

TOWARDS A THEORY OF INTENTION: AN APPLICATION OF QUANTUM MECHANICS
WITHIN PSYCHOTHERAPY

By

JENNIFER VAN WYCK

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Thesis Committee

Faculty Advisor: Larry Axelrod

Second Reader: Michael Mandrusiak

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Towards a Theory of Intention

Abstract

This study incorporates grounded research methodology to analyze and code three fields of research, including: Psychoneuroimmunology, Psychokinesis, and Guided Imagery. This analysis produced a provisional theory of intention rooted in these research domains . The works of William Tiller and Wayne Dyer were then used as a validity check on the grounded theory results and provided further input into a final theory of intention. It was found that contrary to the original conceptualization, the phenomenon of intention requires three elements to be most successful in producing targeted outcomes. These include: consciousness, thought and emotion. The emotional aspect of intention had previously been mentioned but never incorporated into earlier theories of intention and appears to be a new finding that has potentially strong implications. The paper concludes with a discussion of how these three aspects of intention can then serve to inform ones practice in the field of psychotherapy.

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Chapter 1: Introduction

The influence of “intention” on outcome has been studied via scientific means dating back to the early twentieth century (Talbot, 1992). It is a relevant topic for humans in everyday life, especially to those of us in the healing professions who deal with the connection between the mind and behavior. The objective of much of the previous research has been to understand and explain the effect of the mind on its surroundings (Radin, Nelson, Dobyns & Houtkooper, 2006). Growing evidence suggests that our mental processes exert a profound influence on our bodies, our environment, and our interpersonal relationships (Braud, 1993). Braud suggests (1993) that one’s intention influences what one decides to observe, how one observes, the types of observations that one makes, and the interpretations that are constructed.

However, our understanding as to precisely how these intentions affect the physical environment in which these observations and interpretations are made is still limited. Some researchers state that pathways of intention are often indirect and mediated through systems of anatomical, neurohormonal, and biochemical pathways (Braud, 1993). Others see intention and consciousness as a physical force affecting the environment in a direct way (Oku, 2005). Much theory and speculation exists about the phenomenon of intention, but substantial uncertainty remains in both the physical sciences and human sciences regarding what intention really is, how it works, and its impact on physical, emotional and psychological changes.

For example, many studies in the field of psychokinesis have demonstrated and replicated the impact of intention on physical surroundings; however, these findings, although statistically significant, can be weak (Radin et. al., 2006). In fields such as guided imagery, intention has been shown to be effective in enhancing the healing of various physical injuries (Trakhtenburg, 2008). Study in psychoneuroimmunology has shown the impact of intention on our bodies

(McCain & Swanson, 1996). Although the discreet construct of *intention* has not been overtly stated in many of these studies, it appears to be a key component of producing targeted outcomes. The lack of reference to *intention* in these areas of study may be due to a lack of knowledge and consensus of what intention is and how it influences processes and outcomes. More research is needed to define intention in an integrated manner and discover more about how it works. The results of this research could serve to clarify pathways of *intention* so that the effectiveness of *intention* can be enhanced in influencing the achievement of desired outcomes.

To date research has focused on whether or not intention can produce targeted outcomes. However, as intention is not clearly defined it is difficult to measure its effectiveness. This study aimed to delineate an integrated theory of intention grounded in the data produced by research in the fields of psychokinesis, guided imagery, and psychoneuroimmunology. Additionally, the study considered other related science and philosophy traditions, such as the theory of quantum physics, in an attempt to integrate the knowledge from these disciplines into a common understanding of *intention*.

This study's initial working definition of intention was: ***influencing one's internal or external environment in a purposeful way through the use of thought***. Using grounded theory methodology, past research in the previously noted disciplines was systematically analyzed with respect to their relevance to the phenomenon of *intention*. This analysis was then compared with the conceptual works of William Tiller and Wayne Dyer, two experts known for their perspectives on the power of intention. Research in quantum physics is also referenced as it supports the effect of consciousness on our environment and was integrated within the results section as an example of how some intentional processes are achievable. For example, intention has been found to be expressed through psychokinesis; moving exosomatic physical objects with

one's thoughts. Additionally, intention appears to be expressed through the mind-body connection as in psychoneuroimmunology and guided imagery. It can be argued that intention is involved in every field of research as demonstrated by the observer principle and experimenter bias. It plays a prominent, although often overlooked, role in psychological science (e.g., studies in motivation) and counselling psychology (e.g., component in cognitive-behavioural therapy). The three fields of psychokinesis, guided imagery, and psychoneuroimmunology, the fields of focus in this study, are by no means exhaustive of the fields related to the concept of intention. However, they provided a rich and relevant data set towards constructing a theory of intention. The field of psychokinesis is relevant because it uses the word intention in its experiments, and uses intention as the independent variable in its studies. Guided imagery is based on the premise that by using focused thought one can heal or accelerate the healing process of many physical ailments (Cupal & Brewer, 2001). Psychoneuroimmunology was included because it combines psychology, neurology, and immunology to study the relationship between thoughts and the immune system (Ader, 2001). Although the word "intention" is not used, this field of research demonstrates how the power of thought influences physical outcomes. This can be seen in phenomena such as the placebo effect, with its well known effect on health outcomes. However, it is difficult to know whether these effects are due to intention or some other cognition or emotive influence.

