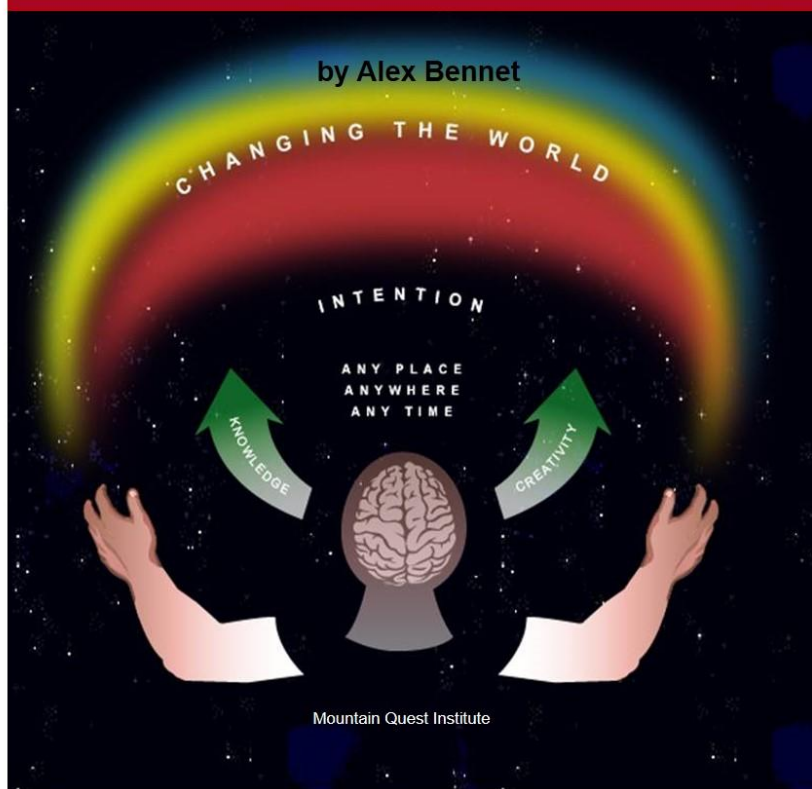


Possibilities that are **YOU!**

Volume 6: Attention and Intention

by Alex Bennet



This is Vol 6 in a series of 22 short books, what we call Conscious Look Books, that are conversational in nature, taking full advantage of the reader's lived experience to share what can sometimes be difficult concepts. We live in a world that is tearing itself apart, where people are out of control and wanting to control others, rebelling from years of real and perceived abuse and suppression of thought. Yet, this chaos offers us as a humanity the opportunity to make a giant leap forward. By opening ourselves to ourselves, we are able to fully explore who we are and who we can become. With that exploration comes a glimmer of hope as we begin to reclaim the power of each and every mind developed by the lived human experience!

These 22 concepts are part of the learning journey of which we are all a part, the Intelligent Social Change Journey (ISCJ). This is a developmental journey of the body, mind and heart, moving from the heaviness of cause-and-effect linear extrapolations, to the fluidity of co-evolving with our environment, to the lightness of breathing our thought and feelings into reality. Grounded in development of our mental faculties, these are phase changes, each building on and expanding previous learning in our movement toward intelligent activity.

These little books share 22 large concepts from the Profundity and Bifurcation of Change (which is written from an academic viewpoint). Each book is independent and includes seven ideas offered for the student of life to help us become the co-creators that we are. These books, available in soft cover from Amazon, support idea exploration, class discussion, other discussion groups or can be used as special occasion gifts.

Possibilities

that are **YOU!**

Volume 6: Attention and Intention

by
Alex Bennet



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Frost, West Virginia

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*A shared idea sparks a conscious intention
The road chosen focuses our attention
Creation pours forth, astute thought demanding
Standing on the threshold of understanding.*

-Cindy Lee Scott

Preface

Now, pay attention! This book is for YOU. Regardless of economic success or educational prowess, beyond cultural influences and habitual routines, YOU have been and continue to be a student of life. And since our time in this learning sphere is precious, the challenges and opportunities are both rapid and continuous, always offering new insights. YOU are a verb, not a noun. Forget what you were taught in grammar school!

We live in a world of demanding challenges, where people and systems are rebounding from control, rebelling from eras of real and perceived suppression of thought. With the acceleration of mental development over the past century has come increased awareness of human capacity, with economic success in small bites for many and large bites for the few, and for some coming with an arrogance that says, “Look at me. I’m right, you’re wrong, and I’m not listening.”

Because of our Economy’s focus on the material, economic success begets economic success and the separation of wealth grows larger, flaming the difficulties of surviving in a CUCA world, that is, a world of accelerating change, rising uncertainty, increasing complexity, and the anxiety that comes with these phenomena.

Yet all of this **offers us, as a humanity the opportunity to make a giant leap forward.** By opening ourselves to ourselves, we are able to fully explore who we are. With that exploration comes glimmers of hope as we contemplate the power of each and every mind developed by the lived human experience!

As YOU move through your life of thoughts, feelings and actions—even when you have to repeat things over and over again as part of the experience—YOU are advancing toward the next level of consciousness.

Here's the bottom line. Everything that has been learned and continues to be learned is out there ... and as a student of life, YOU have access to it all. So often it is expressed in ways that don't make sense because of the language and media being used. It just isn't presented conversationally, and you don't have a chance to ask questions from your unique point of view.

So, these little books—which we refer to as Conscious Look Books—are specifically focused on sharing key concepts from *The Profundity and Bifurcation of Change* series and **looking at what those concepts mean to YOU.**

These books are conversational in nature, and further conversations are welcome. We invite your thoughts and questions, not guaranteeing answers because there is still so much to learn, but happy to

join in the conversation. Visit Mountain Quest Inn and Retreat Center www.mountainquestinn.com located in the Allegheny Mountains of West Virginia or email alex@mountainquestinstitute.com

As my partner David reminds us: *Run with the future!*

Our gratitude to all those who take this journey with us, and a special thanks to the colleagues, partners, friends, family and visitors who touch our hearts and Mountain Quest in so many ways.

With Love and Light, Alex and David

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Introduction

Directly related to consciousness, attention and intention are tools of the self, laying the web for interaction with the world in which we act. As we recognize, experience is the fundamental way people learn. This term “experience” covers much territory, from living in a certain environment to a direct interaction with another person, to a frightening event, to the internal experiences of dreaming, meditation, reading or reflecting on action, or, well, just thinking or feeling! All of these are ways that information can come to the attention of the mind and thereby interact and influence perceptions of the world.

For example, some 20 years ago in the U.S. Department of the Navy Acquisition System, change was afoot, with dozens of initiatives simultaneously pushed down from the Department of Defense that impacted every aspect of the acquisition process for multi-year, million and billion-dollar programs. While a myriad of resources from both the public and private sectors were available in support of this change, we were faced with how to quickly move the system from within.

The Inspector General teams served as a pivot point. The inspection teams, which usually go in after change to evaluate implementation, were

trained as knowledge brokers. They were asked to go in up front, before change, and, while they would do their assessment based on the new requirements, would act as educators. The *inspection teams* were not only provided an *understanding* of the change needed and support materials available to make those changes, but were also briefed on future program office needs, where the program office must be within the year.

