



**EP69:**

# Healing the World, One Intention at a Time

With Lynne McTaggart

Colette:

Hi there. Welcome to Inside the Wooniverse, a podcast brought to you from the corner of Fringe and Maine. I am your host, Colette Baron-Reid. Joining us today is the amazing international, best-selling, and award-winning author and journalist, Lynne McTaggart. She's been called a metaphysical rockstar and the Madonna of the quantum world and is the author of seven books, including *The Bond*, *the Field*, *the Power of Eight*, and *the Intention Experiment*.

And actually, to be honest with you, every single one of her books are books that I have bought and then bought them again in hard cover after I bought them in soft cover. We know these books are important today, and everyone should be reading Lynne McTaggart. Anyway, Lynne is also the co-founder and editorial director of the health magazine, *What Doctors Don't Tell You* and the *Get Well*, international holistic health expo. Best known for the quality of her narrative nonfiction. I mean, her books are like reading detective novels. They're so good, and the depth of her research. Lynne has been consistently voted one of the world's top 100 spiritual leaders for her groundbreaking work with consciousness and the power of thoughts. Welcome to the Wooniverse, Lynn.

Lynne:

Thank you, Colette. It's great to be here with you.

Colette:

Very, very fantastic. I've been dying to interview you. I mean, I interviewed you a long time ago when I was on Hay House Radio, so this is such an exciting day for me. Anyway, in the Wooniverse, we love a good origin story, so let's go back to your childhood. Were you always interested in the unseen connections between us all, between nature? Te tell me what it was like. When did you really get that feeling?



Lynne:

Yeah. I mean, when I was a teenager, I had a very happy childhood. I grew up in Northern New Jersey, Ridgewood, New Jersey. I am the child of two sort of children of immigrants, essentially, milking good. I had an older brother, and I had a wonderful childhood, but was always curious, I think, about esoteric things.

Colette:

Right.

Lynne:

So, as a teenager, I was interested in astrology, witchcraft. I was an early meditator. I did meditation when the Maharishi first came to schools, high schools, and universities. I was in there really early. I was always interested in stuff like this. I wasn't necessarily all that interested in science, but I was interested in the big questions, let's put it that way.

Colette:

That's beautiful. When did you become interested in alternative medical approaches? So you went through your teens, fascinated with things, and then all of a sudden you enter into more of this type of conversation. How did you get there?

Lynne:

I got there through being ill. In my 20s, I was a hard-nosed investigative reporter. My first book was called *The Baby Brokers*, and it was the result of breaking a bunch of international baby selling rings. I posed undercover as an unwed mother. I was one of those people with hidden tape recorders. Then, as a prospective adoptive parent, got into what has been called gray market adoption, and all kinds of amazing things like pregnant women being imported from Germany.

Colette:

Wow.



Lynne:

A guy who was setting up a hotel for unwed mothers in the Caribbean, that kind of stuff. So things that were being laundered through Mexico, so that was my type of work in my 20s. I came over to the UK to do a book, a research, a biography, and as I came, I just fell in love with the UK and I stayed here. After the biography was published, I got ill, and no one knew what was wrong with me. I went from the conventional type of doctor to the very outer fringe of alternative medicine. I learned a lot of things about my mother, but I didn't get better. I finally realized I was going to have to take charge of this myself. I was going to have to figure out what was wrong with me, and I was going to have to find the right person to help heal me. So I researched what I thought I had, which was essentially just a faulty microbiome. It's ho-hu now. It was a big deal back then.

Colette:

Sure.

Lynne:

And I also researched a real pioneer in nutritional medicine, a doctor over here in the UK who was really doing amazing stuff before his time. I went to him, and together, I worked with him for about a year and as a partnership, essentially. Together, we got me better.

Colette:

What was his name?

Lynne:

His name was Dr. Steven Davis.

Colette:

Steven Davis. Okay.

Lynne:

He is British. He now lives in Australia, but he set up a whole lab that was taking testings for all sorts of things, like low magnesium, candida overgrowth, and stuff like that, that was unheard of back then.



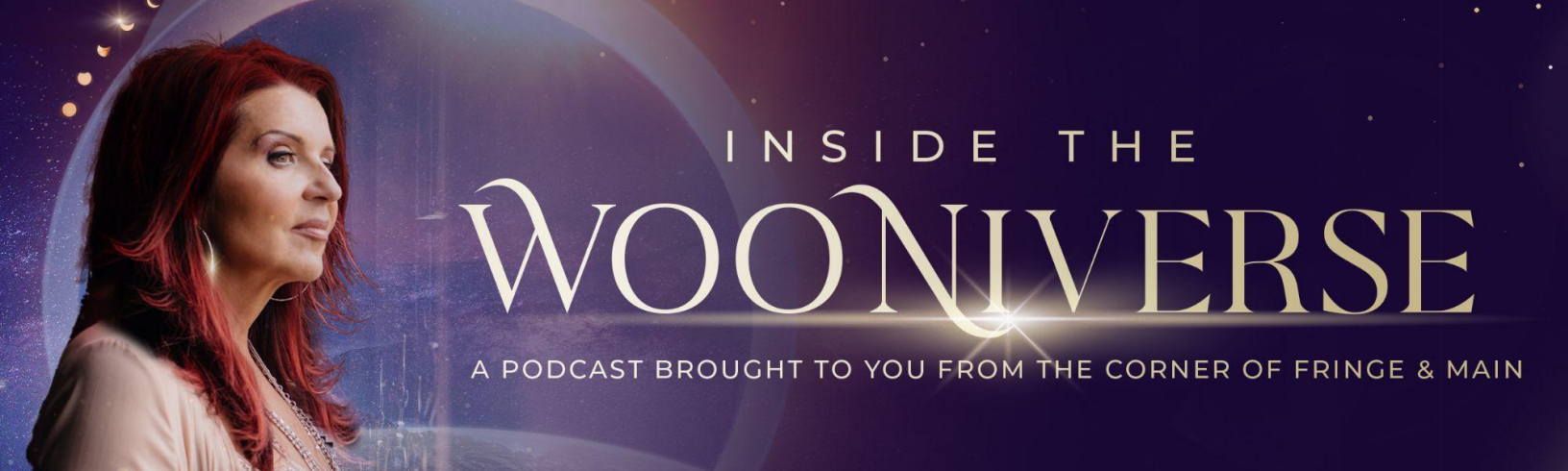
Colette:  
Right.