By examining these scientific disciplines this study sought to discover underlying factors that contribute to explaining the power of intention. It was presumed that through the use of grounded theory methodology to code and categorize how events related to intention occur, a theoretical foundation of intention could be developed.

Discovering what intention is and how it is most effectively applied can help people improve the quality of their daily lives. The benefits of this knowledge can be used in the counselling field to aid the development of effective techniques for clients in the creation of new circumstances or outlooks in their life that might promote success, well-being and healing. Intention is currently used in such counselling techniques as motivational interviewing, which helps to create an strong intention in clients to change their behavior, and cognitive behavioral therapy where thoughts are analyzed and beliefs are changed to influence behavior (Peterson, Baer, Wells, Ginzler & Garrett, 2006).

In summary, bringing more clarity and definition to the construct of *intention* was the aim of this research. More specifically, this study focused on elaborating the process of how intention works and identifying the factors that correspond with intention, resulting in a more informed theory of this challenging and enigmatic phenomenon.

Chapter 2: Literature Review

In this chapter the three fields included in analysis will be summarized and explained, as will the works of Dyer and Tiller, and other areas of research that have been found to increase the effectiveness of intention. However since intention can often be an esoteric concept it is important to have a crystallized idea of what exactly intention is, especially how intention is defined in this paper and how its definition may vary from traditional definitions of it.

Defining Intention

According to the Webster's New World Dictionary (Neufeldt & Guralnik, 1988) Intention is, "the act of intending; determination to do a specified thing or act in a specified manner ... a concept formed when the mind is directed toward an object" (p.703). Consistent with this definition the initial working conceptualization of intention for this study was; *attempting to influence one's internal or external environment in a purposeful way through the use of thought.*

This definition indicates that intention is different from belief, which according to Webster (Neufeldt & Guralnik, 1988) means; "the state of believing; conviction or acceptance that certain things are true or real" (p. 126). Intention has the element of "attempting to influence" that belief does not. Furthermore, belief or faith implies an implicit "knowing" that intention does not possess. It has been shown in psychokinesis that the more belief or faith participants have, in being able to influence the environment around them, the stronger their results (Braud, 1993; Radin et al., 2006). Perhaps it is the knowing aspect of belief that is responsible for strengthened results. Therefore, intention is potentially more powerful when the variable of belief is incorporated into its definition.

Intention is different from Webster's (Neufeldt & Guralnik, 1988) definition of will which is: "the power of making a reasoned choice or decision or of controlling one's own actions...a strong and fixed purpose; determination" (p. 1528). Intention can also be differentiated from the concept of desire, which is defined as "to wish or long for; crave; covet" (p. 373). Intention is more focused than will or desire, as there is an "attempting" to influence the environment, but it seems to be a less rigid concept than will and more cognitive than desire. It has been shown that in order for intention to be most successful there has to be a release of striving for results; in fact, in some studies the more effort the participants used the weaker their results (Radin et. al., 2006). Furthermore, the working concept of intention is an active process, whereas belief or desire are more passive constructs. Belief and desire are catalysts for action. Desire and action are separate steps. Intention is an active form of influencing one's environment, yet it appears to be balanced with a modicum of effort.

Research on the process of intention inspired the development of quantum physics in the early twentieth century (McTaggart, 2003). Scientists found that when matter was broken down to its most elemental parts it was sometimes observed in the form of a particle, and sometimes in the form of a wave. Additionally, subatomic particles could be observed in multiple forms simultaneously (McTaggart, 2003). An example of this phenomenon was first seen in experiments done by one of the father's of quantum physics, David Bohm. Bohm found that when subatomic substances were observed they behaved like a particle, however when they were unobserved they would behave like a wave. It was the act of observation that changed the form and characteristics of these substances. The implication from this work was that scientists were able to create matter through the mere act of observation (Walker, 2000). Another example

showed that when a scientist shot a particle through a board that had two holes, the particle went through both holes simultaneously suggesting wave-like behavior (Laughlin, 2005).

