of the group with the health challenge and we sent them away and I figured this is going to be a very mild effect, like having, you know, a facial or having your back massage.

The Power of Eight and Group Healing

So we sent them away. And the next day they came back and to our astonishment, it wasn't just a feel good effect. We gave the mic to the people who had had the received the intention. We said, well, tell us about your experience.

And they said things like this, I've been limping badly because I have terrible arthritis. And I remember seeing that woman coming in limping and she said, I'm walking normally now and she demonstrated it for everybody.

And then we had somebody else who had I. B. S. Irritable bowel syndrome and she said, well I have got got terrible gut problems, but my gut feels normal today.

Somebody else, I have clinical depression and it feels like it's lifted today. And the most amazing one of all I have cataracts and they're 80% better today.

So my mind was blown by this. I was shocked by this and also disbelieving. I mean, talk about skepticism, I'm probably the biggest doubting Thomas in the in the room because, you know, hard boiled investigative reporter, I didn't believe in miracles.

So I thought this must be a placebo effect. And I kind of resented it because I thought this is gonna mess up my serious work, which is my intention experiments these weird miracles.

So, I kept experimenting with them though, in talks I would give in workshops, I would hold and we kept getting these kinds of effects. I mean, to give you an example one recently um that I ran at the Mile High Church in outside of Denver. I just ran power of eight groups at the end of a talk. So I put people who had never done any of this before in groups and we had one woman and after that I said anybody feel that.

So we had one woman who had been the recipient who's Sandy, who was due to have an operation, a knee replacement because she couldn't even stand on her knee anymore. It was so wobbly and she said me and I said what? She gave us all a deep squat and I kept up with her afterwards and she was able to cancel her surgery and someone else couldn't focus her eyes because she had had a stroke and her eyes wouldn't focus anymore.

And after the intention, her eyes focused normally and somebody else who had dislocated her arm. It was in terrible pain and the arm she felt the arm slot into place and the pain just went down from about a nine or 10 to

about a two and somebody else who didn't believe in any of this.

And she had a bad back, her back was really hurting her and her back got better during the intention. She wasn't even a recipient, She was a sender. So I started seeing this over and over and over again with both the receivers and the senders and started cataloging it and then started Running it and then started teaching it and back in 20, about 2014 or 15 I decided What would happen if I put people in groups for a whole year, would everything in their life start to heal. So that's what I've been doing since 2015 with my power bait intention masterclass. I put people into small groups after I taught them various things about intention and Ask them to meet every week for you know for just an hour for a whole year. And we find that with the people who religiously meet pretty much 100% of the group experienced major transformations not just in their help but in their finances in their career with their relationships. And also even determining their life's purpose. I mean we have stories amazing stories.

I mean our recent I think the ongoing or recent power of intention masterclass. We've had Eileen uh finally write that book after as a retired journalist.

Never did couldn't get it going, wrote it, published it did well with it the year she did it. We had joy wanting to find love in her life. That's what her group's intention for her was. And right after they do the intention.

A boyfriend from 35 years ago, 35 years ago calls her out of nowhere. She's in Australia. The boyfriends in the UK and they start corresponding they start calling even though it was locked down. He finally went through the quarantine went to Australia. They're living together now and you know we've had people where they couldn't sell their house and They were able to sell their house or buy a house. You'll rick this year.

Was trying to buy a house they had rented for 25 years. And due to his group's intention the seller finally sold it and sold it for far less than your Ulrich thought he was going to get it for.

So you know the stories go on and on and on and the healings we've had had Leander this year who's reversed leukemia. You know, she was in the hospital getting intention from her group in her hospital bed and now she's got it's in total remission.

We've had people with terrible back pain reversed. We had somebody with mini stroke completely heal from it and you know on and on and on and on. It's extraordinary.

And C. J. I love that story. She was going through a divorce and it was so acrimonious and so the group did an intention for her and she was able to settle it peacefully for far more than money than she wanted. And then she thought she was going to get more money than she even wanted. And she also found a new career and she's you know, she's just smiling all the time. Somebody who who really found her life's purpose, found her whole life.

