

The Power Of Your Intention

Tips to Instantly Feel Better
Anywhere & Anytime

by Barbara Robins

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Dear Awesome Reader,

When I began to write this report, the scientist and researcher in me thought it would be beneficial to find some scientific data to prove that healing can be done at a distance via intention. And thanks to Google, I managed to find some research studies. But, when I thought about taking all that research and organizing it into an easy to read article my thoughts started to go “*bla, bla, bla, bla, that is not fun to me.*”

What is fun for me is *poking* at things. Ahem... I mean, trying things to see what happens. ;-)

So I'm going to give you some things to try. Is that alright with you?

An Energy Experiment

A few years ago some friends began a “manifestation” group. They would get together weekly and decide what they wanted to manifest. It could be a number, like 100, or a “duck.” They would think about that thing for a few minutes and then go about their week as they normally would. Their intention was to be open to any possible manifestation of that thing.

So, if they were looking for a duck it might not show up as an actual duck flying past them. It could be an article in the newspaper about ducks or turning on the TV and a Donald Duck cartoon would be on, or they would be out to dinner and overhear someone ordering duck.

The interesting thing is whatever their word was for the week it seemed that they would have multiple experiences with it showing up.



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I can't say that these things manifested in an out of the ordinary way. It could be like the new car phenomena. You know, where you buy a new car and are really pleased that you have one that no one else is driving. But as soon as you pull out of the dealership you see your car everywhere. The significance here is your intention to see the duck or the 100. Your **intention** is what brought it to your awareness.

Intention is so powerful it could possibly be the most powerful manifesting tool we have. If I am afraid to walk across a canyon via a shaky rope bridge but my intention is stronger than my fear I will walk across that bridge. If my intention is to master flipping an omelet like professional chefs do, it may take a lot of practice but I will do it.

Everything is Energy: Your Bioenergetic Field

I'm sure you know we are more than physical beings. When you look into cells you find molecules. When you look into molecules you find atoms, when you look into atoms you find many subatomic particles. As you keep looking smaller and smaller, at the smallest state particles behave like waves of light – energy. There is also a part of ourselves that is outside our physical body. It is known by a variety of names like “*aura,*” “*lightbody,*” “*merkaba.*” Our physical body and the energy inside it and outside it is our “bioenergetic field.”

Every intention (thought coupled with feeling) we have is a vibration in our bioenergetic field. When we have good feelings or thoughts we are energetically strengthened. Uncertainty, fear, and stress weaken our bioenergetic field. Would you like to see this for yourself?

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Your Turn To Play With Your Bioenergetic Field

First say to yourself a few times “I feel really, really great!”. Now, take a minute to assess how you feel. Odds are high, even if your mood wasn't too great, you now feel lighter.

Now let's try the opposite. Say to yourself a few times “I feel really, really miserable.” Take a minute to observe how you feel now. You probably feel deflated, and dejected and heavy. Not to worry, we'll fix that in a second.

Bringing You Back To Awesome: The “Think of Circles” Technique

Think of circles, lots of circles. Picture circles in your mind. Notice the circles in the room you're in - the lamp shade, a mug or bottle bottom. You can draw circles on a piece of paper, move your hand around in a circle or think of lots of bubbles.

You were probably feeling a bit down from the first “Try This” exercise above. Notice how you feel now, after experiencing lots of circles.

How Do Circles Tie In With Our Energy Flow?

Circles are energetically empowering. Just by thinking of circles we can feel lighter, uplifted, grounded, stronger. How cool is that? These exercises show how your intentions can quickly change you from feeling strong and light, to weak and heavy. And in a few moments, how it can bring you back again!

Using intention we can find the points in our bioenergetic field that are blocking the flow of energy. Just as our arteries can become blocked so too our energy pathways can become blocked. Did you know that if some energy pathways become blocked that will lead to our arteries becoming blocked? Yep, it's true. In fact, whatever your noticeable symptoms are, whether physical, emotional, relational, (financial too) they all begin with energy blockages.