These teams immediately scheduled pre-audits of every program office, with the checkpoints representing 100% implementation of each of the change initiatives. When the pre-audit was done, the team sat down with program office leaders, provided resources for every gap that was noted, and scheduled a full audit of complete implementation six months later. This process both gained the immediate *attention* of leadership and set the *intention* in terms of expected quality and timeliness for full implementation.

Attention is organic; it is about people.

Interestingly enough, we have discovered through neuroscience that in one situation our brain may keep individuals from paying attention (through what we describe as monkey chatter, or emotional distractions) and in another situation engage our full attention! Stress also plays a major role in arousal and attention.

Let's explore what is happening in your mind/brain. We talk about the mind/brain because it takes both! The brain is the physical structure, and the mind is all the neuronal firings that are our thoughts. Incoming stuff from the environment coming in through our senses—sensory input—is continuously screened by the amygdala for potentially dangerous situations. If a threat is sensed, the amygdala immediately sends a signal that sets in motion a quick action such as the fight or flight response. This happens before the cortex is even aware of what has happened! The cortex, which looks like folded grey matter, is the outer layer of the cerebrum and plays an import role in consciousness. This shortcut through the amygdala is fast, but it misses a lot of details.

The negative impact of all this is that high levels of cortisol, the substance secreted by the adrenal glands during stress, can cause permanent damage to the *locus coeruleus*, which is important for selective attention. You knew there had to be a connection to “attention,” since that's the focus of this little book. We tend to think that “feelings” or “thoughts” are separate from the body, that, since we can't see them or touch them, they are not part of our physical focus. Anything but!

Attention is incredibly real. It actually pumps up neuronal activity, taking “a physical form capable of affecting the physical activity, and therefore the

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structure, of the brain.”¹ We also know now that the frontal lobe allows us to pay attention and ask good questions.

[Your Thoughts]



Idea 1: Our conscious mind is focused within a specific window with an upper and lower threshold.

The mind is the seat of consciousness, enabling awareness of our self as a knower, observer and learner, and as one who takes action. But knowing, observing, learning and taking action are not static. The perception of self is a learned pattern, beginning early in the journey of growth. We are a verb, not a noun, continuously associating incoming information with stored patterns, creating and recreating a continuous series of *Now*s that become our source of thoughts and actions. Thus, consciousness is a process in which thoughts, images and feelings are constantly evolving, and reality is created and recreated as the mind is focused and refocused.

Attention is key to development of the self. Since consciousness is a part of self, then it makes sense that over time whatever we pay attention to is going to shape that self. Even the objects and activity that we pay attention to or become involved in become part of our self. For example, when we are asked who we are, the response may be “a housewife” or “a dancer” or “a mechanical engineer.” These are labels that we have attached as part of our self. In one context, the self could be

thought of as a hierarchy of goals, because it is the purpose and goals of the self that focus the largest amount of attention. Not only what we pay attention to, but *how* we pay attention is important. For example, we might consider a person who continuously worries about getting hurt as neurotic, or a person who avoids eye contact and stays relatively quiet as shy.

At any given moment, each person and each organization functions from a very definable band or region of thinking, talking and acting, an attention space that has upper and lower thresholds. This is the space within which things make sense to us. Even if reality is hitting us in the face, we still must translate that through our personal lens.

If a proposed new idea is above the upper threshold, it cannot be comprehended and has no perceived value. If a proposed new idea is below the lower threshold, it is so well-understood, so common, that it may be dismissed as unimportant. Pushing the edges of this threshold produces discomfort, and we seek to bring the environment and our values and beliefs back into balance. As we are able to integrate new experiences and knowledge into this space, understanding increases and, by definition, the thresholds adjust to accommodate this learning.

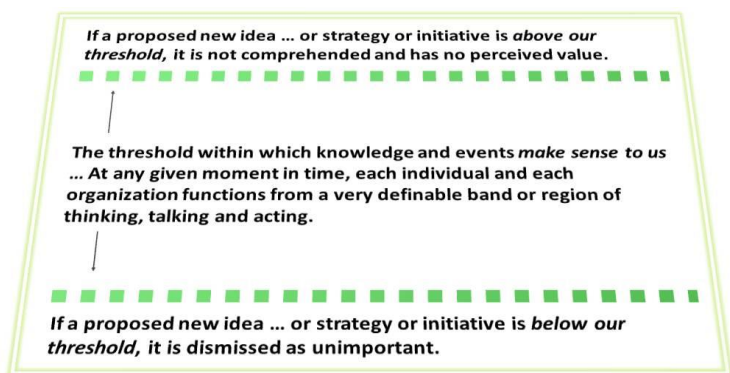


Figure 1. *The threshold of focus and consciousness.*

Within each person's (or organization's or country's) thresholds are deep pockets of focus, that is, areas that are of particular interest (or passion) to the person (or organization or country). For example, a concern pianist may have a deep focus on a specific kind of music with a developed set of preferences and beliefs around the value of other music. A farm growing organic crops will have a bounded focus on specific methodologies, with a strong prejudice against insecticides. An IT organization may have deep knowledge that is bounded by a focus on non-Apple products (or vice versa), supporting a belief in the value of one over the other. A state or country with high elevation would have a focus on winter sports and would, most likely, value winter sports over other sports in terms of fitness. Conversely, the focus and beliefs of those

living on a Caribbean island would be quite different!

<<<<<<◇>>>>>>

INSIGHT: At any given moment, each person and each organization functions from a very definable band or region of thinking, talking and acting, an attention space that has upper and lower thresholds.

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With the advent of the Internet came global connectivity such that people had greater access to an exponentially expanding amount of information. Thought that has been vibrating around the world collides with the expanding minds of thought leaders at all levels of the organization and society. This incoming thought (information) is now associated with all that is already known and brought into the situation and context of the moment, that is, creating a cohesive world view from the learner's point of reference. Out of this melee patterns appear and new thought emerges, and both individual and organizational thresholds for learning move higher and higher, with expanding knowledge bringing them ever closer to intelligent activity.²



Idea 2: As the availability of information increases, attention becomes more difficult.

Before the turn of the century, books were already beginning to appear on the business best seller lists that argued that attention had become the scarce resource of the information economy. Many of them referenced Richard Lanham, a professor of rhetoric at the University of California Los Angeles, who was focused on the implications for information technology of human attention management. A primary point was that black-and-white text could never hold the attention of a generation stimulated by color and movement, brought up with the singing and dancing of numbers and letters on *Sesame Street*.

Gosh, *Sesame Street* wasn't that long ago. Certainly, you remember those numbers and letters dancing?

As the information age exploded and the availability and accessibility of information increased, the gap between the attention of people and organizations and the information that needs to be attended to has widened. In a book called *The Attention Economy*, with a focus on the current attention deficit, the authors describe attention as a slippery intangible asset. For example, they describe an organization's attention deficit in terms of

organizational ADD. The symptoms are the increased likelihood of missing key information needed for decisions; diminished time for reflection on anything but simple information transactions such as email; difficulty holding others' attention; and a decreased ability to focus when necessary.³

From the neuroscience perspective, spatial attention to a specific thing, person or event increases the intensity of the related neuronal firings, which in turn affects the conscious experience of focus. This amplifies the contrast in the experience, making it less faint and more salient.⁴ That's a lot of brain power being used, and translates into increased memory and recall.

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INSIGHT: Attention to a specific thing, person or event amplifies the contrast in the experience, making it more important.