Scientists have found that in isolation these subatomic particles have no meaning. More specifically, they have found that particles can only be defined in their relationship to everything else, which is why matter is indivisible (McTaggart, 2003). On a subatomic level one can only understand the universe as a dynamic system of interconnectedness (McTaggart, 2003). Applied on a more general scale, this phenomenon shows how individuals are inextricably intertwined with their relationship to themselves, to those around them, and to their environment. Action can only be defined through interconnectedness (Tiller, 2001). Most research that applies quantum principles to human consciousness at a macro level has been conducted using systems that are characterized by randomness, inter-determinacy or of free variability, such as biological systems (Schmidt & Braud, 1993). It is these systems, according to Braud (1993), that are more susceptible to direct mental influence, and where distance or time do not affect results unless the participant believes they will. More research needs to be conducted on the potential influence that intention can have in everyday situations so that it can be applied to areas in the healing profession, such as psychotherapy or medicine.

Quantum mechanics shows the subatomic property of ‘non locality’ that also relates directly to intention. Non locality is the ability of entangled quantum particles, such as an electron, to influence another quantum particle instantaneously regardless of distance and without the exchange of force or energy (McTaggart, 2003). This may explain how our thoughts are able to influence our environment. This concept is not a new one as many philosophers and prophets of many religions have preached that we are all interconnected and that “everything is one.” Thus, basic physical science has established a foundation for understanding the potential

power people have to influence their environments through mental processes, even at the molecular level. While this physical science understanding of mind-environment interaction remains controversial and in need of further research, it does present a compelling foundation for examining the role of intention in everyday human experience.

For example, in the psychological realm, processes such as motivational interviewing, can be viewed as tapping into the power of intention, which is using thought to purposefully change one's environment. In motivational interviewing the goal of the therapist is to increase the motivation of the client so that they can overcome their addictions (Cummings, Cooper, & McClure, 2009). The therapist points out the discrepancies of what the client wants in life and how their addiction is preventing them from achieving their goal (Wagner & Ingersoll, 2008; Cummings, et. al., 2009). Furthermore, the therapist infuses hope into the client so that the client believes they are able to achieve their goal (Wagner & Ingersoll, 2008). This motivation and hope can be seen as the active force of intention. Once the client decides to give up their addiction and creates a clear idea of their goal, hope becomes integral (Wagner & Ingersoll, 2008). It is the picture of what the client wants their life to be like and the hope that they can achieve that reality that enables and motivates them to start making progress towards creating and implementing an intention (Cummings et. al. 2009). This motivation-inducing process can be understood as the formation of an intention to achieve a specified outcome. Through belief or hope, and motivation a thought is crystallized into an intention. Motivational interviewing has been so successful that it is seen as the most empirically validated form of treating addictions (Neighbors, Walker, Roffman, Mbilinyi, & Edleson, 2008). Thus, an idea or crystallized goal in the brain, combined with hope and belief of ability, can physically change a person's reality.

Having defined the concept of intention, three different fields of study in which intention may be a factor will now be examined. These fields are psychokinesis, psychoneuroimmunology, and guided imagery.

Psychokinesis and Intention

The study of human intention on physical outcomes has most notably been done in regards to psychokinesis (PK) where experimenters study the effect that a participant's intention has on physical objects (Braud, 1994). These studies have been replicated numerous times, yet only slightly significant results supporting the presence of PK were produced (Bosch, Steirkamp, & Boller, 2006). The earliest formal tests of PK were done by Rhine and his associates in the 1940s using dice as the mechanical random physical system (Schmidt & Braud, 1993). Participants would throw the dice with the intention of having it land on a specific face. The results showed that participants were successful in small but significant results, in influencing the outcome of the roll of the dice (Braud, 1994). Participants were able to produce intended outcomes at levels greater than chance would predict.

Criticisms of this early PK research included accusations that participants used their hands to control how the dice would land, as well as how the results were recorded. Subsequent researchers tested the criticisms by having the dice rolled against a wall, having machines roll the dice, randomly selecting die face outcomes, as well as having photographs taken of the results so that they could not be influenced or misinterpreted. Remarkably these studies still found that the group that used intention to affect the dice produced statistically significant results (Schmidt & Braud, 1993). Thus, some force greater than mere luck appeared to be at work to produce a small but measurable difference which the studies authors attributed to intention.

However, in a research program using college students Benassi, Sweeny & Drevno (1979) concluded that intention had no effect on the outcomes that were produced. In four studies these researchers measured different variables in regards to intention using dice, and found no statistically significant results that supported the power of intention. These studies included comparing how a study was introduced (PK likely, PK neutral, and PK unlikely), active vs. passive involvement, internal vs. external locus of control and previous exposure or practice sessions vs. no practice sessions. The only significant result they found was that those who felt they had an active role in the experiment and who had an internal locus of control seemed to fair better than any of the other combinations (Benassi et. al., 1979). Thus the belief that participants could control their environment coupled with a high sense of self-efficacy showed a demonstrable significant result. This suggested that self efficacy, and belief play an important role in successful use of intention. Similarly in a series of five experiments Schmidt (1993) had only one experiment that proved to be statistically significant. However after pooling the results of all the studies he found the PK effect to have statistical significance.