Ok, so you may now be wondering, where the heck these energy blockages are, and how do I get rid of them so I can be physically well, financially successful and find true love.

Eliminating Energy Blockages for Health, Wealth and Love

This can be done with intention (and some guidance)... Let's say being able to trust people is very important to you, but when you think about fully trusting you find your emotional doors slam shut. You could address this with talk therapy. That can help, especially with things you can consciously articulate.

However, it usually takes considerable time and lots of effort and struggle to identify the root of your feelings. This is because the causes are far away from your conscious awareness. You see, there are points in your bioenergetic field that hold the vibrational memory of the root causes of your pain and sadness. They can be from repressed experiences, past life memories, or even vows that we have forgotten about, like when you said “I'll never be like my mom.” Most people aren't aware of their past lives let alone knowing specific incidents of trauma. So, recalling and naming them is a big challenge. What is easy is when we bypass our conscious awareness and



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look for the vibrational memory points using specific energy healing techniques.

Imitate a Pigeon

Unknowingly we affect our energetic strength with the vibrations of our thoughts, feelings, fears and beliefs. Those vibrations lead us to either take physical action or refrain from taking action. And, over time those actions or inaction form bioenergetic memories and affect our physical wellbeing.



Pointing your toes a bit towards each other creates a circuit in your energy field that can override your bioenergetic memory. A great time to remember this is when you are on an airplane during take offs, landings and when there is turbulence. Just turn your toes towards each other and you will feel better. It also helps to turn your toes in if someone is arguing with you, or any other stressful situation.

TRY THIS: Turn your toes out so your heels are closer together and your toes farther apart. Take a deep breath in and out. Notice how you feel. Now do the opposite – turn your toes in so your toes are close together and your heels are farther apart. Take a deep breath in and out. Notice how you feel now. The difference can be subtle so try it a few times.

One of the results of this toes in position is that you are more fully present in your body.

Be Present

Whatever you are doing, from working to chatting with friends to exercising, allowing your senses to take in what is around you and what you are saying or hearing, enlivens your body. It connects you to All That Is. You can literally feel that you exist, and that you have a place and a purpose in life.

Here's an example that had a big impact on me. It's that commercial I asked you to watch, on the page where you downloaded this report. The combination of the colors, the music, the movement – it activates all my senses and makes me feel completely alive and vibrant.

The interesting thing is that I had to watch it several times before that exhilarated sensation took over. I was used to the previous style of these commercials where the dancers were solid black. I had to let go of my *attachment* to those commercial's in order to embrace this new one. I had to let go of the past in order to be in the present!

If you haven't watched the commercial and would like to, you can see it at http://more.healingisfun.com/ipod_video.html

You may have different feelings about this commercial than me, and that's ok. We each get turned on by different things. That leads us to Step Three.

Feel What You Feel

The clearer you are on what's important to you, the better you feel about yourself. The better you feel about yourself the more empowered you are. And, that creates great energy flow!

Feelings are the catalyst that put your thoughts in motion. Think about this – can you be emotional and stay still? NO you can't. Imagine

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you are at the Super Bowl. It's the last 30 seconds of a tied game. Can you picture everyone sitting there calmly, silently watching? NO! Even if you are not fond of football and were playing solitaire the entire game you would be paying attention now. All those standing, cheering people have gotten your attention. It's exhilarating to be there.

Emotion is movement. Look at the word "emotion" – the letter e, for energy, plus motion. **E**nergy-motion, **e**motion. When you feel an emotion, action happens. And, action always creates more action, like the ripples that form when you toss a pebble into the lake.

So when you have a feeling about yourself, and you continue to have that feeling, you cause outward ripples of motion. Feeling is motion, and motion is physical. Feelings create reality. That's powerful!

Your Core Essence

Below is an exercise so you can know your top three life fulfilling feelings. These are feelings that will create the most movement for you. These are core feelings. They are what makes you tick.