So that's the kind of stuff we hear hundreds of them, hundreds of them every year. So it's you know, it's not necessarily me this is the power of the group that is just extraordinary. The power of group intention The power we have inside ourselves and you know, just needs to be unleashed.

– Mm This everything that you're talking about plugs into the vision that I had for this week. I believe that we have forgotten, like you said the tremendous and I'm going to use the word power um an ability that we have to to heal and the old saying it takes a village. It also plays into this as well because I think sometimes we get convinced that we're supposed to be these lone wolves that are supposed to push through and make our lives happen because that's what we see on people's Instagram feeds and right, it's all this success and and what do you think for the audience listening to you today?

What would be like what would be step one for them in their in their own journey to reconnecting with that who they are inside and the power they have?

– Well, the first thing is to get off of themselves. I mean, as you said, our story is compelling about competitive individualism. I'm better than you, I win. You lose.

That is our Essentially our cultural heritage that we've promoted and weaving aggrandized and it's all part of that old scientific story. You know, as I say, our old scientific story is about more than 300 years old and formulated by Isaac Newton who described the world as a batch of separate things operating according to fixed laws in time and space.

These ideas were then bolstered by the the ideas of Charles Darwin who was influenced by population explosion of the time that the thoughts about population explosion and he believed there just wasn't enough to go around.

So it wasn't him who came up with the term survival of the fittest. It was one of his it was essentially a PR agent in a in a sense who popularized the term. But essentially it indicated that life must proceed through struggle. There just ain't enough to go around.

So I have to damn well get there first. And that is the leitmotif of our lives, essentially. And that is the cause of every problem we have right now, every sing the problem. We have the fact that we have corruption beyond belief. We have governments who haven't a clue about how to handle things. At the moment we've got wars, we've got terrible income disparity. We've got all of those things because of I win you lose. And what I found is that this secret power we have is mostly unleashed when we're doing intention for someone else.

And that is the key to the power of age groups. You're only getting intention 1/8 of the time. You know, most of the time you're intending for other people.

And what I found in my year long classes is these people become your intention family. I'll give you an example with Jerry. So Jerry joins my 2020 class.

This is again during lockdown and he suddenly found that this group had become his new family and he loved it. He said that the compassion they showed this group of strangers indicating they have your back, you know, your meeting on zoom, you're not even meeting in person, they've got your back, they're sending loving intention to you.

It's so powerfully strengthening and life supporting and so he loved it so much.

Altruism, Community, and Collective Oneness

He joined it again, he said I had better relations during lockdown than I've ever had in my life. So he joined the 2021 class. He had just done 2020 joins 2021 has another group meets with them as well, is continuing to meet with his 2020 power vague group.

And he's got another group for 2021. And by the end of that says to me, I know what love is And so this is the whole idea is it's getting off of yourself when I was trying to figure out why are these people getting healed? And it took me 10 years to have the courage to write the book. The power of AI was observing this, studying it, trying to figure it out for 10 whole years before I published my book.

And what I found is there are lots of reasons why it works so well. You know, there is the power of intention, there's no question. There's also group effects.

You know, when we get together in a group, the psychologist Emil Dirk time said that there is a collective Effervescence that happens. You know, we all get charged up from a group.

But one of the key pieces is altruism. I started studying the science of altruism and I found altruism is like a bulletproof vest. People who do things for other people live longer, healthier, happier lives. Um people who are ill and help people with the same illness, the helpers are more likely to heal and when you look at any kind of volunteering People are something like 40% less likely to die there a volunteer. It's extraordinary altruism.

It's so powerful and I'll give you the most cogent example of it, an amazing study that really convinced me of this. Some scientists got together a whole bunch of people who were living different lives.

One group they called the pleasure seekers. These were people who had all the money in the world. They went on all the vacations and holidays. They could, they had loads of stuff. They were living the dream.

So what they wanted to find out these researchers is how that would affect their immune systems and they figured that people living the dream would have really, really good immune systems. But when they looked, they found their immune system markers were terrible.

These were people who were perfect candidates for the whole host of degenerative diseases from heart attacks stroke, diabetes. Alzheimer's, these guys were going to be dropping like flies. So then they looked at this other group and this other group didn't have as much money working hard, but they were living a life of service.

When they looked at their immune system markers, they found these people's immune systems were totally robust. These people were going to live forever.