An extensive meta-analysis done by Bosch et al., (2006) found conclusions of a similar nature. This analysis found a significant, albeit only modest, result in the favour of the existence of PK. The authors however were skeptical and suggested that perhaps the results were due to studies which had fewer participants as well as higher effect sizes, along with a publishing bias with only the studies having statistical results in favor of PK being published. In a rebuttal to this conclusion, Radin, Nelson, Dobyans & Houtkooper (2006) point out that the previous researchers failed to include an extremely large study even though it was published with three other studies, which they did include. This omitted study showed statistically significant results supporting the existence of PK (Radin et, al., 2006).

Furthermore research results in Bosch et. al.'s meta-analysis were not differentiated, as they did not distinguished between studies that required participants to make rushed results and those that allowed more time and concentration. Studies that allowed a longer period of time and more effort on behalf of the participants producing higher quality of information but less bits of information were lost in the studies that produced mass amounts of bit information but of less quality due to a restriction of time and effort. Radin et al. state this is a shortcoming in Bosch et al.'s findings. Radin et. al. postulate that this lack of discrimination might account for the larger effect size of the quality studies not just the amount of participants in those studies. They go on to restate that there is statistically significant evidence of the power of intention through the use of PK, but since this significance is only slight they advise that further research should now focus on what conditions promote this effect (Radin et. al., 2006). This perspective is also held by William Braud (1994) as noted in his paper for the scientific Edinburgh conference a decade prior.

There continues to be considerable disagreement within the literature on psychokinesis. However, several studies have demonstrated the statistically significant and measurable impact of intention. Studies have also suggested that certain factors, such as one's belief in their own ability to produce change may augment the influence of intention (Braud, 1994). We will now turn from psychokinesis to the examination of the role of intention in another scientific field of study, psychoneuroimmunology.

Psychoneuroimmunology

Psychoneuroimmunology is an emerging field that focuses on the bi-directional effects of thought and emotions in conjunction with the nervous system, the endocrine system, and the immune system, with an emphasis on the ladder (Ader, 2001). The effects of stress on health are

well documented (Ader & Cohen, 1995), although the field has overwhelmingly focused on what suppresses the immune system as opposed to what strengthens it. It is a field that shows how one's cognitive and emotional processes can effect autonomic human systems, however, this influence is often not done in a "purposeful" way but rather through stress, depression, or mitigated through psychosocial factors. It is the connection between the cognitive and the autonomic that makes a theory of intention especially relevant to this area of study. Additionally, because of its well documented research on the effects of thoughts on physical outcome, psychoneuroimmunology can provide clues as to how to increase the power of intention.

The immune system has two different tasks: 1) to recognize non-self entities such as bacteria and viruses; and 2) to attack and destroy these entities (Seegerstrom, 2007). However, the immune system has evolved to respond to internal as well as external stimuli, which is done through the integration of neurotransmitters and agents that are part of the immune system such as lymphocytes (Ader & Cohen, 1993). The immune system's status is assessed through either enumerative or functional measures. Enumerative measures include counting various components of the immune system including white blood cells, lymphocytes, NK cells and so on, where-as functional measures are assessed through specific immune processes such as how quickly mature tumour cells are destroyed or immune response to highly sensitive antigens (Trakhtenberg, 2008). The bi-directionality between the brain and immune system was shown in an experiment done by Besedovsky & del Rey (1991) that revealed that when the immune system was activated it created changes in the hypothalamic, autonomic and endocrine processes. Furthermore, the release of cytokines is the means by which the immune system can communicate with the central nervous system that then influences behavior (Ader & Cohen, 1995).

Behavior and immune effects have been shown in a variety of studies using humans and animals that also highlight psychosocial factors (Ader & Cohen, 1995). Psychosocial factors include emotional states, personality traits and the effects of stress, which have all been correlated to immune functioning (Ader & Cohen, 1993). Research has shown that psychosocial factors influence the progression, initiation and predisposition of pathophysiological process such as infection, allergies, and neoplastic disease (Ader & Cohen, 1995). Although the exact pathway of psychophysiological events is not known there is a strong association between behavioral and emotional states with antibody and cell mediated immunity (Ader & Cohen, 1995). For example, clinical depression is associated with a decrease in lymphocytes and helper T cells, which indicates a reduction in immune functioning (Ader & Cohen, 1995).