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Further, attention has potential long-term impacts as well. Eric Jensen, a passionate “brain-junkie” who co-founded the world’s largest brain-compatible academic enrichment program, SuperCamp, says, “It is now established that contrasting, persistent, or traumatic environments can and do change the actions of genes.”⁵ Thus, attention directly impacts the breadth and depth of connections in the short and long-term.

Wow! Did you get that? If we really pay attention to something for a long period of time we actually change our genes. Who would have ever thought a simple thing like attention was so powerful? But, wait a minute. What happens when we have this “attention deficit” we talked about earlier? Yep. It certainly causes harm.

There are six basic units of currency for exchange in the attention market. We will use the model developed in *The Attention Economy* to further understand the elements of attention.

Each unit emphasizes a fact of focused mental engagement. The first is *aversive*, conscious responses such as “to death or defeat.” The second is *captive*, both conscious and unconscious responses that provide a choice when brought into our awareness. An example would be advertising or bad weather. The third is *back-of-mind*, which is an unconscious automatic response. An example is driving to work. I don’t know about you, but I certainly go on “automatic” when I drive the same route over and over again!

The fourth is *front-of-mind*, which involves conscious choices such as asking someone on a date or choosing a spouse. The fifth is *voluntary*, which, of course, would be a conscious choice such as engaging in a hobby. Finally, the sixth is *attractive*, which is both a conscious and unconscious triggering

through senses and feelings. An example is a beautiful person or the thrill of victory.

Hmmm. Am thinking about that model. So, there are both negative and positive attractors that draw our attention. For example, a basic unit of currency introduced above is *aversive*, that is, paying attention to something to avoid negative experiences. However, focusing on the negative gives power to the negative, so there is a negative feedback loop that accompanies the focus on, for example, avoiding punishment or negative consequences.

Another basic unit of currency is *attractive*. While we used the earlier example of the thrill of victory, there is also a thrill provided by danger and the unknown. People are also attracted to negative outcomes. For example, remember the last time you passed an accident on the freeway, with your attention focused on the vehicles to see what happened? We sure can be peculiar!

When we focus on something negative, we create a conflict in consciousness, or what is called *psychic entropy*. Whether experiencing depression, anger, fear or jealousy, what happens is that “attention turns to information that conflicts with goals; the discrepancy between what I desire and what is actually happening creates the inner tension.”⁶ These negative emotions take over consciousness, making it almost impossible to control our thoughts and actions.

Conversely, habits help us channel attention towards some goal. For example, in Western society there is Sunday morning church. Or, perhaps a habit you have embedded is the scanning or reading of books. If you are reading this little book, then you have chosen to do so and set aside time to do so. You are paying attention to—focusing upon—the content (hopefully!) Once you focus on a particular thought, a desire is triggered to turn this information into knowledge upon which to act. You are able to connect this thought to other thoughts important to you, and you will be able to use it in some particular way in the future.

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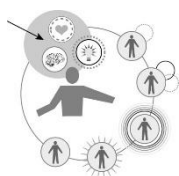
***INSIGHT:* Once you focus on a particular thought, a desire is triggered to turn this information into knowledge upon which to act.**

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Tom Davenport and John Beck, the authors of *The Attention Economy*, forward that, “Since few of us have a good sense of how to process vast amounts of information effectively, we’re bound to allocate attention ineffectively.”⁷ I would argue otherwise. The human senses are exactly what DO know how to process vast amounts of information effectively. It is our senses—primarily focused at the unconscious level—that are the information processors providing the information for our decisions and actions.

Tom, himself, can serve as an example of this process. His focus on attention had a personal impact on him. Recognizing that attention is an area of interest and significance in learning and the sharing of knowledge, in a 2005 research study Tom explained that while writing the book,

“In terms of attention, I did become much more conscious of the emails that I send, the letters that I write, and the presentations that I give. I ask myself, am I getting the attention of the people this is targeted at? What can I do to make it more engaging for them, to get their attention? Am I allocating my own attention effectively?” This focus on attention changed his behavior, as has his passion around the work he is doing, the focus of his attention, on personal information and Knowledge Management. As he explains, “It’s how individuals manage their own personal information and knowledge environments, and that has changed my behavior, too. How could it not?”⁸



Idea 3: Intention is the driving force upon which we act.

Intent focuses energy and knowledge. Knowledge is the “know how” and intent is *the power to focus the knowledge and maintain direction toward a sense of the anticipated future*. This could take the form of a declaration (which might be in the form of action), an assertion, a prayer, a cry for help, a wish, a visualization, a thought or an affirmation.

Regardless of the form, it is an outward movement of energy from the mind to the world and, as such, the motive of the intention is inextricably linked with the intent. This means that there is *full involvement* of all three areas of your life focus: the mind, the emotions and the physical body. Notice that I mentioned the mind and emotions before the physical body. That is because the mental and emotional take the lead, with physical actions—whether conscious or unconscious—following that lead. It’s sort of like the game “Follow the Leader.”

Every action we take is preceded by intent, with the expectation of the outcome of that action. Now, admittedly, as noted above, we *may not be aware* of that intent. When I walk over to a water fountain for a drink, I don’t necessarily think about it! In fact, I may be conversing with someone, with my conscious mind very much engaged in the

conversation. Nonetheless, my unconscious is recognizing the water fountain, linking it to a signal from the body that I'm thirsty, and directing my movement in that direction! Can you imagine how much "stuff" would have to move through our conscious mind if we were aware of all this? It's really good that we do so much of this automatically (unconsciously).

As early as the hunter-gatherer, we see the beginnings of structure and dedicated efforts to meet objectives through intention, planned action, and individual roles. A choice of self, intention relates to the world. It is the source with which you are doing something, the act or instance of mentally and emotionally setting a specific course of action or result, a determination to act in some specific way. I guess we could say that each of us is an *intender*, although I've never heard anyone use that expression.

John Searle, a philosopher who developed a general theory of intentionality, believes that people have mental states, some conscious and some unconscious, which are intrinsically intentional. From this viewpoint, these would be subjective states that are biologically based, caused by the operation of the brain and realized in the structure of the brain. This would make both consciousness and intentionality "as much a part of human biology as digestion or the circulation of the blood." Wow!

bring in all that WE'VE experienced and learned! Eventually, of course, as we learn more, everything becomes clearer and we discover even higher truths.

Let's also explore the relationship between intent and expectation. In *The Law of Attraction* writings, Abraham describes expectation in this fashion:

“Expectation indicates the juncture between where you are and where you want to be. Where you want to be is your desire, and where you are is your set-point or habit of thought. And, somewhere in there, is what we would call expectation. Your expectation is always what you believe. But the word expectation does imply more what you are wanting than what you are not wanting. It is a more positive word than it is a negative word. But of course, you could expect negatively—and whatever you expect, you will get!”¹¹

While intention includes the purpose and attitude toward the effect of someone's action, living (thinking and feeling) is not about the outcome. *Purpose* implies having a goal in mind or the determination to achieve something, and *attitude* encompasses loyalty and dedication to achieving that goal. Rather, the focus is the continuous creation *process* of the relationship between intention and expectation. Remember, we are verbs, not nouns, engaged in the *process* of living.

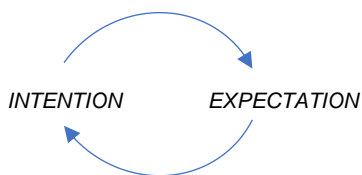


Figure 2. *The creation process of intention and expectation, like living, is continuous.*

I remember a friend who would say that we should never expect more than events were going to be, that we should learn to accept the way things are in order to eliminate disappointment. While certainly this approach eliminates anything to be disappointed about, it also eliminates anything to be excited about, a direction to focus your attention and intention.