Lynne:  
Now everybody does it in integrative medicine, but back then it was revolutionary. So the whole experience was so heady for me that I started telling everybody about it, and I started getting boring on the subject. The man I was with, who eventually became my husband and has been my husband for 32 years, Bryan Hubbard, said, "Stop telling me. Start telling the world." So we set up what was then a newsletter called What Doctors Don't Tell You, and it was about not only conventional treatments that don't have any evidence of working or have evidence of harm, and it was very evidence-based, but we also wanted to write about evidence of alternative medicine, like what had happened with me.

And so we started doing this, and it's been going for 32 years now. Now it's been a magazine since 2012. It's in 15 languages, and we keep going. There's still a story to tell. There is a huge story to tell during COVID. In the course of doing that, I kept coming across these very good studies of spiritual healing. Because I was always interested in that kind of area in the back of my head, I was really curious about this. I kept thinking to myself, "If you can send a thought to someone else and make them better, that in itself undermines everything we think about how the world works."

I set about trying to find out why, and I thought I was going to be able to talk to a couple of pioneering physicists or biologists. They'd tell me that there was something like human energy fields. I'd write it up, send in the book, and that was it. I mean, I had, at that point, really convinced my publisher it was a confidence trick more or less, because I convinced them to let me go on a journey without a compass. I had no idea what I was looking for. That book ultimately became the field. What I discovered, to my astonishment, was each scientist I talked to had discovered a little piece of what compelled it into a completely new view of the world, a completely new science.

Colette:  
Right. I mean, that is a classic, and I believe today they are using that book, *The Field*, to teach in universities. Is that correct?



Lynne:  
They are.

Colette:  
Yes.

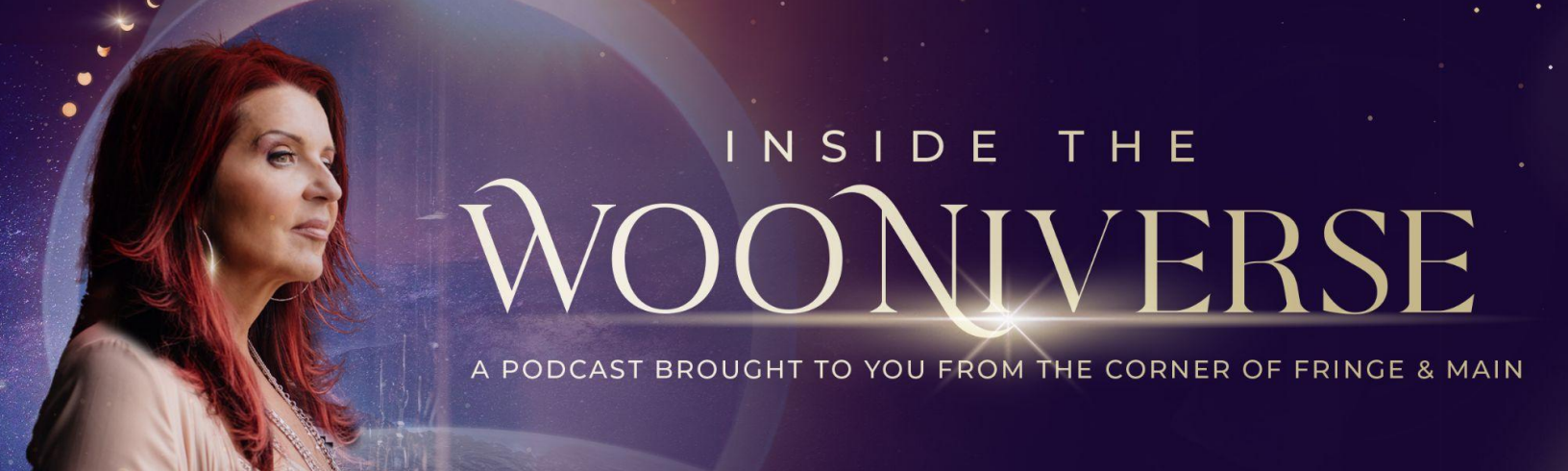
Lynne:  
They are, yeah. That's new.

Colette:  
Yeah. I remember reading that book years ago because, as an intuitive and a practicing animist, I see the world as connected, and I have evidence. It may be anecdotal, but it's consistent. It's very consistent that there are these extraordinary connections, and that time is not linear, and all of these things, by just being me. And so when your book came out, it was like, "Oh my God. There is this very intelligent person who has proven, with all this scientific research, that all these things that I've just known are true." It was life changing, life changing, reading that book when it first came out. It's amazing, and it is still a global bestseller today. I wonder if you could share a couple of your favorite scientific or medical evidence that supports the widespread belief that the mind, body, spirit, or consciousness are more connected than we think.

Lynne:  
Oh, gosh. I mean, there were so many things that I loved so much about the research that I did with the field. I mean, first of all, I think what was really fascinating was the work of Dr. Fritz-Albert Popp. Now, all of my hero scientists in the field, most of them are gone now, but there was the work of the German physicist, Dr. Fritz-Albert Popp, who discovered a tiny current of light coming out of the body.

Colette:  
Right.

Lynne:  
He was looking for something. He was thinking that he had found a cure for cancer, but he stumbled across the idea and evidence that all living things send out a tiny current of light, and



that this light is synchronicous, so we're sending, but we're also getting back from other living things a response, essentially. So if you and I were sitting across from each other in the room, we'd be having a conversation, but we'd also be having a conversation of light, so I was amazed by that.

Also, of course the work of Princeton University, the late Robert John, the dean of engineering at Princeton, and his partner, the late Brenda Dunn, who just recently passed, who worked for 25 years on a program in what they called PEAR, Princeton Engineering Anomalous Research lab. They tested the power of thoughts to affect electronic equipment. They did 100s and 1000s of these studies, and showed an effect that, yes, we can affect these machines, and the effect size, that means the rate of change, is 10 times larger than aspirin, one of the most successful drugs on the planet. So one of these things suggests to us that life is very different from the scientific model, the scientific story that we're told.