Interestingly, because of the involvement of the central nervous system, the immune system can be classically conditioned (Ader & Cohen, 1995). In a study done by Ader & Cohen (1995) mice were given a distinct tasting drinking solution that served as the conditioned stimulus and was paired with an injection of an immunosuppressive drug (the unconditioned stimulus). When mice were later presented with the conditioned stimulus their immune system showed a weakened response; the same effect as if it had been given the unconditioned stimulus. After additional studies and research Ader & Cohen (1995) concluded that, “behavioral changes associated with immunological dysfunction may act to maintain or restore immune homeostasis” (p.6). This was a breakthrough study demonstrating the relationship between thought, behavior, and immunity.

Similarly, Kandil & Borysenko (1988) found that stress that was inflicted in a predictable manner enhanced the tumour growth in mice, while unstressed mice showed a decrease in tumour size after two weeks. Additionally, rats that had no control over the shocks they received

had a significant increase in tumour growth while rats that are in control of their shocks maintained the same tumour size as the control group (Bauer, 1994). This illustrates the effect that thought processes such as the ability to handle stress, the threshold of stress, and the locus of control of the participant can influence the negative impact that stress has on immunity.

With respect to human systems, it has been found that psychosocial factors, with their impact on mental health, were twice as predictive of developing lung cancer than smoking history in lung cancer patients (Bauer, 1994). Again highlighting the importance of human thought and emotional processes. Recently, there has been a general consensus among scientists and clinicians that psychoneuroimmunology can explain the processes that underlie human adaptation, and can lead to clinically significant interventions that promote health and treat illness (Zeller, McCain, & Swanson, 1996).

Thus, the field of psychoneuroimmunology has exciting implications for the study of intention. So far, the relationship between the brain and immune system has been outlined. Studies demonstrating how environmental and emotional stressors can impact the immune system have also been discussed. In the next section, we will explore how studies that explore the relationship between thought and emotive processes and how they have the potential to influence a physiological outcome. Currently, behavioral scientists have begun to focus on psychoneuroimmunology when studying therapies such as relaxation, and behavioral interventions such as guided imagery that have been shown to have an effect on overall immunocompetence in persons with cancer (Zeller et.al., 1996) and HIV (O'Cleirigh & Safren, 2008). In particular, the research in guided imagery over the last couple of decades warrant a more in-depth look into its processes.

Guided Imagery

Guided imagery, which may also be called mental imagery or guided visualization, is described as a technique that uses the mind and imagination to invoke the senses, which includes sight, smell, sound, taste, and even the senses of movement, position and touch (Trakhtenberg, 2008). Trakhtenberg (2008) describes it as the “communication mechanism between perception, emotion and bodily change” (p. 840), and Rider & Acheterberg (1989) depict it as “the internal experience of a perceptual event in the absence of the actual external stimuli” (p. 840). These definitions already describe how our thoughts can affect physical outcomes.

Guided imagery can be done individually, or with a guide in person or recorded in audio, and has been used for centuries (Trakhtenberg, 2008). It was not until the 1960s in North America did it begin to be criticized by scientists who did not think it fit into the mechanistic and reductionist worldview, and subsequently its use diminished (Cupal & Brewer, 2001). Its popularity now, however, has dramatically increased since it has demonstrated successful outcomes, most notably in the fields of psychoneuroimmunology, sport psychology, and clinical treatment including exposure therapy (Trakhtenberg, 2008, Cupal & Brewer, 2001). Guided relaxation imagery is now one of the most frequently used psychological interventions for the rehabilitation of sport injuries (Cupal & Brewer, 2001). Empirical evidence for the effectiveness of guided imagery include: improving the rate and extent of healing from surgery or serious illness, reducing stress and innocuous illness, improving complex motor skills as well as performance, and voluntarily altering one’s mood (Arbuthnott, Arbuthnott, & Rossiter, 2001; Cupal & Brewer, 2001).

In a study done by Cupal & Brewer (2001) it was found that relaxation and imagery based psychological techniques following ACL surgery was effective in significantly creating greater knee strength and lowering levels of re-injury anxiety compared to placebo and control

groups. Visualization seems to be effective because the body has difficulty distinguishing between imagination and reality (Donaldson, 2000). Furthermore, in a study done by Rider & Achterberg (1985) students were trained to either decrease neutrophils or lymphocytes depending on what group they were assigned. Music was used to enhance their concentration. After six weeks the group that was assigned to decrease lymphocytes, did so significantly, as did the neutrophil group (Trakhtenberg, 2008).