In business this is called "brand essence." For example Publix grocery store's brand essence is "Love on a Table." Hearing that, don't you just want to go shop at Publix right now? I know I do. They never say "love on a table" in their advertising but they make sure the feeling of "love on a table" is there because it attracts customers.

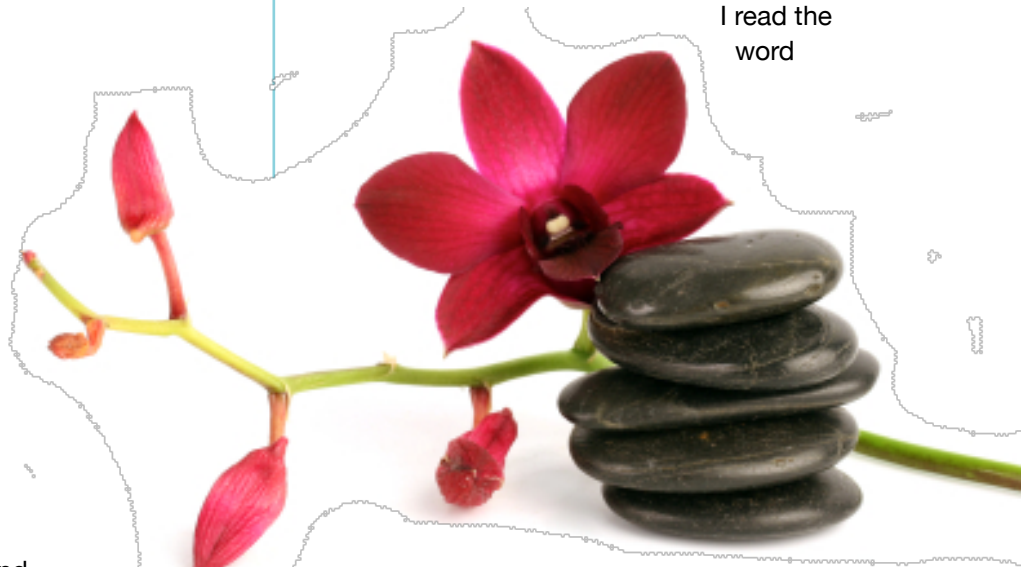
When you know your personal brand essence, your top fulfilling feelings, you vibrate that feeling. The ripples of energy go out from those

feelings, and send back to you people and situations that reflect your feelings. So that's what you want to think about because thinking about how life sucks will send those ripples out and you will attract sucky experiences instead of empowering experiences.

TRY THIS: Read this and then look at the text box on the next page. It is a wonderful list of sensations. You'll use this to help find your top three life fulfilling feelings. You will recognize the ones for you when you find them because you will feel them more deeply than the other words. They will stand out to you.

Let me give you an example. In the third category "Engaged," when I looked at the word "Alert" I thought "Yeah, I want to be alert." But I didn't feel passionate about it so I continued to read

through the list. Then, when I read the word



"Stimulated," that jazes me. When I thought again of alert I felt, eh, it's not so great.

Another word, in another section, made me feel really sturdy, like not even a hurricane force wind could blow me over.

Go ahead and look for the three feelings that are the most satisfying to you. When you find them write them down with the words "I Am" in front of each one, like, "I Am Alert." Then place the

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paper somewhere you'll see it every day. Every day say those phrases out loud several times. You will begin to attract people and situations that support those statements.

Feelings When Your Needs are Satisfied

The following are words we use when we want to express a combination of emotional states and physical sensations. This list is neither exhaustive nor definitive. It is meant as a starting place to support anyone who wishes to engage in a process of deepening self-discovery and to facilitate greater understanding and connection between people.