And that was what really convinced me of. One of the big dangers we have in this field is the word self help. We have self help all the time. It is all about the self, it is all about me, me, me, it is the me generation incarnate and that is one of the serious dangers we have when I did my book the bond that was really an answer to Darwin.

I wanted to find out if we were meant to be this competitive and when I looked at all the science, it was, it demonstrably told me, no, we were never meant to be isolated, competitive, competitively, Individualistic.

We were meant to belong to a bigger hole. We were meant to be belong to a community we were meant to give. We were meant to be part of a connection always.

And so that's another thing that I think is so powerful about the power of a group. Suddenly you have a community and most people don't, they maybe lose touch with their friends or they're too busy. They find it really hard to keep up a very close knit community. So here you have one created just for you, I have to power of age groups and I meet with them every single week and they are extraordinarily strengthening. We see healings constantly, we see healings constantly of every area of people's lives and we know that little community of love and caring is going to be there for us.

So I think this is a really important element of altruism, one of the big secret sources, something people don't consider all the time in their quest for spirituality. They always go with an individual spirituality and I believe it is a collective spirituality that is much more important.

– I feel like you just answered the question I was going to ask about, what do you think is not being talked about enough in, you know, from your experience, in your area of expertise and it's, I am, I am kind of speechless right now because when you talked about the word self in self help, like it just dawned on me that is playing into like you said that you know, the lone wolf individualistic and yes, we want people to look within.

Yet there is such a beautiful, you know, experience when you create and what I'm thinking about is we just moved our family from Canada to Mexico and this new community that we have built in a country where we didn't know the language and it's not easy to pick up a phone and get your internet company here in five minutes, Those kinds of things. That really landed for me, Lynn because even with my boys that are here, they're 17 and 21 then our 19 year olds in the states playing golf. But watching them come full circle to why, why did we do this? Why did we leave the safety of this community that we've had for 17 years and have this adventure in this new country where no one knows us and we don't know the language and to see the power of community, makes me realize that, you know, we don't, we don't all all have that and to be giving as the first step to then be receiving what comes on the back and, and there's no guarantees. That's spectacular to me, spectacular.

– Thank you. That is great. I mean, again, for me too. So the other really important piece about power of eight groups. And this probably really nailed it for me was when we did brainwave studies to try to figure out again what is going on.

So I was lucky enough to speak in front of life universities a few years ago. And they were really intrigued by my

power of eight stuff and they said, hey, we'd like to put our neuroscience department at your disposal and you can study this. I went, wow. Yes.

So we did a study where we invited volunteers who were students at the university studying chiropractic to be part of this and to join power of eight groups. So they did and we put an E E.

G. Cap on one member of each of the group who was a sender and then measured it. And the team leader Dr. Stephanie, Sullivan a neuroscientist, believed we were going to see brain wave signatures that were almost identical to those of meditation and so did I.

I thought oh this is gonna look just like meditation calming down All of that increase of alpha waves which is slower brain waves than ordinary waking consciousness which is beta waves with alpha. It's they are much slower.

It's or delta slower still. That's not what we saw. We didn't see that at all. What we saw was a decrease in all brain waves. But particularly places like the parietal lobes, they sit right in the back of the head.

They help us navigate through space, they tell us what's me, what's not me. And they were dialed way down. So were the parts of the brain like the right frontal lobes involved in worry down negativity.

They were also turned down and other parts parts of the temporal lobes, all kinds of areas of the brain that make us feel separate. All turned way down.

So they looked nothing like meditation. These these brain wave signatures but what they did look like was almost identical to the brain wave signatures recorded by Dr.

Andrew Newberg, a neuroscientist then from University of pennsylvania who had studied people in ecstatic states like Buddhist monks in ecstatic prayer or Sufi masters during chanting almost identical brain wave signatures. So what we were looking at were people in a state of ecstatic oneness and that's exactly what they recorded.

That's exactly what my intention experiment surveys always said. I feel like I'm part of a higher network. I had goose bumps running up and down my arms.

I felt like my body was alive with electricity. I felt like I was in the tractor beam of star trek. That's what somebody wrote and on and on and on. We've got thousands of this kind of thing, People sobbing uncontrollably and I'll remind you, we're all sitting individually in front of our computer screens, being part of this intention experiment. So what on earth is going on?