Donaldson (2000) states that one of the basic principles of psychophysiology is that every thought has a physiological response, which is the basic mechanism for guided imagery. He sees guided imagery as able to stimulate certain thoughts that then produce the targeted psychological outcome. This is an example of how intention can purposefully affect outcome. In a study exploring the effect of visualization on the body functions he found that participants who underwent thirty minutes of visualization a day that was focused on increasing white blood cells had significantly increased white blood cell counts after 30, 60, and 90 days. This outcome was achieved even though initially, at the five day mark, participants' white blood cell count deteriorated. He accounts for the initial reduction as a possible product of stress caused by the body having to learn a new technique or that the white blood cells are more dispersed around the body and so seem to be decreased in numbers when a sample is taken (Donaldson, 2000). Other researchers believe that the initial decrease found in guided imagery studies is a product of migration, which is a process where cells migrate to the areas of greatest need (Trakhtenberg, 2008, Donaldson, 2000), thereby reducing the presence of white blood cells in the blood stream where researchers count their presence. A study done by Barber (1984) supports this conclusion as he found that when participants visualized a specific organ in the body, blood flow to that organ significantly increased.

There are two different types of visualization that Donaldson (2000) describes; active and passive. Passive visualization is less effective and usually involves fleeting images. Active visualization has stronger and more consistent images that are usually longer in duration. This correlates to the studies in psychoneuroimmunology where subjects that perceived having a more active role in their outcome were less susceptible to immune deficiency. Donaldson's finding suggests that the mental preoccupations of an individual have a substantial impact on the blood flow, muscle tension and immune system responses of that person (Donaldson, 2000).

In psychotherapy, imagery has been used by behavior therapists in the treatment of phobias and anxiety disorders, and has been incorporated into relaxation and stress management training. Cognitive therapists use imagery to access key beliefs in clients and to encourage them to reinterpret their experience, as well as treating stress, phobia, depression and chronic pain (Artuthnott, et.al., 2001; Cupal & Brewer, 2001). Furthermore, Kwekkeboom (2001) proposes that it is outcome expectancy, which is the belief that a specific outcome will be achieved, and imagining ability, which is the capacity of the participant to create vivid detailed images, that contribute to the effectiveness of guided imagery. However, Kwekkeboom (2001) states that coping style also moderates the effectiveness of guided imagery, with individuals who are non-catastrophizers being the most successful at this technique because they are better at controlling, monitoring and manipulating thinking that is related to the painful stimulus. In contrast, catastrophizers preferred to use distraction as a way of coping with pain. This supports the proposed definition of intention as successful guided imagery encompasses the ability to focus thought (being a non-catasrophizer), through the motivation of positive outcome expectancy so that a purposeful measurable physical change can be seen.

Donaldson (2000) concludes that the results of his study “lend support to the idea that communication flows easily and immediately between mind and body and that the areas of mind and body are only points on a continuum of interactions that can be consciously productive or non-productive to self-healing and to a sense of well-being” (p.127). This is similar to the views of William Tiller whose seminal works provide a rich source of material for examining the construct of intention.

Tiller's Concept of Intention

William Tiller has his doctorate in engineering and is currently a professor of mainstream engineering at Stanford University. He has been researching energy flow and quantum physics for decades. He believes that scientific thought and experimental protocol are entering a sharp divide led in part by the establishment of Quantum Mechanics, and asserts that human qualities such as “consciousness, intention, emotion, mind and spirit” (2007, p. xi) can and do affect physical reality and so need to be incorporated into scientific protocol and future scientific paradigms.

A summary of Tiller's theory of intention explains that it is a process involving eleven dimensions. A more detailed explanation of how these dimensions interact in the process of intention will be given in the results section. Tiller states that the first nine dimensions are the background of the physical world. They include four dimensions of matter (D-space), three of space and one of time, and four dimensions of wave form (R-space), which also include three of space and one of time. The ninth dimension Tiller labels as the domain of emotion, which Tiller sees as having the previous dimensions imbedded in it. This dimension is necessary according to the mathematical equations and the theory of relativity, which will not be elaborated on here. Furthermore the emotional dimension is what activates a substance called deltrons. The existence

of deltrons are not tangibly proven but are necessary according to mathematics, much like many subatomic particles. Tiller states that a tenth dimension is also needed to reflect the effect of human consciousness on nature and this includes the factor of I^* , which represents how strong human intention is. Lastly, the eleventh dimension has all the other dimensions embedded into it and is what distinguishes between the relative dimensions (ten dimensions and lower) and the absolute dimensions which are eleven and higher. He labels this eleventh dimension the domain of spirit.

