

WORKING WITH INTENTION STATEMENTS

Mary “Mo” Wheeler 2014, revised 12/29/18

1. *Balance Energy* with the “*Less-Than-A-Minute*” Clarity Steps:

1) Drink purified water; 2) Zip up the meridian that runs from your pubic bone to the bottom of your mouth (with your hand a couple inches from your body); 3) Rub the kidney meridian end points (K-27) below the ends of your collarbone; 4) Place one hand’s middle finger on the inside end of one eyebrow, near the bridge of the nose, and place the middle finger of the other hand on the temple of the other side of your head; add all but the thumb of that hand and hold these points while you do the next step; 5) Breathe - 3 deep breaths in through the nose and then long, slow breaths out through the mouth.

2. *Identify Biosphere Disturbances* - We all have at least one guide who has always been there—our Higher Self...and more. It is important to address all questions about biosphere disturbances to this guide. Otherwise, the intentions will go to your conscious mind.

The biosphere disturbing energies are very good at deceiving and can bypass your conscious mind. They may access you when you are preoccupied, when you are sleeping, or when you are dissociated (in a trance-like state). You can double check your clarity 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 or disturbers affecting the energy field or the surroundings into infinity? Guide Who Is Always There, is it absolutely 100% true?”

Other questions can be addressed to your conscious mind without concern.

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 on line for sale or as a free download. We suggest downloading Parts 1-3 and 5-7 as a way to start. Part 4 can be used as a resource.

4. *Create a statement of intention.* To be most effective, begin with the words, “I want...” This is the “I” of universal Oneness. Ask guidance if they want more words, less words, or different words until the wording is accepted.

5. *Ask Permission Questions* - “Can I...? May I...? Should I manifest this intention?” If the answer to one of these questions is *no*, you should balance your energy system again and/or ask more questions to find out what is going on.

6. *Ask what you need to do to manifest the intention.* You might use a chart or list to determine the method that is best for you to use at this particular time. It could be anything in your repertoire—or just ask! You might include the list of *Short Energy Psychology Techniques* provided. Check them out to see how they work for you.

Short Energy Psychology Techniques

Using Mo Wheeler's dowsing/divining technique

Mo adapts everything she learns using her own guidance. She believes the set up provided above (steps 1-6) does more than accomplish what other methods include as preparatory work. Mo trained in and used many of the energy psychology techniques and found they all had slightly different things to offer. She ended up including them on a "Where Do I Start?" dowsing chart and asking guidance to tell her what was most appropriate for what she was doing.

Mo also has "Referral" on that chart and it usually directs her to a particular guide to ask for help. Sometimes, she says, "Should I just ask?" and gets a *yes* response. With Mo's Modian energy, intention statements are always followed by guided breathing or sounding. If nothing happens, it may be because it's not *exactly* what guidance wants you to say, and you need to ask more questions. Be sure to ask permission questions for whatever you do!

<http://healingforearth.com>

Using a short version of Fred Gallo's Negative Affect Erasing Method (NAEM)

The Negative Affect Erasing Method (NAEM) is an energy psychology technique created by Fred P. Gallo (1999). A simple version is to say the statement of intention and then gently tap the following points for about fifteen seconds each: the center of your forehead, just below the nose, just below the mouth and the upper center of your chest.

<https://www.energypsych.com/readings/negative-affect-erasing-method/>

Using an adapted version of Larry Nims' Instant BSFF

Larry Nims (1998) developed an energy psychology method called Be Set Free Fast and then shortened the technique to an "instant" variety. The short version is all you really need, and we have adapted it for our purpose. You set up a cue for your guides to know you are asking for their help. Because you have free will, they cannot help you unless you ask. The cue can be a word (for example, "Guidance"), a phrase (for example, "Please help"), an action (for example, a sigh or a hand movement), a sound (for example "uh"), or just about anything they agree to respond to. Ask if your guides agree to this statement: "When I _____ (insert cue), I want you to absolutely 100% completely and permanently manifest whatever I ask for." Then ask, "Do you agree to do this?" When you have a statement they agree to, you have installed a program for automatic healing of intention statements. Just say the statement and then give your cue. For example, you might say, "I want the immune system upgraded using the *Intentions to Upgrade the Immune System*. Guidance." Following this with a pause or deep breath gives you a chance to notice your guides responding. <https://www.besetfreefast.com/>

Using Gary Craig's Emotional Freedom Technique (or a spin-off of it)

This technique is readily available at www.emofree.com. Read Gary's comments on spin-off techniques and then try this one: I would just say the intention statement while tapping each of the EFT points. <https://www.emofree.com/>

These suggestions are made with deep gratitude to the founders of several wonderful energy psychology techniques (and with apologies for adapting them).