Colette:

Let's talk about the Intention Experiment. I believe you worked with Dr. Gary Schwartz on that, or he was one of the people that you worked with, and he's pretty extraordinary. In the book, you highlight cutting edge research conducted at prestigious universities and labs at schools like MIT, Stanford, Princeton, and one of the most fascinating revelations was that thought generates its own palpable energy. Can you expand on this at all? Is that what we were talking about, about light, or are there other ways of describing this?

Lynne:

Yeah. If we demonstrate that, ad scientific evidence demonstrates that, thought produces a lot of kinds of energy, but Dr. Schwartz, who you said, is one of the many scientists I'd worked on with the Intention Experiment. One of his early studies had to do with testing healers. He found that when they do their healing, when they're running energy, as he puts it, they have a big increase in magnetic energy. They have a big increase in electrical energy, and there's a big increase of light.

Dr. Schwartz got hold of a piece of equipment. It's a very sensitive, essentially a telescope that can register faint light in outer space by counting the lights, photon by photon, light particle by light particle. He got the idea of seeing if he could measure bio-photons through this equipment,



so it was kind of light tight. There was a box you had to put things in, so he had healers put their hands inside this box, be there still, and then be sending energy. He felt a huge increase in light energy when the healers were sending healing out. So when they were doing an intention for healing, and he could count, because the machine could count it, photon by photon, he was able to demonstrate big increase, a big surge of photons when they were sending healing energy.

Colette:

I actually was a part of your Intention Experiments. We did something with a leaf. It's years ago. Do you remember that one with the leaves that were in his? Right?

Lynne:

Oh, yeah.

Colette:

That was amazing to see how you could actually see when everybody was sending their intention to the one leaf, and how it differed from the other one. Still, right now talking, I have goosebumps even in my hair, because people are not taught this. That's what we consider magic. That's why we call this the Wooniverse, right? It's a playful way to say this woo is true. The woo is true. What you did, again, in that experiment with all of us there, sending this intention was fascinating, because there's proof. I mean, it's undeniable evidence. When you have undeniable evidence, you really shouldn't be denying it, although people still do. Materialist science says it's all BS or whatever, but I do think that there's now this really important need for us to understand this. So can we actually talk about what intention is? If we could break it down, we tend to use that word a lot. Can you explain what is that?

Lynne:

Sure. Well, let's go back to the idea that we are sending out energy with our thought, and we've got 70,000 of those thoughts every day. People think of intention as a power thought. "I meditate in the morning. I have my power thought. I send it out and that's the only thing the universe hears," but as we demonstrated, and as a great deal of science has demonstrated, thoughts generate energy of every sort. I mean, we are energetic beings. We're not filled with just



chemicals and electrical signaling, and we're not filled with subatomic particles that are like billiard balls.

Colette:  
Sure.

Lynne:

They are vibrating packets of energy, and we are trading that energy with other energy out there, the thing that we call the field, which is a massive amount of energy that is the result of all these energy trades out there in empty space, so-called empty space. We're sending out energy all the time. Our thoughts are going out every second, so think about it. All of those thoughts you've got, all of those judgments you hold, every last bit of [inaudible 00:15:04], every last mendacious thought you have, that also is an intention. Collectively, it becomes your life's intention, so thoughts that you have are intentions. The problem is we are so unconscious about what we're thinking about most of the time, what we're sending out most of the time. That's what the universe hears too. A lot of what I teach in my courses is about becoming much more conscious of what you're sending and really being directed about what you're sending.

Colette:

So it's deliberate, so there's a real sense of being deliberate about that and being very aware. I know that there's a lot of talk these days about trauma, for example, and I find that a lot of people get very identified with it. Then, they be create more of it, so if you're more aware of solutions and aware of ways in which you can move and recognize that you are doing it anyway all the time, so why not? Cleaning that up to see that, "Okay. This is what was, and now I can see this from a different perspective. My vantage point changes, and therefore my deliberate intention for something else, something better, something more fluid, more coherent." Then, you keep seeing more of that in the world as well too. Would you say that's true, that there's that feedback loop?

Lynne:

Yes. I think also, to think about it, trauma is an energy.





Colette:  
Right.

Lynne:  
I mean, one of the things that my husband, Bryan Hubbard, talks about with his Time Light theory is that time isn't a dimension. It's an energy.

Colette:  
Right.

Lynne:  
And that trauma sits on our shoulder like it happened yesterday. Even if it happened 40 years ago, it's there. It creates a you, essentially.

Colette:  
Right.

Lynne:  
And we identify with the trauma. Actually, the trauma creates the person that we think is the us, is created by the trauma.

Colette:  
Right.

Lynne:  
And so one of the things that I work on and I work on with Bryan, is we take the power out of the trauma, essentially.

Colette:  
Right.

Lynne:  
We give people back their power.



Colette:  
You unplug it.

Lynne:  
Yeah. We unplug it, and we give people back their power, because that's the problem with trauma. It is power lost. That is the problem with anything in the world that remains right on your shoulder.

Colette:  
Power lost.

Lynne:  
You have lost your power. You have had an imbalance in a relationship with somebody or something, and so we reestablished the balance through a number of techniques. One of those is intention and traveling back and forward in time. I say back and forward in time, because any quantum physicist worth his soul will tell you there is no such thing as linear time, that time is one being smeared out now.

Colette:  
Right.

Lynne:  
And so what we do is, in the now that is now, we take advantage of that. If there is no linear time, we can use that to so-call fix the past.

Colette:  
So I want to now segue into talking about your book, the Power of Eight, because you are about to run a very important masterclass. I can tell you as well, again, every time your work comes out in something, I'm always amazed because it's, again, hardcore evidence that this works, that this is real. I've experienced these things myself prior to reading the book, and then it's just this extraordinary relief because you can show people that this works. I want to talk about the miraculous energies that small groups can generate to both heal themselves and others. Let's



talk about the Power of Eight, and how powerful can small groups be, and why we need it right now.

