

CREATING INTENTION STATEMENTS THAT WORK

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Intention is a very powerful tool. For some people who are usually “in the Light,” it is all they need. Intention statements can also be effectively combined with dowsing a chart or list of possible ways you might amplify it and carry it out. You might choose from the following:

- | | | |
|---|--|--|
| <input type="checkbox"/> New statement | <input type="checkbox"/> Wrong track | <input type="checkbox"/> Dowse list |
| <input type="checkbox"/> Just ask | <input type="checkbox"/> Revision needed | <input type="checkbox"/> Specific helper |
| <input type="checkbox"/> See “Treatments” | <input type="checkbox"/> More options | <input type="checkbox"/> Something else |
| <input type="checkbox"/> Ask for a clue | <input type="checkbox"/> Make a list | <input type="checkbox"/> _____ |

We suggest that all charts or lists of this nature include the possibility of “just ask” and also a blank space or the words, “something else.” This gives Higher Power the opportunity to help you go beyond what you think might be possible.

Dowse “How many...?”

We often start out by asking how many intention statements we need to accomplish our goal. Without this question, it is easy to think your first attempt seems acceptable and stop there. It could take several statements to achieve the results you want.

Dowse What You Want

Many people have difficulty starting an intention statement with, “I want....” However, if you go to a soccer game and get thirsty, you go up to the refreshment stand and just say what you want. It’s not a reflection of your adequacy or neediness. It simply makes it clear that you don’t have something you need.

When new helpers join our work on the telephone, they often express their willingness to help, usually ending with, “Just ask.” That is often what we do—we say, “I want....”

Dowse About Words

Once you believe you have a statement of intention that accurately reflects what you want, ask, “*More words? Less words? Different words?*” You can dowse this as one question and if the answer is “no,” just move on to carrying out the intention. These questions can guide you to find ways to fine tune your work. Just changing a single word can make a world of difference in whether your intention is carried out.

Dowse and Compare

If you are wondering which statement or word is better, you can use your fingers for a quick 1 to 5 scale. Just say, “Five is best, how would you rate this word, etc.?” Then dowse the number that fits your choices. You can also imagine your Numbers Chart on the palm of your hand.

Dowse for Continuance

Before carrying out any intention we suggest asking the permission questions that all dowsers should use: “Can I...?” “May I...?” “Should I...?” These can also be asked as one question, proceeding only

if you get a “yes.” A “no” could suggest that you either have to let it go for the time being or get more information. Perhaps there are steps that need to be done first, or this is not the best time to carry out the intention.

Dowse for Consensus

One time the Energy Healing Partners team working on something had agreement in their dowsing on an issue from 8 out of 9 people. With our goal of not moving forward without having consensus, we explored why Merrill Cook disagreed with the rest of the group. Was she not clear or did she have a biosphere disturbance in her energy field? We got “no” to those questions. We asked how she worded the question and she replied, “I asked for *absolute* truth instead of 100% truth.” When we pursued what that meant in the particular situation we were working on, Higher Power led us to a more advanced statement of what we wanted—and everyone agreed to it!

For the next month, Mo Wheeler wondered why “Is it 100% true?” didn’t work as well as, “Is it absolutely 100% true?” She decided to dowse what each version meant on a numbers chart. She dowsed that 100% true meant the answer was 99.999999% true. When she dowsed what “absolutely 100% true” meant, her pendulum circled a fast clockwise response (instead of simply back and forth) and her guides made a yelp of joy. Now we ask for *absolute truth* or *to be absolutely 100% true*. We realize truth can be constantly changing and recognize that any dowsing question is about *now* – and *only now!*

Dowse Possible Endings

There are several ways to end intention statements. We think of them as “fine tuning” for higher chances of them being carried out and permanent. One possibility is to say something to the effect of wanting it to be “for the highest good.” Another is to say, “. . . *and I want the intention requested ‘as needed’ as well as ‘now.’*” Some intention statements only work for a certain length of time. This ending helps it last longer.

Many dowsers are becoming multidimensional. This means they have access to more dimensions and universes than most people on the planet. Some members of the Energy Healing Partners team can easily communicate with helpers from other dimensions. For others, the helpers might need a translation of our request. Thus you might want to add: “. . . *and I want the intention translated into the mode of communication needed to make it absolutely 100% complete.*”

We have learned that different modes of communication (other than alpha-numeric) may be used by helpers from other dimensions or worlds where life is very different. When Mo Wheeler asked what different modes of communication guidance used, she learned there are many possibilities: symbols, signs, alpha-numeric, light, alphabets, numerics, frequencies, and waves, among others. A way of fine tuning the italicized statement above is to state the particular mode of communication that might be used by a particular helper.

Dowse for Completion

There are many ways to ask how successful you have been. However, we have always dowsed the best choice as: “*How complete is this?*” Using a continuum with such a question works well to show you how close you are to your goal. When you ask using the word, “success,” you are bringing in the modern use of a word that is often “all or nothing” and related to one’s financial situation. Asking if something is “correct” or “right” brings in duality and that should be avoided. The “yes-no” mind set is very limiting. Using a continuum provides information to let you know how effective your statement may be and how much work it still needs.

WORKING WITH INTENTION STATEMENTS

We suggest the following steps:

1. **Balance Energy with the “Less-Than-A-Minute” Energy Fix.** (*See The American Dowser Volume 55, No. 3, Fall, 2015 or <http://healingforearth.com>.)*
2. **Identify Biosphere Disturbances.** We all have a guide who has *always* been there—our Higher Self...*and more*. It is important to address all questions about biosphere disturbances to this guide. The biosphere-disturbing energies are very good at deceiving, so you need to double check your answer by asking your *Guide Who Is Always There* if it is the truth *using these exact words*:

“Guide Who Is Always There, are there biosphere disturbances affecting the energy field or the surroundings into infinity? Guide Who Is Always There, is it absolutely 100% true?”
3. **Resolve Any Biosphere Disturbances.** There are *many* ways to clear biosphere disturbances. We suggest using the charts or lists in the book, *What’s Going On? Maintaining the Integrity of Your Energy Field*, Wheeler, 2015, available from the ASD bookstore or on line (for sale or as a free download) at <http://healingforearth.com>.
4. **Create a statement of intention.** (See preceding article.)
5. **Ask Permission Questions** - “Can I...? May I...? Should I manifest this intention?”
6. **Ask what you or someone else needs to do to manifest the intention.** We suggest using a chart or list to determine the answer. It could be anything in your repertoire--or just ask!