I think it is better to have expectation equal to your vision of the future, the way you want it to be. When your intention is set on this higher expectation, your energy will follow! A low expectation sets limits on what you are focusing on. The limitation of mundane expectations causes a lack of development in both the self of the individual who sets the expectation and the selfs of those who experience the creation resulting from the expectation. *Everyone lives the reality of what they expect.*¹²

[Your Thoughts]



Idea 4: Attention can be increased through mental activity.

New learning—acquiring new knowledge and doing things you’ve never done before—is the best mental exercise. For example, in the Nuns Study conducted by a research team from the Rush University Medical Center in Chicago, 801 older nuns, priests and other clergy engaged in mentally stimulating activities such as reading a newspaper.

Researchers found that over the five years of the study, those who fully engaged mental activity actually reduced the change of developing Alzheimer’s by one third! In addition, “These mentally active individuals also reduced their age-related decline in overall mental abilities by 50 percent, **in concentration and attention span by 60 percent**, and in mental processing speed by 30 percent.”¹³ I added the bold so it would stand out. If we don’t learn anything else from this little book, we need to remember that as we age to keep exercising your brain as well as your body!

Now, looking from another viewpoint, let’s think about what it means to be a verb. Okay, here it is, as we mentioned before, people are verbs, not nouns, regardless of what you learned in grammar school! People are designed to continuously experience and learn and expand. When people are

alone with nothing to do, they tend to become listless and dissatisfied. Can you identify with that? I can. A good example is someone who has really worked hard, retires, and, well, life becomes so boring they may not even want to stick around!

Mihaly Csikszentmihalyi, the Hungarian-American psychologist who developed the amazing material about the human flow state, says that, “Paradoxically it is when we are ostensibly most free, when we can do anything we want, that we are least able to act. In these situations, the mind tends to drift, and sooner or later hits on some painful thought or unfulfilled desire.”¹⁴

Mihaly says there is an external approach and an internal approach to moving beyond anxiety or boredom and focusing the mind. Externally, order can be imposed on the mind by focusing attention. Examples would include doing a specific task, watching a movie, or engaging in a conversation. Internally, an individual can, over time, spend focused energy on purposeful activities, developing an inner discipline around accomplishing those activities. Examples would include training the body for a marathon, playing a musical instrument, or reading or mathematics.

The exercise below is one that will help you focus your attention. Enjoy!

* * * * *

EXERCISE: *Practicing Mental Imagining*

In 1970, long before we learned much about the inner workings of our mind/brain, M.R. Kopmeyer, the owner of a publishing company in Louisville, Kentucky, wrote in the Dedication of his book: "May your thoughts be stimulating and our results rewarding ... because your THOUGHTS will determine what you ARE."

"M," as we will refer to him, said that, based on the soundest of psychological and physiological principles, the only way to really become an expert—in almost any endeavor—is to practice intensively in your *imagination*. For example, a person cannot possibly think of all that needs to be done in golf to make a perfect drive, stroke or putt while actually doing them. Nor can a person consciously move their hands and fingers when playing the piano or keyboarding. The point is that the conscious mind cannot *think* that rapidly; but the unconscious mind can.

The way you do this, M informs, is to ...

STEP (1): First, physically do the thing you are practicing, and then

STEP (2): Practice each movement over and over again in your *imagination*, impressing *mental pictures* into the unconscious mind.

As M describes, .".. relax in an easy chair in a quiet room away from all distractions ... Then you, mentally, take each perfect movement at a time and consciously visualize your performing that movement to perfection. Over and over again ... Practice does not 'make perfect,' as the old saying used to tell us. Only practice of *perfection* makes perfect. And until you become a real expert, you can only *practice perfection* in your *imagination*."¹⁵

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INSIGHT: “Until you become a real expert, you can only practice perfection in your imagination.”

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NOTE: As we learn more about our mind/brain, we now refer to the phenomena behind Practicing Mental Imagining as mirror neurons, a form of cognitive mimicry that transfers actions, behaviors and most likely other cultural norms.¹⁶ What this means is that, “Simply observing someone moving activates similar brain areas to those activated by producing movements oneself. The brain’s *motor regions* become active by the mere observation of movements even if the observer remains completely still.”¹⁷

Thus, when we *see* something being enacted, our mind creates the same patterns that we would use to enact that “something” ourselves. Mirror neurons link our perception to the priming of the motor

systems that engage the same action. In other words, "what we see, we become ready to do, to mirror other's actions and our own behaviors."¹⁸

M had it right. Neurons scattered through key parts of the brain fire, not only when we are performing a certain action, but when we are watching someone else perform that action,¹⁹ and imagining that *perfect* action over and over again as movies in our brain.

* * * * *

[Your Thoughts]



Idea 5: There is a direct link between setting intention, focusing attention and what is manifested in the physical reality.

Attention can only occur in the NOW, and sustained attention is a series of NOWs. For example, the eyes work much like an old-time movie reel, with a fixation occurring approximately three times a second as the eyes make a small, quick movement (called a saccade) and then stop. However, we perceive it as a continuous flow of movement. Just as the eyes shift their focus from object to object, attention shifts driven by our thoughts and feelings.

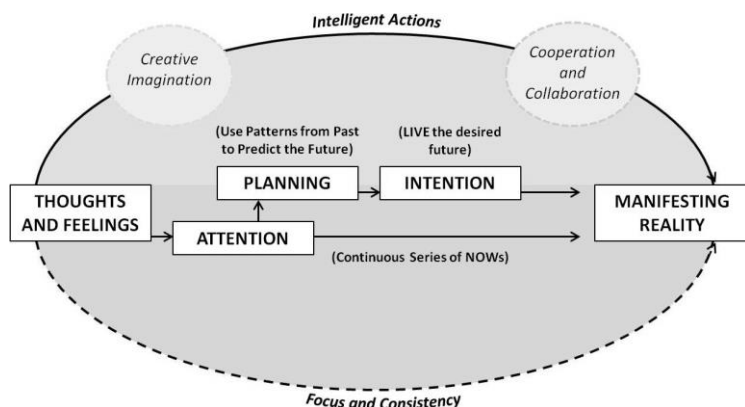


Figure 2. *Attention and Intention weave our thoughts and feelings into reality.*

Planning, a tool of the human mind, can help clarify and solidify intention. Planning uses patterns from the past to predict the future. Intention is all about the future and, while intention can certainly be an outcome of the planning process (as showed in our graphic), it can also emerge in an instant! This can also happen collectively.

It was in his search for a collective consciousness that Roger Nelson, director of the Global Consciousness Project, discovered that the intensity of attention and intention impacted the ability of consciousness to order or influence the external world. For example, he found a positive correlation between the size and intensity of a crowd and the resulting effect.²⁰ “What appeared to be happening was that when attention focused the waves of individual minds on something similar, a type of group Quantum ‘superradiance’ occurred which had a physical effect.”²¹ This *superradiance* clearly occurred only when there were *intense moments of like-mindedness*.