Lynne:  
Oh, we do. We do more than anything.

Colette:  
We do.

Lynne:  
And I am harnessing those groups now, and I'll tell you about that shortly. Back in 2008, as you mentioned, the year before, I started doing intention experiments, because I'm a journalist at heart. And so when people are talking about manifesting this and that, the power of intention, and all of this stuff, the reporter in me said, "Okay. What are we talking about here? Are we talking about flying up to the top of our roof with our thoughts? Are we talking about killing cancer with our thoughts? Are we talking about something very subtle, like shifting a quantum particle with our thoughts?" Yeah, how far can we take this? I was also very interested in what happens when lots of people are thinking the same thought at the same time.

As you said, we started with tiny little things, like trying to shift the light emissions of a leaf, and we moved on to trying to make seeds grow faster, purify water. Then, I got sick of all these seeds, water, and leaves, and I was wanting to work with something else. Let's do something huge. Let's lower violence and war torn area, so we did. We sent intention to lower violence in Sri Lanka, which was going through a civil war at the time, and we had an extraordinary effect. The eight days we did it, the whole press of the war changed. I was really worried, because violence went up during that week, not down. I thought to myself, "Oh, God. Did we do that?" Then, suddenly it plummeted. But also the government, which had been a long saying against the rebels, who had the whole of the country choked off, they were able to win a few decisive battles just in that week.

Then, they ended up taking over the north in a few months, and within a few more months, this 25 year intractable war was over. It ended in a bloody finish, but it ended. Did we do this? Who knows? I've run a bunch of peace intention experiments after that and even a healing



experiment. We've run over 40 to date and 36 show measurable, positive, significant effects. Back in 2008, after we had run a few intention experiments, and they were working, and I was kind of shocked they were working so well, I thought, "Let's scale this down. I don't know. Maybe I could put people in something in and try to do this in a workshop." So I wasn't sure what to do, so I'm kicking this around with my husband and some people in my office. I said, "Oh. Maybe I'll put them in groups of eight or so and have them send intention to someone in the group with a health challenge."

My husband, who's such a good headline writer, he is also a journalist, said, "I love it. The Power of Eight," and that is how the name got started. We did it, not expecting it to be anything more than a little feel-good effect, like getting your back rubbed or something. We had the group send intention to a member of the group with a health challenge. The next day, on the next day of the workshop, we had them come back and tell us what had happened in turn. And again, we thought it was going to be this mild little effect, and that is not what happened. What we heard were things like, "I have depression, chronic depression, and it feels completely lifted." Somebody else, "I have terrible IBS. My gut feels normal today." Somebody else, "I limp all the time, because I've very bad arthritis in the knee, and I'm walking normally today." Somebody else, "I have cataracts, and they're 80% better."

I was pretty shocked by this and a little upset, because I thought, "I'm not a healer, and this is going to take away from this serious scientific stuff I've got," but I kept playing with it. With every workshop, I kept doing it and doing it and doing it. I kept getting these kinds of results. I mean, giving him an example, one talk, and it would be sometimes just a talk. For example, a few years ago, I did a big talk at the Mile Hi Church outside of Denver, and we had the audience go into groups of eight, just do a 10-minute intention. That's all it was, and that's all I ever do. We had a woman who was scheduled for surgery. She had terrible, terrible knee arthritis. She couldn't even stand on her knee. It wobbled all the time. She did a deep squat right after it. Somebody else, who was a stroke victim and couldn't see after her stroke, couldn't focus her eyes, her eyes focused normally.

We had somebody else whose shoulder was dislocated and was in terrible pain, slotted back into place during the 10-minute intention, and her pain was gone. Somebody else who was really skeptical of the whole thing, but had a bad back and her back stopped hurting afterward.



So we had all kinds of things like this, and we continued to have all kinds of things like this. I've had two people get up out of their wheelchairs, one person paralyzed from the neck down, somebody else with MS, with multiple sclerosis. I've had all kinds of cancer reverse. I've had things like hip dysplasias, a baby born with hip dysplasia, and it slotted back into place. Shocked the doctor. We've had all kinds of things. We've had 1000s of healings now in the time, but I did not know why this all was going on, so it took me 10 years to get the courage to publish my book, the Power of Eight. I needed to know why this works. You know, I'm probably the biggest doubting Thomas on the planet.

Colette:  
That's good.

Lynne:  
... For this. Well, I felt, "I need to know. Why is this happening?" But just putting people in groups of eight or so, they're doing a 10-minute intention altogether, and people are getting healed, miraculously healed. It could have even been the placebo effect, because we've had it work on people who didn't believe one word of it.

Colette:  
Right.

Lynne:  
I started looking into why, and I came up with numerous things. First of all, there is the power of intention. I mean, there's no doubt, and as you mentioned, I've written a whole book on the evidence about intention, the laboratory scientific evidence that intention can do everything from affect single-celled organisms to human beings and other things too, so there's the power of intention. There's no question that our thoughts are things that affect other things. But then there is the group effect that the French psychologist, Émile Durkheim, said that groups create an effervescent effect. There's a group effervescence. We all get hyped up with groups. But a big, big piece of this, big piece of this is altruism.

Colette:  
Right.



