

Power of Eight Book Notes

Chapter 4: Mental Trespassers

-The most essential ingredient in creating our universe is the consciousness that observes it- that nothing in the universe exists as an actual “thing” independently of our perception of it.

-Perhaps what is actually meant by the Observer Effect is that we create as we attend to a particular object, focusing on the object in unison and articulating a very specific request together.

-“Here is an overlooked secret of the early church- over and over again, Luke stresses that what they did, they did together. All of them. United and unanimous”

-Jesus considered prayer a communal act. He wanted his apostles to pray together, with the same thoughts and words, like an intention stated together- and many other historical biblical scholars have concurred with him.

-This would suggest that the plan for the members of the fledgling church to pray as a group, of one mind and heart. This technique of praying as a passionate unity was meant to be used by the entire church congregation.

-Small prayer circles has been an essential part of the early formation of the Christian church. Small intention circles may have been employed, if not invented, by Jesus.

-“When any assembly of God’s people meet in the same spirit they may expect every blessing they need”

-When people are involved in a passionate activity like a healing circle, they transmute from a solitary voice into a thunderous symphony.

Chapter 10 Hugging Strangers

-5 characteristics of people who’d undergone an enlightenment experience: a sense of unity, and extraordinary intensity of experience, a sense of clarity and new understanding, a surrender to not being in control, a sense that “something-one’s beliefs, one’s life, one’s life purpose, has suddenly and permanently changed”

-All these org’s made use of distant mental intention- intense initial concentration\, visualization, a heart-centered approach, a very specific request to the universe. In those traditions these techniques were claimed to provide a transport to the divine.

Chapter 11 Group Revision

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-I discovered the greatest cause of psychological or physical illness is a feeling of isolation- from others, from our family, from our God. A potent healer of stress in any area of life is simply establishing a strong connection.

-To create a rebound effect, I was beginning to realize, our experiential targets needed one essential element: other human beings.

Chapter 14 The Twin Towers of Peace

-"It was like stepping onto a moving escalator or support"- power of 8

-"religion does not mean sectarianism. It means a belief in ordered moral government of the universe.. This religion transcends Hinduism, Islam, Christianity, etc.. It harmonizes them and gives them reality.

Chapter 17 Going in Circles

-Focused attention and mindfulness create meditators with heightened perceptual awareness.

-When the object is compassionate meditation and a desire to send love to all things, these types of thoughts send the brain soaring into a supercharged state of heightened perception.

-It may well have been that within the confines of intention groups, it finally becomes safe to give, and giving might ultimately be the entire point of the exercise, the aspect of the intention that proves to be the greatest healer.

Chapter 18 Giving Rebranded

-"It seems as if praying is more effective than being prayed for"

-If you're suffering from some sort of condition, you're more likely to overcome it once you turn your attention to someone else.

-Directing your attention to someone else is particularly good for your mental health, and the reverse is also true; people who are strongly focused on themselves are more likely to suffer from depression and anxiety and a negative mood.

-Something about the desire to do something for someone else with no strings attached or personal benefit has an impact on health and well-being far and above that of anything else: diet, lifestyle, social support, or religious belief. Of any single lifestyle factor, altruism appears to be the ultimate vitamin pill for assuring a long and healthy life.

Chapter 19 Thoughts for the Others

-She then started experimenting with altruism- shifting her intentions to others, and got the breakthrough she needed.

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- "At times, focusing on one's own intention may be the metaphysical equivalent of a watched pot not boiling" "Focusing on the good of others and being of service takes the focus off ourselves in a way that allows movement without noticing the passage of time. Perhaps altruism is the secret way of both consciously and non-consciously NOT observing so the desired outcome can occur.

- Among the pleasure seekers, the psychologists were amazed to discover high levels of inflammation, considered a marker for degenerative illness, and lower levels of gene expression involved in antibody synthesis, the body's response to outside attack.

- Those whose lives were not as affluent or stress-free but were purposeful and filled with meaning had lower inflammatory markers and a down regulation of stress-related gene expression, both indicative of rude good health.