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***INSIGHT:* The intensity of attention and intention impact the ability of consciousness to order or influence the external world.**

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Further, when Roger explored sacred sites of Native American tribes, he discovered that there was

a high degree of what he called *resonating consciousness*, whether or not a group was present! A physicist named William Tiller was similarly discovering what he called “conditional space.” This concept is consistent with enough thought flowing in the same direction in a Quantum field for a shift to occur. We’re going to delve into this research a bit more in Idea 6.

All this really puts the process of collaborative visioning into perspective! If everyone in an organization moves forward with a consistent intent—and are emotionally supportive of that direction—imagine the power! And conversations about the future become *more* important. An approach to collaboratively developing intent is Conversations that Matter, a process for visioning the future developed by Arthur Shelley, author of *The Organizational Zoo*. He’s an Australian. The process begins with a visual that is designed to engage people in exploring their perspectives and to share those perspectives.

Experiences using images have demonstrate the power of exploring individually, and then this is repeated in pairs or small groups before engaging in a wider, whole-group discussion. This maximizes the range of perspectives available through divergent thinking before the convergent dialogue begins. For our exercise, let’s use the visual that is on the cover of this little book.

* * * * *

EXERCISE: *Co-Creating Conversations that Matter* (developed by Arthur Shelley)

The process for facilitating co-creative Conversations that Matter is quite simple.

STEP (1): Show the image or object in question, and

STEP (2): *Ask* a question. The questions can be changed depending on the desired outcomes. The question can be completely open-ended, such as: “Tell me what you think about this image?” Or, it can be somewhat leading to get a different focus, such as: “Where do you think our organization fits into this image and why?”

Best results come when you ask each person to write down a few quick bullet points. (You want them to capture their initial **FEELING** about the question before the thinking mind begins to over analyze ... that can wait for the wider conversation.)

STEP (3). Engaging intelligent rules of etiquette for dialogue, start the wider conversation. There is an amazing set of themes that come out of such conversations. Some people inherently see the pessimistic side of their situation and highlight barriers to progress. Some do the opposite and talk of the positives, perhaps even over-estimating the quality of what is being done. Some see the component parts of the organization, while others

take a more holistic or systems point of view. The key is to engage participants in exploring the reasons behind the differences to share why there are multiple perspectives. This is where the insights come from as ideas shared stimulate others to respond and new knowledge is co-created through this exchange.

The specific image itself is not the critical factor. Although this visual has been deliberately designed to stimulate conversations around engaging the knowledge and creativity in an organization to make a larger difference in visioning the future, it can be used for other conversations with great effect. Equally, other simpler artifacts can also trigger rich conversations. Combining a creative and out-of-context stimulant with a provocative question and open and inclusive facilitation generates optimal outcomes. All these elements leverage the diversity of views of engaged participants to create new knowledge and insights, which form the basis of new options. Synergies emerge from the connections between thoughts and ideas, often leading to innovation, and each component is critical to the richness and success of the interaction.

The key to remember about such interactions is that, as the facilitator, your aim is not to lead the participants to a predetermined outcome, but to co-create a set of options that *did not exist before*, and then intermix these to generate a range of options to

co-create a future that *does not yet exist*. Through this process, with each person participating, a picture of the future begins to clarify and intent comes into play.

* * * * *

Intent and *presencing* have a direct relationship. Presencing, or “letting come,” is consciously participating in a larger field for change. Peter Senge, an American systems scientist, says that presencing is a core capacity needed to access the field of the future, a way to access the living fields that connect us and *that which is seeking to emerge*.²² Intent is necessary for presencing.

Without presence we would become our environment. We are chameleons, and brilliant at imprinting what we see and bringing it into our own energy. When we are conscious, we are present. While presence and consciousness are interrelated, the idea of presence in this discussion goes beyond an awareness of the NOW to include deep listening and moving beyond the way we’ve done things in the past, that is, it brings with it the freedom of choice.

Peter introduces seven capacities that are foundational to see, sense and realize these new possibilities: suspending, redirecting, letting go, letting come, crystalizing, prototyping and

institutionalizing.²³ Each of these capacities enable various activities, which serve as a gateway to the next capacity.

This idea of “letting come” is the process of allowing, whose importance cannot be overemphasized. As the adage goes, we are often our own worst enemies. As we realize the power of the mind/brain in terms of thought and feelings in the process of co-creating, we do *not* want to interject barriers to our desired progress forward.

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INSIGHT: The importance of “letting come”, the process of allowing, cannot be overemphasized.

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We can set up resistance to our intent by focusing on particulars that you perceive as currently unanswerable. I guess to fully understand that, we have to first think about ourselves as vibrational beings, and recognize that our thoughts have a frequency to them. One suggestion is to focus on what you want and why you want it. As Abraham-Hicks forwards, “When you talk about what you want and why you want it, there’s usually less resistance within you than when you talk about what you want and how you’re going to get it. When you pose questions you don’t have answers for, like how, where, when, who, it sets up a contradictory vibration that slows everything down.”²⁴

In other words, the strength of intention can be reduced by the questioning of currently unanswerable issues brought into the mind by asking how, where, when and who. The suggestion is to focus on the “what” and “why” and let the other aspects of the equation emerge.

From a scientific viewpoint, researchers who were part of the Princeton Engineering Anomalies Research (PEAR) program, which was active over a 25-year span, studied human/machine interactions. These interactions were focused on the effects of consciousness on physical systems and processes, and remote perception, the sending and receiving of information over distances. Consistent with Quantum biology,²⁵ they discovered that “the unconscious mind somehow had the capability of communicating with the subtangible physical world—the Quantum world of all possibility. This marriage of unformed mind and matter would assemble itself into something tangible in the manifest world.”²⁶

Thus, through the power of intent, of human wishing and will, we can create order. This touches the very essence of human creativity and “its capacity to create, to organize, even to heal.”²⁷

As we can see, attention and intention are interrelated, and *both are necessary to balance current priorities with future opportunities to guide you in your direction of choice.* Your thoughts and

actions gravitate toward what you pay attention to; and what you intend requires your attention. In the words of a popular Broadway song from some years ago, *you can't have one without the other*.

[Your Thoughts]



Idea 6: Intention produces a vibration which can be captured and used via technology.

Perhaps one of the most in-depth and focused experimentations on the effects of human intention on the properties of materials and what we describe as physical reality has been that pursued for the past 40 years by physicist William Tiller of Stanford University.²⁸ William demonstrated through repeated experimentation that it is possible to significantly change the properties of physical substance by holding a clear intention to do so.

Repeated both in the United States and Europe, William's mind-shifting and potentially world-changing experiments began with using intent to change the acid/alkaline balance in purified water, which were followed by experiments with liver enzymes and the life cycle of the fruit fly. Amazingly, over time he was able to develop simple technology that could capture the frequency of intent, with the same results as having people present to set the intent. The ramifications of his experiments have the potential to impact every aspect of human life.

What Tiller has discovered is that there are two unique levels of physical reality. The "normal level" of substance is the *electric atom/molecule level*, what

most of us think of and perceive as the only physical reality, and consistent with what we have learned through Newtonian physics. However, a second level of substance exists that is vibrating at a faster-than-light *magnetic information wave level*. While these two levels always interpenetrate each other, under “normal” conditions (those conditions we have historically lived under) they do not interact; they are “uncoupled.” Intention changes this condition, causing these two levels to interact, or move into a “coupled” state. Where humans are concerned, William forwards that *what an individual intends for himself with a strong sustained desire is what that individual will eventually become*.