# INSIDE THE WOONIVERSE

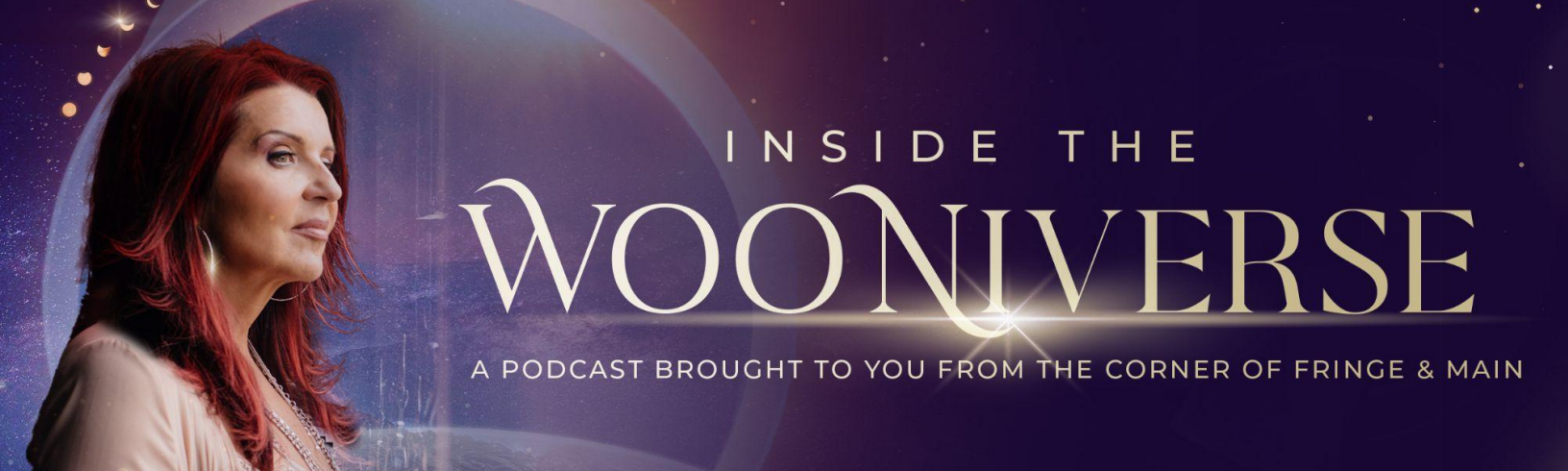
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Lynne:

One of the key things that happens with a power of eight group is you get off of yourself, and that is one of the things I consistently teach. When people are getting nowhere with their intentions, I will usually say to them, "Get off of yourself. Intend for somebody else who needs it more, and then see what happens. Don't do it just to get, but just see what happens." One of the beginnings of a power being group is you are giving most of the time. There's eight of you, so some days of the time, you're doing an intention for someone else. You then are receiving, but you're also receiving when you send. I realized this when I started looking into the science of altruism. Altruism is completely like a bulletproof vest. People who do things for other people, live longer, healthier, happier lives. There's no question about it.

Volunteers live, I think, they're two-thirds longer, some amazing statistic like that. People who do anything for other people, if you are ill and you help somebody else with the same condition, you are more likely to get better. There was a wonderful study about this, about prayer, praying for people with depression. A psychologist who also happened to be a priest was fascinated by the idea of prayer, healing people. There is plenty of evidence for that. There's about 150 good studies. So he wanted to see if prayer would also work for mental illness, so he brought together 500 people with clinical depression, divided them into two groups. One got the prayer. The other group gave the prayer, so they gave the prayer to the others. So afterward, this psychologist priest used all kinds of psychological parameters to find out what had happened and who got improved.

He found that the prayed for group improved. They got better, but nowhere near as better as the people who had done the praying. That sort of sums it up to me. There's no question about the power of giving. Probably the most powerful example of that of all though was another study that wanted to look at people who lived in a certain way and compare it to their immune systems. One group that we'd call people who are living the dream, they have all the money in the world, they've got loads of holidays, they've got loads of stuff, they've not just got it all as far as our culture says. When the scientists looked at their immune systems, they figured they would see really powerful immune systems. They were shocked to discover the absolute reverse. These were people who were basically perfect candidates for a heart attack, stroke.



Colette:

Wow.

Lynne:

Alzheimer's disease, all of those degenerative diseases. These people were going to drop like flies, terrible immune systems. Then, they looked at another group. They were people who didn't have as much money, as many holidays, or as much stuff, but they were living a life of service. These people had totally robust immune systems. They were going to live forever. That, to me, sums it up. One of the things I really am worried about is the whole idea of self-help. That whole motion of self-help, being my best me, all of that, such a focus on it is dangerous for our health. I think what we need to do is be about other help, and the reason I think that is so important is that I've seen, over and over in power of eight groups, that when people do things for others, when they're the senders, they get healed as much as when they are the receiver.

Colette:

And don't you find, too, that that's really the nature of compassion? When we're not so me-focused, we before me, then it enables us to be more empathetic and more compassionate for other people. I teach something called compassionate prosperity, where if you are going to be looking at this prosperous life, it has to be in service. If you do it for service and let go the form, you will be satisfied. There'll be a sense of whatever it comes to you is spectacular, because your focus is different. We have to take a little break now. More with Lynne McTaggart when we return.

Welcome back. Lynne, let's pick up on what we were talking about before the break. In your book, I want to go back to *The Power of Eight*, there are some radical truths about thought. Thoughts are not neuronal firings. Two, thoughts are globally felt in your body. Three, thoughts are outrageous trespassers. This is like, I could talk about this forever, but we don't have hours. But anyway, four, thoughts are usually an unconscious broadcast, because I really want people to hear and understand that thoughts are not what they think they are, and we have a choice, and we must become aware of those, including what you just said, which was about, to me, what you described was somebody who accumulated that their focus is on getting, getting, getting, and therefore they had, but their immune systems were not well. They were not service driven, because you can be wealthy and be service driven as well.



Lynne:

Yeah. What's important to you, what your life's purpose is all about. That's really what we're talking about, what we're driving at.

Colette:

Right, exactly. So can you just kind of summarize a little bit or talk a tiny bit about those four concepts?

Lynne:

Yeah, we talked about "thoughts are light" already. Thoughts are all pervasive too. There are many scientists who now believe that thoughts and this light energy that we're talking about, these biophoton emissions, get transmitted through the body via a thing called microtubule. These are little hollow tubes that are the scaffolding of every cell. They really hold cells together, and there's loads of them. Now, if you looked at an image, if I showed you the image of a cell, you would see that it is full of these little light pipes, as they're called.