Tiller (2007) advocates that the pathway of intention starts in the eleventh dimension through the following pathway:

A specific intention, projected from the level of spirit, imprints a detailed pattern on the domain of mind. This pattern is an information pattern that is a one-to-one representation of the original intention. Via the structural mechanism connecting the mind domain to R-space, this pattern imprints a second representation of the information (of somewhat lower fidelity) onto the R-space domain. In addition, an enhanced activation of deltrons from the emotion domain occurs, changing the activated deltron level from the cosmic background level, to a much higher level (...) This increased deltron activation strongly increases the coupling between the magnetic monopoles of R-space and the electric monopoles of D-space so that the R-space information pattern is transferred to D-space with still further reduction in fidelity (...) These R-space/D-space information patterns engage in hard-wired mechanisms and processes of the physical body to materialize in physical reality the original intention. (p. 26, 27)

Tiller's concept of intention is rooted in engineering and physics and offers a very precise theory of how intention works. His scientific work is beyond the nature of the present study. It is his conceptual notions of intention, drawn from his scientific discoveries that serve as a reference point for the present analysis of intention. Dyer's concept of intention is a more metaphysical perspective and assists in providing a more holistic picture of what intention is and how it works.

Dyer's Concept of Intention

Dr. Wayne Dyer, who has a doctorate in educational counselling, is a well-known author of books on intention and spirituality and has been immersed in the study of intention for over a decade (Dyer, 2004). His perspectives are quite esoteric and metaphysical in nature, yet they provide a rich philosophical foundation with which to compare the results of the present study's analysis. In his book "The Power of Intention" he describes how his view of intention has evolved. Much of his earlier research defined intention as a strong resolve or will, and this view is still the most commonly perceived definition of intention today. Yet, most of the research done on intention in the field of psychokinesis provides evidence that suggests intention is more expansive than this conceptualization. For example, increased use of effort in psychokinesis has been repeatedly correlated with a decrease in ability to achieved desired outcomes (Braud, 1993). As Dyer continued to study and apply what he had learned about intention, his understanding of it evolved. His current definition of intention is more consistent with the research done in the field of psychokinesis, guided imagery, and psychoneuroimmunology.

Dyer (2004) views intention as more than a phenomenon that is found in an individual such as drive or will. Intention in his view is not something that one does, but rather is "a force that exists in the universe as an invisible field of energy" (p.4) and can be available to anyone.

This concept of a universal field of intention is not a new one and has been suggested by visionaries such as psychologist Carl Jung who believed in a collective unconscious, and physicist David Bohm who believed that all ordering influence and information resides in an invisible domain or higher reality but is readily accessible when needed (Dyer, 2004). This is also similar to Tiller's (2007) domain of spirit.

Dyer (2004) states that intention is found everywhere and built into everything. He describes it as the driving force or a future-pull that is present in every being and is what propels the aging of our body and the growth of a chestnut into a tree. Quantum mechanics research has shown that the fundamental substance of subatomic particles is energy, which Dyer (2004) sees as being where intention resides. Dyer sees intention as being something that is innate, yet can also be strengthened through meditation and understanding. Furthermore he sees the process of using intention as consisting of one's ability to align or connect to it (Dyer, 2004).

Along with the theories of intention described by Tiller and Dyer there has been some research as to what enhances the process of intention, these mainly include personal factors but also environmental factors.

Person Factors Related to the Power of Intention

A mitigating variable in the power of intention has been found to be locus of control. There has been considerable research on the benefits of a strong internal locus of control, which has been associated with increased psychological and physical health (Thompson, Kyle, Osgood, Quist, Phillips, & McClure, 2004; Jewell & Kidwell, 2005; Shiloh, Peretz, Iss, & Kiedan, 2007). Furthermore, it has been found that individuals who are taught mindfulness techniques score higher on internal locus of control than before their training (Thompson, et al., 2004). This research may suggest that the use of intention, which is theorized as an aspect of mindfulness

(Tacón, Caldera, & Ronaghan, 2004) could also increase internal locus of control, thereby passing on the physical and psychological benefits accessible to individuals with a strong internal locus of control.

Benassi et. al. (1979) found that an active involvement in the process and an internal locus of control increased the PK effect in their studies. This is similar to the findings of Jewell & Kidwell (2005) who concluded that locus of control is not only a reflection of an individual's beliefs but of their preferences as well. They found that participants who had an internal locus of control were more anxious about their performance in situations where they had less control, yet more confident in situations in which they had more personal control. The opposite effect was found for those who had an external locus of control.