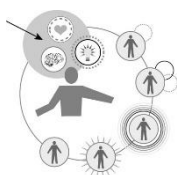
A fascinating finding of the research is that there is a threshold where conditioned state/space stabilizes. Tiller presents this in terms of a grid or lattice. Through intention, space is conditioned, providing a coherence (consistency) in direction, which in turn creates an invisible structure in the environment (akin to a scaffold) that holds the intention. This invisible structure becomes part of a larger energy grid structure. achieved through intention by the coupling of these two distinct fields.

While William’s descriptive language emerged from his own frame of reference, his results are not too different than what we are discovering about a Quantum field. The observer effect is an example, recognition that the act of observing or measuring

some parameter changes that parameter, that is, the observer affects the observed reality. This description emerged out of research by the Weizmann Institute of Science noting that, when observed, particles can also behave as waves.²⁹ You've probably already heard about that ... it's becoming pretty well-known in this generation!

The import of this phenomenon shifts the focal point of the subject/object relationship back to the observer (as subject), which leads to the power of intent. Through science, we are proving that *energy follows thought*. In a large sense, we've known this all along in terms of choosing sports in which we participate or when we choose to apply creative thought to produce innovation. More recently, from a neuroscience perspective, we have learned that the physical structure of the brain is changed by our thoughts, and, conversely, that the physical structure of our brain affects our thoughts. Thus, what we focus our attention on and the intent we set directly impacts who we are and what we think.

[Your Thoughts]



Idea 7: The birthing of intent can happen in an instant.

In Buddhist meditation, the concept of *bare attention* is introduced to open up the mind. Bare attention is defined as “the clear and single-minded awareness of what actually happens to us and in us at the successive moments of perception.” The call is for us to pay attention to this very instant, the NOW, to what we are experiencing, separating our reactions from the actual events. Close your eyes for a moment and try this. It takes practice.

In our normal everyday life, as we move in and out of familiar environments and situations, we are in a relatively low state of attention, and intention takes the form of anticipated outcome in response to our thoughts, words and actions. We are certainly taking in the sights, sounds and smells around us, at least unconsciously. Then, something occurs. It might be an unexpected incident, or maybe hearing a beautiful passage of music, or a surprising election result, or watching a dramatic moment in the theatre or at a movie, or some thought triggering the excitement of possibilities. *You are at a point of peak intensity, fully attending to the instant!* And in that instant, a desire may emerge to do something with this; perhaps share that music with a loved one, or perhaps take that creative idea and act on it, or

become an advocate to right some wrong. This is the birthing of intent.

Or ... it may be a life-threatening moment that calls forward a passionate demand. This is what happened to us. The only way this can be shared is to provide two viewpoints: my own, and that of my spouse and partner, David.

The Miracle

ALEX

What we are about to tell you would have been quite unbelievable to me before this journey began. It is not a story of the reality either of us has known for well over our 70 and 80 years of age, but rather, the reality of dreams and fairytales.

From my viewpoint, my life's journey has moved through a myriad of bumps and breaks, always somehow mending itself and moving through new and interesting turns and twists. I've had the opportunity to sing on the outdoor stage of the Metropolitan Opera, live and work abroad, serve as the Chief Knowledge Officer of the U.S. Department of the Navy, teach at Bangkok University, build and run a retreat center, and research and publish books with my partner. We've written a myriad of material focused around knowledge, learning and change. Oh, yes, I've been on the internal journey—an exploration of the inner self, the unconscious—for

many years as well. But that journey has always been tucked safely away from the outside world. Although no doubt the inner journey has significantly influenced my thoughts and feelings—and hopefully my actions—it has not visibly danced around the events of my external world ... until now!

This story we write is perhaps even more difficult for my partner to put into words. David is by education a nuclear physicist and mathematician, teaching many years ago at the U.S. Navy Nuclear Power School under the legendary Admiral Rickover. He is an incessant learner, collecting knowledges with every breath along the way, with many degrees and credentials punctuating an active military service and business life.

Our journey came with the Summer of 2010. In these latter years, like many in our generation, we are becoming more sensitive to our physical health. So, after various friends and colleagues mentioned the value of a colonoscopy as a preventive measure for cancer, David decided to have it done. The procedure occurred on a Friday without any surprises. He was in; he was out ... quick and relatively painless, sort of a “check the list” kind of thing in terms of preventative medicine.

It was quite a surprise when he woke me the following Tuesday, early in the morning, a matter-of-factly reporting that he was heavily bleeding. Indeed, he was. The hospital of choice is 62 miles

away from our country inn and farm; that's about an hour and thirty minutes through winding two-lane country roads. We decided not to wait for the doctor's office to open but to leave immediately, heading towards the emergency room. To pull up the memory of this is as if it is again happening, now.

In the driver's seat as the sun is rising, I weave my way through the turns and curves, around trees and cow pastures occasionally dotted by a farmhouse. We make it about half way to the hospital. In the front passenger seat, David is experiencing considerable pressure and pain, and says he cannot control it; he feels like he is exploding and says, "*Pull over, pull over!*" It is early in the morning, with no houses nearby. No cars. No people. I pull over. David gets out of the car and goes about 10 feet into tall grass. As a liter of blood and tissue explode out of him, he passes out and falls to the ground.

Watching from the car, I jump out and run to him, shaking him, yelling at him to wake up. He is white and clammy, in shock. I grab his arm and start pulling him up, then reach under his shoulders and drag him toward the car. As I work to get him in the front seat of the car, he regains consciousness. He tries to help, pulling up on the lever to the right of the seat, releasing the seat backwards and down. His head is leaning back against the head rest as fluids start gurgling up into his throat, falling out of his

mouth. There is blood, and I am afraid he will drown in his own juices. “No!” I yell, reaching across to pull the seat back up. As his head rises with the seat it lolls to the side, losing consciousness.

I jump into the driver’s seat of the still-idling car, purring as if nothing was happening, as if my world wasn’t falling apart. I talk to David as I quickly release the brake and move forward, “Stay with me.” I know he cannot hear me. His head is lolling to the right; and blood is dripping out onto the seat of the car. I see the moisture on his white face vividly, and the hospital is still 30 miles away. We will not make it. We are at a critical life/death point.

I press my foot to the gas and scream to my guides and guardian angels with every cell in my body, **demanding**, “*I need help! I need help now!*”

I focus on the road ahead, speeding, swinging around an S curve. My only thoughts are to move, to drive toward help. And there, as I come out of the S curve, waiting on the right side of the road, sits an ambulance, a rescue squad vehicle, and a fire engine. As I pull over, I see a tow truck sitting on the left, with three or four men standing in a circle chatting, watching the tow truck pull an abandoned car out of a ditch.

The tableau is surreal; I cannot fathom it. Now on automatic response, I throw the driver’s door open, hopping out and waving my hands, screaming for help. Three men race across the road and pull

David out of the car onto a magically appearing gurney. Within minutes he is stabilized, and awake. The ambulance driver leans toward me as the attendant inside the ambulance prepares David for transport. “I didn’t know why we were here,” he shares softly. “But now I know.” He then asks, “Can you follow the ambulance?” “Yes,” I respond, and the race to the hospital continues.