They're just absolutely full. Every cell is full of them, so imagine that thoughts are being broadcast. You are having thoughts. They're light. They're going through your body. They're actually going through every cell, because this light is also global. They've found, in studies, if you put medicine on one part of your body, let's say your hand, it will change the light there, but it would also change the light all over your body. Imagine this light is going through, it's global, it's going through these light pipes, it's through every cell. There's so many of them in every cell. We're drenched in our thoughts, so thoughts are global. They're through our body. Our body feels it, which is in my view, why most people get ill. It has nothing to do with genetics, or it is less to do with genetics. It has to do with toxic thoughts and toxic emotions.

Colette:

I so believe that.

Lynne:

And thoughts are trespassers. We are leaking buckets. As I usually say, we're leaky buckets. We're leaking out thoughts all the time, and those thoughts are going into other people and





things all the time. The evidence is clear on that. The studies are clear on that. My book, *The Intention Experiment* goes into that, et cetera. Also, thoughts are a constant broadcast. As I mentioned, 70,000 thoughts a day.

I bet you're not even conscious of what you're thinking about most of the time, but most of the time I can tell you what you're thinking about. You're thinking, "Does my butt look big in this?" You're thinking, "I hate my hair. I hate my hair." You're also thinking, "I hate her hair. Her butt looks big in this. I hate this person, because he's Republican, or he's Democrat," or whatever. "I hate, hate, hate. I dislike, I dislike, I dislike. I'm judging, I'm judging, I'm judging," and we're judging each other, ourselves, et cetera, 24/7. So that's what's going through your mind, is most of the time it's a toxic thinking. Most of the time it's self sabotaging, and most of the time, it is affecting other people, whether you know it or not.

Colette:

I know Dr. Larry Dossey had a really interesting book called *Be Careful What You Pray for*. Do you remember that book? He talked about that, about-

Lynne:

I should know.

Colette:

Right? I mean, it really is true. We can impact each other in a very beautiful positive way, so if we're looking at all the things that are going wrong in the world, and we just focus on that and have negative thoughts about that, we're going to see more of that, because we're basically confirming it and adding to it. But if we do become more aware and conscious of our thoughts, and join things like your masterclass, for example, and get into these power of eight groups, and we start to see the miracles because that is the nature of the miracle in a way. I mean, I'm using language that, in your case, it's actual evidence, but that's what people see as miracles. It's possible. We absolutely can change the world, one thought, one intention at a time.

Lynne:

Absolutely. Absolutely.



Colette:

In your opinion, what's the greatest power that we all have inside, that's just waiting to be unleashed so we can heal our lives?

Lynne:

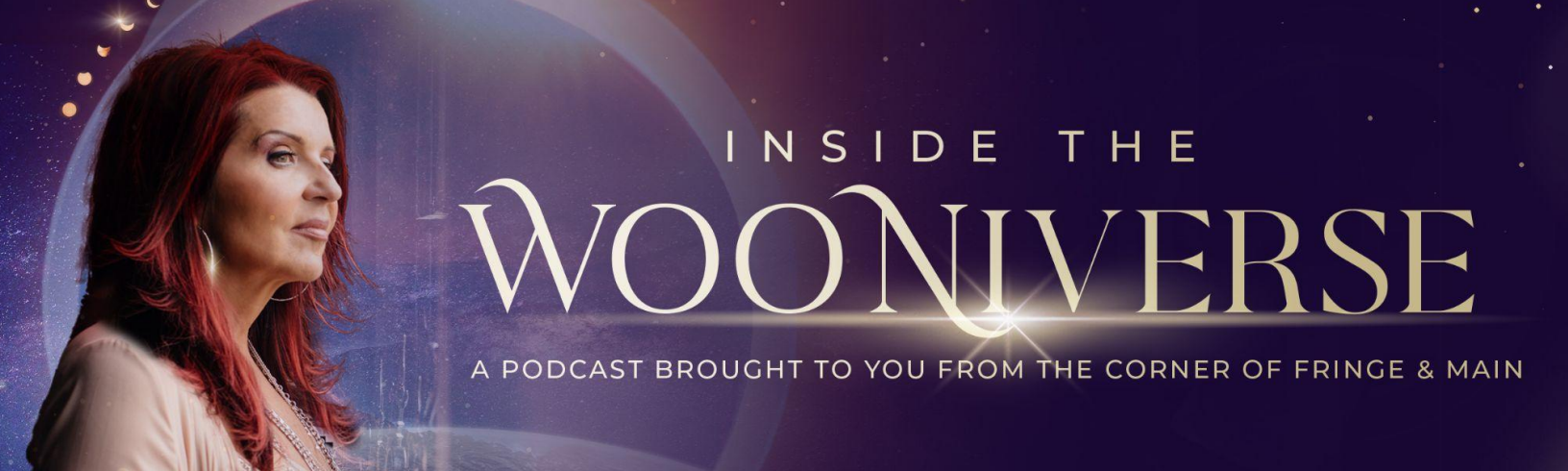
Well, I think it is the power of our thoughts and the power of intention. I mean, we do have these incredible, untapped talents. We're born with them, but our authority figures, like our parents, our teachers, or whatever, deny this. We know this as children. We know we're miraculous beings, as children. We know we have these powers, but we are discouraged from believing that they're real as we grow, and so we get diminished. We don't realize that we do have them. We go to accept the current scientific story, which is a story of separation.

It's a story of separate things operating according to fixed laws in time and space, but we also end up believing that we are completely alone. We're not connected in any way, and we're lonely people on a lonely planet, in a lonely universe. That is our scientific story. So this untapped potential, which I have seen work in small groups, which I have seen work in huge proofs. I mean, we did a story and we did a story recently about some of my recent power of eight or intention experiments. With one, we chose the officially most violent place in America, St. Louis, Missouri.

I was broadcasting this over the TV, and I had an audience send intention to a neighborhood, a section of St. Louis, which was the most violent of the most violent city. This was most violent neighborhood in the country called Fairgrounds. So we set an intention to lower violence around there, and we did it over six days, just 10 minutes a day. Afterward I worked with Dr. Jessica Utts, who is a professor of statistics at the University of California. We got ahold from the St. Louis Police Department of violent crime and property crime statistics, monthly crime, from three years before to six months afterward. We found, and we looked at St. Louis as a whole and also Fairgrounds specifically.

Colette:

Sure.