And what I've understood is the group intention experience puts people into a state of ecstatic oneness like a Buddhist monk during ecstatic prayer. But here's the difference.

It takes years of study to become a Buddhist monk. It takes hours of priming or a good deal of time to be a Sufi master during chanting or any of those other ecstatic states, my group of volunteers were all novices. Most of them hadn't even meditated before.

And I only have people only have people do 10 minutes of intention work together. That's the longest and intention experiment or the longest power of a group intends for a person or a situation and yet they were transported immediately transported into the miraculous.

So I always say, you know, you don't need sweat lodges or you don't need to crawl on your knees for years or do any of that spiritual stuff. All you need is a group and a common intention and it's your fast track to the miraculous.

Mindset, Service, and Where to Learn More

– Mm So as we close out our time together again, I'm feeling like usually I have many, many thoughts, but with you, Lynn, I'm feeling like I have so much space between between my thoughts that I just want to like sit and absorb you

and what your, you know what you're teaching us.

What I've been asking all of our speakers this week at the medicine and Mindset summit is what can you leave our audience with in terms of a little glimpse into some of the mindset habits that you, yourself make a part of your life? – Okay, that's such a wonderful question.

Number one, I feel like my work needs to be work of service. That's a non negotiable thing for me. And I think that I've, I've seen so much evidence of it that for me, service is writing and speaking, getting this out there for people and also creating an army of change makers. You know, we when we look at everything going on in the world now and you know, I'm a baby boomer. So we started out saying we wanted to change the world. And I just read a wonderful quote from Stephen King, he said, well our generation was supposed to change the world, but instead we adopted the, you know, home shopping channel and I think that was it on a stick. So I thought a lot about okay now what you know, we are going through a very turbulent time of change and what can we do about it?

And then I started thinking about it. I said to myself, we need an army of change makers. And I thought, oh, I've got an army of changemakers, I've got tens of thousands, maybe hundreds of thousands of power of eight groups.

So I'm calling them in um to offer them all kinds of information about how to take this out to their community because the other part of me is a disrupter an activist. So it's very important for me, I think, to carry on that kind of work and to provide as much as I can about what I've seen and experienced. And this gift that was given to me, I need to share it with the world.

– Mm Lynn, again, you know from the bottom of my heart, I want to thank you for being here today with us and ladies and gentlemen, those of you that are watching this um with me, I hope that you're experiencing some of what I am, is that it's the beautiful reminder of the power of being a part of something bigger than we can be as individuals. And I think that's the biggest takeaway all of your stories, Lynn all of the studies that you have based this work in our kind of for me like the icing on the cake, it's like, yeah, those are great.

And how you've shown up in such a beautifully simple way to share. You know, your your gifts is um is really appreciated. And so I need to ask because I know there's people watching this that want to know how they can learn more about you or you know, or your master classes or joining their own power of age group. Where where can we send them?

– Okay if they come to my website which is LynneMcTaggart.com and it's Lynn with an e and McTaggart is A. R T LynneMcTaggart.com. You'll find all kinds of resources. I'm providing, as I said, resources for Power of groups um that want to make change in the community. So there's all kinds of things at all kinds of price points. If you want to study with me, I have an upcoming Power of intention masterclass. My great big yearlong class where you study with me for a while, you get put into groups for a year, you work with them each week, it's all done virtually.

And I come on periodically to co with you to make sure that you're doing everything right. So you can check that out on Lynne McTaggart dot com and intention experiments.

I run them periodically. We just ran one for the Iranian women. They're free to everyone. So there's all kinds of things plus my podcast, plus my blogs, all kinds of resources for people of any purse size.

– Thank you. Thank you for directing us. We are wrapping this amazing conversation with Lynne McTaggart everyone. I want you to just take a moment before we get to our next speaker and just just sit with this for a bit, maybe while you're filling your water bottle or grabbing a little bit of a snack. And I think the mindfulness around what we just experienced is important and that's definitely what I'm going to do.

Just take a few moments Lynne Thank you again for being here at the medicine and mindset summit. I really appreciate you. – It's been my pleasure Jana