- The key to a long and healthy life is living a life that concerns itself with a meaning beyond satisfying the needs of number one .

The Power of 8 Study

- Something about the promises we make to each other may carry more weight than the promises we make to ourselves. A statement in the presence of a small group is a contract we make with the universe- to do and be better than we presently are. There is also the power of support and connection, a condition as necessary to the human spirit as oxygen is to the human body. The most fundamental promise we make to each other is to support each other through adversity. At every point in our lives we need to know someone's got our back. This knowledge becomes a larger certainty in our lives when a group of strangers connect together to heal us.

- I've seen the extraordinary power of a small group to create hope and healing in the lives of every group member. I've understood that the most powerful transformational state of all is altruism. Moving away from self-help is our most potent healer.

- As one person requests a healing, so our own need for healing reverberates deeply inside us. We make a public commitment to each other to try harder the following day. Each time we participate in a healing, we also heal one small part of ourselves.

- Illness is part of that smallness of the self- a distinct and separate entity- but in the presence of a group, the individual recognizes him or herself as part of a greater whole. The sickness is identified essentially as foreign matter in this perfect unity, at which point the group, like a giant tweezer, gently helps it to be excised.

- With the opportunity to carry each other, we are given the opportunity to be healed.

Create Your Own Power of 8 Group

- 6-12 people

Power of 8

-Ask if any members of the group with a healing challenge of some sort (emotional or physical) would like to be the target of the healing intention. Allow the person to describe the problem in detail.

-Spend a few moments talking over and designing the intention statement that you will all hold together.

-Gather in a circle. Join hands or place the subject in the middle and everyone places a hand on the subject.

-Have each member close their eyes and concentrate on breathing. Clear their mind of any distractions, then hold the intention statement in their mind while imagining, with all 5 senses, the intention recipient as healthy and well in every way. All members should send out the intention through their hearts. The intention recipient should remain open to receive.

-After 10 minutes, gently end the intention and have everyone come back into the room. Ask the recipient to describe how they feel and if they experienced any changes, positive or negative. All the other members can take turns sharing. Take note of any feelings or palpable oneness and also any improvement in the condition of both senders and receivers.

-Can select targets outside your group.

-Keep note of any monthly progress in your life, health, career, life's purpose.

Making the 8 Virtually page 239

Powering Up

-You will be a more effective "intender" if you believe in the process, learn how to focus, quiet your mind, connect with the object of your intention, visualize the outcome, mentally rehearse and let go, trusting the process.

1-Choose your intention space: use same one

2-Focus your mind:

3-Make a connection

4-Be compassionate: focus attention to your heart, as though you are sending light to it.

Observe the light spreading from your heart to the rest of your body. Send a loving thought to yourself, "May I be well and free from suffering".

-On out breath- imagine a white light radiating outward from your heart. As you do, think "I appreciate the kindness and love of all living creatures. May all others be well. Think of all those you love, then your good friends. Then acquaintances, then people you dislike.

5-Tell the universe exactly what you want: be highly specific and directed- the more detailed, the better. State your entire intention, and include what it is you would like to change, to whom, when, and where. Use a reporter's checklist to ensure you have covered every specific: who, what, when, where, why, and how. If you are trying to improve your career, be specific

6-Mentally rehearse- visualize the outcome you desire with all 5 senses. You can create mental pictures for anything: a new house, a new job, relationship, healthier body, body. Imagine yourself (or target of intention) engaging in whatever new aspect of life you wish to create.

7:Believe in the process; don't allow a rational mind tell you that intentions won't work. Keep firmly fixed in your mind the desired outcome and do not allow yourself to think of failure.

8- Time it Right: intentions work better when you feel happy and well.

Power of 8

9-Move Aside- relax your sense of self and allow yourself to merge with the target of your intention. After framing your intention, state it clearly and then let it go. Don't think of the outcome. This power does not originate with you- you are just the vehicle for it.

Message in a Bottle experiment page 245