Lynne:

And we found, out all of the crime statistics had been going up on a total upward trajectory for the three years before our intention, afterward with the six months, they continued to go up as St. Louis as a whole. Property crime continued to go up, st. Louis as a whole. Violent property crime in Fairgrounds continued to go up in Fairgrounds, but violent crime, the focus of our intention, went down by 43%.

Colette:

Wow.

Lynne:

So we've seen this, and we've also seen amazing changes between people in the participation of intention experiments. That's my big focus right now. We saw this in the 10th anniversary of 9/11. I was pretty tired of watching those buildings come down, the videos we see every year on the anniversary of 9/11, so I thought, "We need another narrative here." So I did an intention experiment for westerners, but I also asked a guy called Dr. Salah Al-Rashed, who is like the Deepak Chopra of the Middle East with a huge following.

He has sponsored me as a speaker many times in the Middle East, so I asked him to bring his following to our intention experiment too. We had our experiment translated into Arabic as well on my website. So both sides did an intention to lower violence in Afghanistan at the time. This was 2011. I was astonished afterward to notice that the Americans and the Arabs were Facebooking each other afterward and saying, "Your God is my God. You are my brother from the other side. I've always wanted to apologize for this," et cetera, et cetera, et cetera.

Colette:

Wow.

Lynne:

They were forgiving each other. They were connecting. They were overcoming it. It was amazing. We found this too; I did an experiment with Arabs and Israelis a few years ago. We were able to use equipment that could put a camera into nine auditoriums, and so we put cameras in eight auditoriums of Arabs in different countries, so in Kuwait, in Saudi Arabia, and



Jordan, et cetera. The ninth camera was in an auditorium filled with Israeli Jews. I had to mediate this whole process, because neither side was talking to the other side. They were refusing to even talk to each other.

Colette:  
Wow.

Lynne:  
So we did, and we did this intention for Jerusalem because there was a part of Jerusalem going through a lot of violence at the time. Afterward, the equipment was very cool, because I could speak to all of them and call on them and they could speak to me and each other in turn. So it was really great interactive equipment, so afterward I asked them, "How was it for you?" And again, we had this love fest again. The Arabs are telling me, "Jews, we love you. Your God is my God."

The Jews are saying, "It's a time of compassion. It's a time of peace. We need to come together." Afterward they were telling me how amazing it was. Some of the Arabs had said to me, "We've never actually even seen a Jew before. We're taught that they have horns growing out of their heads," and the same-

Colette:  
What?

Lynne:  
I know and reverse, et cetera. There's just such polarization, and I noticed it coming together. That's been the real interesting part for me, is it's the process of doing it. This is why the power of eight works so well. There's the senders, where there's an effect with the big intention experiments. I've been surveying people since 2008, since that first Sri Lanka peace intention experiment. And I was astonished to find, not only do people talk about the whole event itself, the participation feeling like a mystical altered state, but they also have healings.

They have big changes in their lives. They report their lives becoming more peaceful, getting along better with their estranged partner or their not so nice boss. 50% usually say, "I'm more in



love with everybody I come in contact with." 50%, and these are thousands of people writing in. About a third say that they have some sort of physical healing, an improvement in the condition, or a full-fledged healing, so people going around afterward, hugging strangers. There's like this whole mirror effect going on.

Colette:  
I love it.

Lynne:  
Yeah, but I've also found, as I say, in the small groups, the senders are getting healed as much as the receivers.

Colette:  
Tell me a little bit about the masterclass, because I believe you do that once a year? You do it every single year and it's coming up, and I think everybody's going to want to run and join it, so can you give us a little information about that?

Lynne:  
Absolutely. Back in about 2015, I thought to myself, "What would happen if I put people into groups for an entire year and worked with them after seeing all of this amazing stuff going on?" And so I do. What I do with the Power of Eight Intention Masterclass is show people 13 keys to intention mastery. To really do intention well, there are certain techniques, and I've put together and distilled the process that is a mix of frontier science and ancient wisdom to come up with, and I know various teachers, and I've looked at all kinds of teachers from master healers to Buddhist monks, they have certain differences in their techniques, but also some commonalities. There's also a lot of science showing what works best.

I put together what I consider 13 keys. I teach them, I teach people how to use intention for different things. So intention doesn't just have to be used for healing your body. Intention can be used to heal your life. I have been working with people to help better use intention to heal finances, for instance, or to create the career they always wanted, to heal relationships, to find a new relationship, or to change their life purpose. A lot of people come on the course who say, "Okay, now what? My kids are grown, and now what? What's my real life purpose?" I show



people how to do that too, and I also show you how to use intention for relationships, to improve current relationships or to get along with people you don't get along with. Know that you can use intention to overcome any kind of polarization, so I teach a lot about that.

Colette:

Oh. Everybody needs that.

Lynne:

Everybody needs that, yeah.

Colette:

Everybody needs that now. Well, I'm very excited. For those of you who are listening today, we are going to have a lot of information all about how to sign up for this and more about Lynne McTaggart. I want to do something that I do with all my guests. I'd love us to pull an Oracle card. What the intention is that the Wooniverse will reflect back to us something that we might need to conclude our talk with or affirm us with. Are we game?

Lynne:

We are game. Why not?

Colette:

Okay. Here it comes. Oh, this is so great. The card is from my deck, the Oracle of the Seven Energies, and it relates to intuition. The card is Wish Upon a Star, and it is about the innocence of intention, that it is a wish that is open-ended, that it is all about asking for oneself without even knowing it. It is that it is the acknowledgement that the wish, the thought, the intention would touch the star and come and reflect back to us. Any thoughts on that?

Lynne:

Yeah. What do I take from that idea, when you wish upon a star? I think it's all about belief. I think it's all about trust and belief, and I always say trust the process. I love the Buddhist idea of, you put your empty cup out and it gets filled. I always tell my students, you have got to believe. You've got to believe no matter what. You have to trust the process. You also have to let go. In many, many instances, I have people who don't believe and have given up hope.



Colette:  
Right.