AFFECTIONATE

compassionate
friendly
loving
open hearted
sympathetic
tender
warm

CONFIDENT

empowered
open
proud
safe
secure

ENGAGED

absorbed
alert
curious
engrossed
enchanted
entranced
fascinated
interested
intrigued
involved
spellbound
stimulated

EXCITED

amazed
animated
ardent
aroused
astonished
dazzled
eager
energetic
enthusiastic
giddy
invigorated
lively
passionate
surprised
vibrant

EXHILARATED

blissful
ecstatic
elated
enthralled
exuberant
radiant
rapturous
thrilled

GRATEFUL

appreciative
moved
thankful
touched

HOPEFUL

expectant
encouraged
optimistic

INSPIRED

amazed
awed
wonder

JOYFUL

amused
delighted
glad
happy
jubilant
pleased
tickled

PEACEFUL

calm
clear headed
comfortable
centered
content
equanimous
fulfilled
mellow
quiet
relaxed
relieved
satisfied
serene
still
tranquil
trusting

REFRESHED

enlivened
rejuvenated
renewed
rested
restored
revived

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Be a Lighthouse

Stand strong in who you are. The clearer you are on what is important to you the better you feel about yourself. and the better you are able to attract the circumstances into your life that support those feelings.

Below is a section from the book *Attracting Perfect Customers* by Stacey Hall & Jan Broguiez. This passage focuses on attracting customers that are ideal for you, but you can also think about this effect for attracting perfect friends and situations.

Imagine a lighthouse standing strong and tall on the rocky shore of a beautiful harbor. The water is calm, the sky is blue, and many boats are out at sea. But off in the distance a storm cloud is forming. It approaches the shore very quickly. The sky is getting dark, the waves are getting rougher, and many of the boats are being tossed about on the water. as the rain and the wind pick up strength, the power of the beam of light emanating from the lighthouse increases. The darker the skies become, the brighter the light shines to provide safety and security in the midst of the storm.

Notice that not all of the boats need this beam of light to guide them to safety. Some have more confident captains and crews, and some are fully equipped to manage through storms safely and effectively. Now imagine that the lighthouse gets upset because some of the boats are choosing to follow their own path. The lighthouse feels that it

is not successful if its light is not guiding all of the boats in the sea. It sprouts arms and legs and runs up and down the beach doing its best to catch the attention of all the boat captains, attempting to encourage more of them to depend on its light.

Can you imagine what the results would be?

Most likely the boats whose captains were depending on a steady, constant stream of light to guide them safely around potential dangers would be damaged or destroyed in the chaos and confusion. Other boats might be steered dangerously close to shore so those on board could get a better look at the spectacle. Still

others would be perfectly content to stay where they are – out at sea, relying on their own navigational equipment. The result: very few boats would be served well or at all by the lighthouse.

Your responsibility is to stand still and keep shining your own distinctive light, to keep polishing the lens to ensure that your light has the power and brilliance to break through the darkness and attract the attention of only perfect customers.

Generally we stand in who we are when we are comfortable with who we are. This reminds me of my

bedroom when I was a kid. Every few weeks I'd rearrange the furniture in my bedroom because I was never satisfied. My furniture consisted of several mismatched pieces and even as a kid I felt the discord. Finally, when I was 14 my parents let me choose some furniture I liked. I also got to select carpet and bedding and window dressing. After my room was redecorated I loved being there. In fact, I loved that furniture so much I still have it.



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We've discussed being present in the moment and knowing what feelings are important to you. But, there is more to sustaining energy flow than just knowing those feelings. I knew I disliked my childhood bedroom furniture but identifying that didn't magically change the furniture into something I liked. Well, at least not quickly. It took about 5 years for my feelings to create enough ripples to make the change. Maybe my parents finally got tired of healing me scraping the floor as I dragged around the furniture while they tried to sleep.

What I know now is that no matter how much I want something, no matter how many times a day I say an affirmation, or how much I concentrate on trying to feel differently, if I have vibrations in my bioenergetic field that are in conflict with my thoughts and feelings then it takes longer to change. But be cheerful, Step 5 has the answer!