DAVID

Have you ever been a patient in an intensive care unit (ICU)? I have. Once, for a fibrillating heart that was fixed by an easy operation, and the second from the loss of blood that Alex just described. I was lucky—or helped by outside forces—or both. Lying in a hospital bed where you can do nothing but what you are told leads you to either rebel or succumb to patience. Without realizing it, I was trained by the daily commute in the rush hour traffic of Washington, D.C. Given two choices—(1) to rebel and try to change the world and fail, or (2) to not worry about what you cannot change—the latter choice is almost always the best. Simply redirect your thoughts to something more productive.

Back to the ICU. I was weak, relaxed and conscious, with nothing to do but lie there and think about things that seemed important. (I had to sign that I wouldn’t attempt to sit up.) Clearly, this experience had been a close call, but was it luck, fate

or synchronicity that chose to put me in the ICU instead of underground, and perhaps in the spiritual world? This was not the first time I'd had a close call with a life/death outcome. As I reflect, I can remember a number of situations where, if things had been a little bit different, I wouldn't be sharing this story. Luck, chance, destiny, help from above—I'm a scientist. I just don't know.

For the past decade Alex and I have defined and studied, given workshops and lectures, written books and published papers, on knowledge and its sources, meaning and application. Our focus has been on the ability to take effective action, that is, given current situation "A" and a desired situation "B," having the knowledge such that the decisions you make and actions you take move situation "A" toward situation "B." Since we can only influence the world by our actions, our definition of knowledge as the capacity to take effective action becomes critical to surviving in a changing, uncertain and complex world.

One thing we have learned is that "absolute" knowledge is not something we humans are likely to possess. We simply do not live long enough in time, nor travel far enough in space, to validate any knowledge as "absolute." This is a very important conclusion to me, because it means that it is *wiser* to keep an *open* and *inquisitive* mind when we run across events and phenomena that appear to conflict

with, or contradict, our past experiences and/or current beliefs.

When I was 12 years old I read a book called *The Rise of the New Physics* by Albert Einstein and Leopold Enfield. I understood only a small part of it, but was fascinated by everything I read. I decided then and there that I wanted to be a physicist when I grew up so that I could understand how the world worked (so I thought). It was more than 24 years before I graduated with a Bachelors in Math and a Bachelors and Masters in Physics from the University of Texas, my first degrees along my learning journey.

What I have learned about physics is that as beautiful, valuable, and insightful as it is—from Newtonian Mechanics to Quantum Mechanics and Einstein’s two ingenious relativity theories—***there are many things in our Universe that are still incomprehensible***. Our limitations of understanding become clear when we ask questions about foundational concepts such as time, space, energy or even the meaning of our theories, experiments or actions.

All too often we form beliefs—from learning and from our experience, goals and fears—that tend to solidify in our brains and become absolutes, even “who we are” and, often subconsciously, which we must defend at all costs. Where it applies, the scientific method is excellent for those phenomena.

But yes, science has boundaries in terms of its knowledge and applications. It also has limits in terms of its understanding and methodology, and contradictions within its findings, such that scientists have to live, at least temporarily, with some incomprehensible results.

The challenge arises, however, when we discover aspects of our Universe that do not succumb to the methods of scientific validation, things that lie beyond the boundaries of current scientific understanding and capabilities for validation. An example is the phenomenon of meditation. How does one validate that the process and results of meditation are what the meditator says they are? One can never exactly “repeat” the results, and there can be no objectivity to the outcome. The scientific method is simply not applicable ... yet. However, as the Dali Lama has offered: “If 10,000 monks can meditate over 3,000 years and all of them say that they get similar results, one should give these results some credibility.” As distinct from scientific truth, the Dali Lama calls this *rational inference*.

All of these thoughts were on my mind while I was in the ICU. And my thoughts just kept rambling. So many of us tend to take a stand of egotism that says “I am right” or even arrogance, “I am right, you are wrong, and I’m not listening.” I have found very few things that support these dichotomies. Things

are never—or rarely—either right or wrong, yes or no, good or bad, black or white, true or false. The Universe isn't so simple, or perhaps it is and we have yet to understand the underlying rules. As we delve down into understanding knowledge, we discover that, from the level at which we use it, knowledge is context sensitive and situation dependent. Simplification can be very valuable—or it can be disastrous.

Why did all of these thoughts keep moving through my mind? It clearly had something to do with the remarkable events that brought me to the ICU.

In a sense, *we as humans have done ourselves a huge disfavor by separating our world into areas of knowledge* such as science, psychology, philosophy, religion and spirituality. While specialization certainly guides research, it also labels people and tends to limit our thinking, thereby sometimes creating walls or stovepipes that result in languages, beliefs and ownerships that make interactions, combinations and synergistic thinking difficult, if not impossible. Am I repeating myself? Am I getting ahead of the story?

As I lay on the hospital bed getting blood transfusions and wondering how long I would need to be here, I thought about the road not taken. I would very much like to stay here on planet Earth and continue to achieve what Alex and I consider our

purpose for being, that is, learning, understanding and contributing where we can to the forward march and quality of human development. I could perhaps live another 20 years, and share with others our lessons learned, our thoughts, ideas and experiences. Or perhaps I could slide quietly into the night, my atoms continuing on their 13 billion-year life history by separating and once again going out into space and wondering around until the Universe reaches its end.

Or perhaps there is another road, a non-physical part of our world that is compatible with us, yet exists under different “rules and laws” than our material world has provided. Do souls live forever? Are angels real? Are psychics really psychic? I do not know the answers to these questions, but I do know that sometimes this world demonstrates amazing things that appear impossible from a purely material viewpoint.

Perhaps the appearance of the ambulance was luck, perhaps it was a Cosmic determination, who knows? In any case, after three days of deep reflection I was able to leave the ICU. But I left with the dramatic memories of my close call floating in my awareness, and a deeper feeling of how little I know about our world. *Do you realize how many things and happenings lay right in front of us, yet we have so much trouble seeing, feeling, sensing and comprehending them?* The easy path invites our

direction. The safest stand makes us feel good. Any new direction on “the path not taken” scares us. Perhaps the light of the unknown is so low that many of us choose the better-known, common path that we can easily see, understand and follow. Or do we dare to grow, run risks, question the unquestionable and keep an open but cautious and learning mind.

Clearly, the Universe recognized that both Alex and I needed time to consider these events. I had fallen in a Poison Oak patch, and Alex had pulled me out of that patch. As if that wasn’t enough, I caught a Staph infection during those three days in ICU and Alex, who was with me sleeping in a chair beside my bed, had a spot emerge on her left forearm. The next few weeks, we were forced to slow down and focus on helping each other heal our bodies. And during these weeks we asked over and over again: *What just happened?*

The Aftermath

There is no end to the wonder and diversity of the Universe, and the learning and expansion available to each and every person. We now *know*, from experience, that through our thoughts, feelings and actions—through setting our intent and focusing our attention—we are indeed co-creating every instant of our lives *with a collective higher consciousness that is out there*. We are part of a larger intelligent field, whether you call it the Quantum field, the

Noosphere, the Zero Point, the Akashic or the God Field.

And the final sharing: **Find beauty and joy in the everyday moments of your life. It is inside of you, waiting to be summoned. Set your intent and focus your attention. You are co-creator of your experience.**

[Your Thoughts]

What does this mean to me?

All right, let's get down to the bottom line here. This stuff is pretty good, and yes, some of it makes good sense. But what is my take-away? How can all this make a difference in my experience of life, in my job, in my relationships? In society?

Let's bullet a few highlights, and you might reflect on how you can change your behaviors in response to each of these learnings.