Lynne:

And I tell them, "First of all, you must believe. And secondly, get off of yourself for a while." So I'll give you an example. Andy Spyros. Andy was going through a divorce, and she had sold her gift store business, so she needed new work. She had two young children, so she didn't know what to do because none of her intentions were manifesting. I finally said to her, "Andy, get off yourself. Intend for this young kid."

There was a kid called Luke, whose stepfather wrote me that he had broke up with his first serious girlfriend, so he threw himself off a 40-foot structure onto hard ground, and Luke broke every bone in his body, got nerve damage, brain damage. Nobody thought he was going to live. The doctors thought he was a hopeless case. So I had Andy and the other members of my masterclass intend for Luke while his stepfather kept a running commentary of what was going on. Luke seemed to miraculously respond to our intentions, and he got out of the hospital in record time. He's now a totally healthy 19 year old. The more interesting thing, however, that is quite miraculous-

Andy puts a call out of nowhere the following week from somebody she doesn't even know, offering her her dream job. She also goes on to change her rancorous divorce into a model divorce that lawyers on both sides said, "Could you tell us what you were doing so we can have a blueprint and use it for our future clients?" So Andy's whole life turned around by the process of getting off of herself and also trusting, just saying, "Okay. I'll leave. I'll park my stuff. I'll do this for someone else," and the universe provides. I think that whole idea of trusting is really that idea.

Colette:

I love that. We are going to take a little break now, and when we come back, we're going to switch gears and enter into another dimension of the Wooniverse, the Tea Time After Party, so please stay with us. We'll be right back.



Thanks for joining us today, and welcome back. With us today is Lynne McTaggart. We're going to switch gears and travel into another dimension of the Wooniverse called the Tea Time After Party. We're going to invite our executive producer, Connie Diletti, in here, and we are going to kick up the fun a little bit. Are you ready for some fun questions?

Lynne:  
I am ready.

Colette:  
Okay. I have the first one. You are banned from the library. Why?

Lynne:  
Oh. I'm a total disruptor. I'm a naughty girl. I'm a total disruptor. I'm a bomb thrower at heart. I'm an investigative reporter at heart, and I like to stir things up. I've been stirring up things about modern medicine for 32 years, so that's me at my heart. I want to change things. I want to make things better. I'm constantly thinking about that. Right now, I'm thinking about my power of eight groups being an army of changemakers.

Colette:  
Right. I might join one of these things. Your turn, Connie.

Connie:  
Okay, Lynne, I have a question. If you could live inside of any sitcom or show of your choice, what would it be?

Lynne:  
I'm going to have to time travel, I suppose. I think I probably would like to have been in Frasier.

Colette:  
Frasier.

Connie:  
Oh my gosh. Me too. Oh.





Lynne:

I wouldn't mind being a friend in New York with Friends.

Connie:

Oh. Yes.

Lynne:

I probably would've loved to be in Sex in the City too. I lived in New York for the first eight years of my life after university, so I wouldn't have mind knowing that gang of girls.

Connie:

Yeah. I love that.

Colette:

I'd want to be in Bewitched.

Connie:

Another good one.

Lynne:

That'd be good.

Connie:

Right. What was the most outrageous fashion trend you've rocked?

Lynne:

Oh, golly. Well, I liked Norma Kamali a lot in my 20s. I guess I wore kind of a tutu when I was in my late 20s.

Connie:

Cool.



Lynne:

I went through a period in the 80s of lots of kind of curly hair. My hair was very dark in my youth. It was nearly black, so I guess I was rocking an 80s look-

Connie:

Love it.

Lynne:

I suppose, back then.

Connie:

That's cool. Could you maybe share the best or the worst job you had as a teen or something?

Colette:

You've ever had?

Lynne:

Let's see. When I was in college, I was a receptionist at a mobile home company. They had the trailers type things. I kept getting quilts from people, where the trailer had melted, basically. It was so badly made, so that was right up there. I did a lot of waitressing in my teens, and I was a clumsy waitress. So I remember dropping food for a lot of people, and them feeling sorry for me, including good tips, and also getting hit on a lot when I worked in a bar. So I remember one time getting off and taking a whole jug of beer and pouring it over some guy's head.

Connie:

Okay.

Lynne: The topic of is, in New York as a struggling writer, in my few years after university, I took a job as a ghost writer. This is brilliant. It was a ghost writer for a woman who was very well known for sewing, seamstressing, et cetera, et cetera. I used to have to go to her office, and she would tell me, "Oh. Give it some color." And she would talk about all of this stuff, so I remember having to write things about sewing duvets, so that you can shake and make your bed and stuff



like that, and terrible, little puns. So yes, those all sort of were some of my worst ones. I suppose.

Colette:

What a highlight reel. Yeah.

Connie:

Okay. Last question. If you could be any supernatural creature, what would you be and why?

Lynne:

Ooh, golly. I have to think about being The Incredibles. Do I want to force field or do I want to see into? Probably x-ray vision would be helpful, but maybe embarrassing. I wouldn't mind flying. I'd like to fly, I think. I think I'd like to fly.

Connie:

Flying. Oh, that's a great choice. That's a great choice.

Colette:

I love that. To learn more about Lynne and all her offerings, you can visit her at [lynnrmctaggart.com](http://lynnrmctaggart.com). And as always, you can find a transcript of this episode, quotes, all the links, and so much more on our show notes page. So go to [itwpodcast.com](http://itwpodcast.com) or click the link in this episode's description. Lynne, it has been such a pleasure. Thank you so much for joining us today.

Lynne:

Oh. Thank you. It's been a real pleasure too, and lots of fun questions to answer.

Colette:

Thank you so much. So what did we learn today? Oh my gosh. You know, I think the most important thing that I learned today is how important it is to monitor my thoughts and how important it is to remain either neutral or very positive about other people, and to be very, very conscious of my judgments, because we can impact the world. We really can, and we can heal the world. I mean, this is such an exciting conversation. I've been following Lynne for years, and



I know that I love the fact that she really brings hardcore evidence to the table. So, wow, it's so great. I am definitely going to be, myself personally, signing up to one of her classes. So thank you for listening. Until next time, I'm Colette Baron-Reid. Be well.