How To Pinpoint & Optimize Significant Bioenergetic Memory Points

Here's a quick energy healing method to search for significant vibrational memory points and heal yourself.

1. Notice how you're feeling right now, physically and emotionally on a 1-10 scale. Write down that number so you will remember it
2. Draw a large circle on a piece of paper.
3. Now, put your hand on the paper, wherever your hand naturally wants to fall.
4. Imagine there is energy in the paper where your hand is and it's traveling up your hand, up your arm, into your body and expands from the top to the bottom of your spinal column. Then say "I am one with this energy."

5. Take a deep breath in and out. Take your hand off the page, and then notice how you are feeling now. Rate that on a 1-10 scale.
6. How does your new rating, the way you're feeling now, compare to the way you were feeling before you did this exercise?

Did you like that? **You just used intention and distant energy optimizing on yourself.**

The first person I had try this began at a "3" and resulted in an "8." You may not have dramatic results like that. You may not have noticed any change at all. That's alright. It just means there's more to clear for you. Sometimes repeating the process is helpful.

This is just the tip of the iceberg of what you can eventually achieve with more guidance and practice.



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Do you have goals/dreams and year to year haven't been able to accomplish them?

In 2006 I worked with Barbara on her branding and website designs. All the while we worked together, I was impressed with how Barbara helped streamline our conversations by doing 'energy optimizations' silently in the background. I was so impressed, I purchased the abundance recording and use it whenever I need a little extra \$\$ in the bank. Barbara is magical!

Julia Stege , Branding Artist, Website Designer,
Internet Marketing Maven
GraphicGirlz.com



Has your heart said one thing, your mind another and you can't seem to move forward?

I wanted to let you know that the healing you did for my patient was awesome!!! After our first session the voices in his head decreased by about 80%. He was able to realize with clarity that he had not harmed or humiliated anyone. This is the first time he feels free of those voices since he was diagnosed with obsessive-compulsive behavior. Thanks a lot and hoping to work again with you to help (name removed) clear himself completely of the voices. Love,

Tita Espinosa, TBM, NET
Queretaro, Mexico

Have you done everything you can to be healthy and are yet to see any real change or progress?

The range of Barbara's healing abilities is very broad from clearing past lives, to working on physical & emotional problems. I have suffered from fatigue for many years. Barbara was able to raise my energy level to a very pleasant & joyful level. She is also a woman of integrity & a joy to work with.

K. Dahl

If you answered, "yes", to any of these questions would you like to know an easy, fast and enjoyable way to be happier, healthier and more certain as you move toward your goals and desires? Read on...

Your Next Step

Will This Help Me or My Business?

When you optimize the energy of your business and personal life the channels to ultimate success and happiness open. Begin by filling out our *Illuminating Your Next Step* discovery form. <https://bit.ly/iyns-online>

Learn Distant Energy Optimizing

Our leading edge energy optimization process is easy, fun, and fast to learn right from home! www.intothismoment.com

Accelerated Manifestation

24/7 Program for Accelerated Manifestation. It's like having a personal trainer for your goals. www.healingisfun.com/247

Healer On Call

Does having an energy optimizer on call 24/7 appeal to you? www.freedomfromcaptivity.com

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**Who is Barbara Robins
and why does she know so much
about optimizing energy?**

If you have lived with your pain or problem for a long time and feel discouraged and depressed it can be easy to lose heart and give up hope. I know what you are feeling as I have walked in your shoes. You try one thing after another and nothing gives you the results you are looking for.

When I finally found a solution for my own stress I knew I was meant to share it with others. That is what led me to study and become a master energy healer.

By my first year I had treated over 800 people with a 97% success rate. I then went on to help an athlete who was staring into the end of their career, turn that around, and win their first Olympic Gold Medal in just seven weeks.

Since 2003 I have been teaching my Into This Moment Quantum Optimizations process help you align your business and life at the energetic level so talented people like you can create extraordinary results in record time.

Barbara Robins
Live Fully: Express the Song of Your Soul

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