Whether we are aware of it or not, we are focusing on areas of interest that fit into our patterns of life, and those are both the areas in which we develop a level of expertise, and the areas where events and ideas are attracted into our life.



The vast amounts of information available has made it more difficult to focus. However, attention to a specific thing, person or event amplifies the contrast in the experience, making it more important (thus, more easily remembered).



Once you focus on a particular thought, a desire is triggered to turn this information into knowledge upon which to act. So, focus on those things you want in your future.

-  Every action we take is preceded by intent, with the expectation of the outcome of that action.
-  The intensity of attention and intention impact the ability of consciousness to order or influence the external world. Thus, (1) get engaged with what you want, and (2) co-creating can be powerful!
-  Both attention *and* intention are necessary to balance current priorities with future opportunities to guide you in your direction of choice.
-  The birthing of intent can either be planned or can happen instantly.

**You are the co-creator of your experience,
and attention and intention are human tools
to create and navigate this world.**

Use them fully!

This volume of **Conscious Look Books** builds conversationally on the ideas presented in *The Profundity and Bifurcation of Change Part IV: Creating the Future*, largely presented in Chapter 25: “Attention and Intention” and Chapter 22: “Learning Points along the Way.” Co-authors of the original text include David Bennet, Arthur Shelley, Theresa Bullard, John Lewis and Donna Panucci. Full references are available in the original text, which is published by MQIPress, Frost, WV (2017), and available as an eBook on www.amazon.com

Endnotes

¹ Quoted from Begley, S. (2007). *Train Your Mind Change Your Brain: How a New Science Reveals Our Extraordinary Potential to Transform Ourselves*. New York: Ballantine Books, p. 158.

² Intelligent activity represents a state of interaction where intent, purpose, direction, values and expected outcomes are clearly understood and communicated among all parties, reflecting wisdom and achieving a higher truth.

³ See Davenport, T.H. and Beck, J.C. (2001). *The Attention Economy*. Boston, MA: Harvard Business Review Press.

⁴ See Carrasco, M., Ling, s., and Read, S. (2004). “Attention Alters Appearance” in *Nature Neuroscience* 7, pp. 308-313.

⁵ Quoted from Jensen, E. (2006). *Enriching the Brain: How to Maximize every Learners Potential*. San Francisco, CA: Jossey-Bass, p. 10.

⁶ Quoted from Csikszentmihalyi, M. (1993). *The Evolving Self: A Psychology for the Third Millennium*. New York: HarperCollins Publishing, p. 36.

⁷ Davenport and Beck (2001).

⁸ Quoted from Bennet, A. (2005). Knowledge Management Thought Leaders research study. Summary available from alex@mountainquestinstitute.com See also, Bennet, A., Bennet, D. and Lewis, J. (2015) *Leading with the Future in Mind: Knowledge and Emergent Leadership*. Frost, WV: MQIPress.

⁹ Quoted from Searle, J.R. (1983). *Intentionality: An Essay in the Philosophy of Mind*. Cambridge, England: Cambridge University Press, p. ix and 1, respectively.

¹⁰ See Prinz, W. (2005). "An Ideomotor Approach to Imitation" in Hurley, S. and Chater, N., *Perspectives on Imitation: From Neuroscience to Social Science Vol. 1: Mechanisms of Imitation and Imitation in Animals*. Cambridge, MA: MIT Press, pp. 141-56.

¹¹ Quoted from Abraham-Hicks (2003). Excerpt from 12/20/03 workshop in Orlando.

¹² Ibid.

¹³ Quoted from Amen, D.G. (2005). *Making a Good Brain Great*. New York: Harmony Books, p. 114.

¹⁴ Quoted from Csikszentmihalyi, M. (1993), p. 33.

¹⁵ Quoted from Kopmeyer, M.R. (1970). *Thoughts to Build Upon*. Louisville, KY: Kopmeyer Publisher, p. 68.

¹⁶ See Zull, J.E. (2002). *The Art of Changing the Brain: Enriching the Practice of Teaching by Exploring the Biology of Learning*. Sterling, VA: Stylus.

¹⁷ Quoted from Blakemore, S. and Frith, Y. (2005). *The Learning Brain: Lessons for Education*. Malden, MA: Blackwell, pp. 160-161.

¹⁸ Quoted from Siegel, D.J. (2007). *The Mindful Brain: Reflection and Attunement in the Cultivation of Well-Being*. New York: W.W. Norton & Company, p. 347.

¹⁹ See Dobbs, D. (2007). "Turning Off Depression" in F.E. Bloom (Ed.), *Best of the Brain from Scientific American: Mind, Matter, and Tomorrow's Brain*. New York: Dana Press, pp. 169-178.

²⁰ Nelson, R.D. (1997). "Wishing for Good Weather: A Natural Experiment in Group Consciousness" in *Journal of Scientific Exploration*, 11(1), pp. 47-58.

²¹ McTaggart, L. (2002). *The Field: The Quest for the Secret Force of the Universe*. New York: Harper Perennial, p. 205.

²² Quoted from Senge, P.M., Scharmer, C.O., Jaworski, J. and Flowers, B.S. (2004). *Presence: Exploring Profound Change in People, Organizations and Society*. New York: Random House, Inc., p. 133.

²³ Ibid.

²⁴ Quoted from Abraham-Hicks (2005). Excerpt from 12/20/03 workshop in Orlando, FL.

²⁵ See Pribram, K.H. (1998). “Autobiography in anecdote: The Founding of Experimental Neuropsychology” in Bilder, R. (Ed.), *The History of Neuroscience in Autobiography*. San Diego: California Academic Press, pp. 306-49. Also, Popp, F.A. (2002). “Biophotonics: A Powerful Tool for Investigating and Understanding Life” in Durr, H.P., Popp, F.A. and Schommers, W. (Eds.), *What is Life? Scientific Approaches and Philosophical Positions* (Series on the Foundations of Natural Science and technology). Singapore: World scientific.

²⁶ Quoted from McTaggart (2002), p. 121.

²⁷ Ibid., p. 122.

²⁸ Dr. William Tiller, Professor Emeritus of Materials Science and Engineering, Stanford University, is the author of *Science and Human Transformation* (2007), a book on esoteric concepts such as subtle energies that work beyond the four fundamental forces which he believes act in concert with human consciousness. He appeared in *What the Bleep Do We Know?* See www.tillerfoundation.com for a complete list of published materials and downloadable white papers.

²⁹ Excerpts from Bennet, A. and Bennet, D. (2012). *The Journey into the Myst*. Frost, WV: MQIPress.

The Volumes in
Possibilities that are YOU!

All Things in Balance

The Art of Thought Adjusting

Associative Patterning and Attracting

Beyond Action

The Bifurcation

Connections as Patterns

Conscious Compassion

The Creative Leap

The Emerging Self

The Emoting Guidance System

Engaging Forces

The ERC's of Intuition

Grounding

The Humanness of Humility

Intention and Attention

Knowing

Living Virtues for Today

ME as Co-Creator

Seeking Wisdom

Staying on the Path

Transcendent Beauty

Truth in Context

Attention and intention are tools of the self, laying the web for interaction with the world in which we act. Every action we take is preceded by intent, with the expectation of the outcome of that action. There is a direct link between setting intention, focusing attention and what is manifested in the physical reality. We as a humanity are just beginning to understand that link!