Along with locus of control and involvement level there is evidence to suggest that attitudes or belief, confidence, trust, and positive expectation may facilitate the strength of impact that intention has (Braud, 1994). Furthermore, factors such as focusing of attention, guided imagery, and the absence of effortful striving seem to also have an impact (Schmidt & Braud, 1993). In a Meta-analysis done by Bosch et. al. (2006) they ascertained that extroversion, belief in ESP, and defensiveness were potential moderators of a stronger outcome. And finally Roe, Davey & Stevens (2003) suggests that participants who are unaware that they are doing a PK experiment do better than those who are aware. Also meditators do better than those who do not meditate, as do people who score as feeling/perceiving on the Myers Briggs test (Braud, 1994). Those who score low on neuroticism also seem to have increased capabilities, and surprisingly, the geomagnetic activity in the atmosphere is said to have an effect on results (Roe et. al., 2003).

The present study strives to incorporate the information from these three relevant fields and the seminal works of the diverse perspectives of Tiller and Dyer to create an encompassing definition of intention; outlining what intention consists of and describe how it works. This may bring intention from the more esoteric realm where it mainly resides, into the everyday sphere, specifically within psychotherapy. The use of intention in psychotherapy would potentially enable clients to not only gain a greater control of their life, but also empower clients to make the necessary thought adjustments so that they can achieve their goals. The following chapter is a description of how this study attempted to create a cohesive definition of intention and outline its process, actions, and interactions.

Chapter 3: Method

Design

This study used the grounded theory method as a systematic approach to organize and analyze data selected from the three bodies of literature. Grounded theory methodology was first developed by two sociologists, Barney Glaser and Anselm Strauss (Strauss & Corbin, 1998). Using this methodology numerous influential studies from three relevant fields of research that examine the use of intention were systematically analyzed. There was a specific focus on examining the phenomenon of intention and the factors that might increase or inhibit an individual's ability to use intention to change their internal or external environment. Results were then compared to the work of Tiller and Dyer as a form of validity check to test the consistency and relevancy of the concepts deciphered from the analysis.

The nature of intention requires an approach that considers its complex and conceptual attributes in a manner that cannot be understood from a mechanistic mindset. Strauss and Glaser developed grounded theory to account for and integrate the interrelationships that phenomena have with their environment (Paul, 2008). The fundamental elements of Strauss' approach to grounded theory are: (a) getting immersed in the field in order to articulate the intricacies of that field; (b) cultivating a theory which is 'grounded' in the data so as to form a basis for social action; (c) having methods that are able to consider and account for the complex and variable nature of phenomena; (d) recognizing the active role that participants have on the situation in which the phenomenon occurs; (e) understanding that meaning is what guides and motivates action; (f) accounting for the effect that interactions have on redefining meaning; (g) recognizing that phenomena are not static but are continually evolving; and (h) having an awareness of the interrelationships between the context, the social structure, the actions, and the consequences

(Strauss & Corbin, 1998). These fundamental elements take into account the interconnected nature of intention, and make the findings more generalizable to everyday life. Additionally, Glaser views data comparison as essential to developing and relating concepts to one another and emphasizes empirical research in conjunction with theory development (Corbin & Strauss, 1990). This was the rationale for integrating the seminal works of Dyer and Tiller.

The purpose of grounded theory in psychological research is to discover theory from data through the method of constant comparison (Corbin & Strauss, 1990). The strength of this approach is that “theory derived from data is more likely to resemble the ‘reality’ than is theory derived by putting together a series of concepts based on experience or solely through speculation (how one thinks things ought to work)” (Strauss & Corbin, 1998, p. 12). Grounded theory then results from data and is systematically gathered and analyzed (Paul, 2008). The present study deviates from typical grounded research, which usually incorporates qualitative interviews of participants, whereas the present study it focused on analysis of studies. However, Strauss & Corbin (1998) state that primary data can be gathered from archival information, including documents, records, and reports, as well as theoretical or philosophical statements or writings. This was the basis for using research studies and the works of two prominent researchers to study the phenomenon of intention.

The grounded theory approach was chosen for this study specifically because it is concerned with “what” is happening and also with the how, the why, the where, and the when (Strauss & Corbin, 1998). The culmination of these questions allows for a theory that can then be tested, modified, verified, refuted, or extended against additional data and future studies, producing applicable knowledge that can be used in the physical and mental arenas to produce positive change (Corbin & Strauss, 1990).

Data

Data was collected through studies that were considered important and influential in the field of Psychoneuroimmunology, Guided Imagery, and Psychokinesis, and were either related directly to the working definition of intention. Grounded theory methodology advocates the immersion of the researcher in the field they are studying (Strauss & Corbin, 1998). The present author's immersion in this field over the past decade is what led to the development of this project and to the selection of these fields to analyze. According to McGhee et al. (2007) knowing the literature around the study before hand stimulated theoretical sensitivity, provides a secondary source of data, stimulates questions, directs theoretical sampling, and provides supplementary validity. The fields chosen by no means provide an all-encompassing representation of intention and are rather considered a starting point *towards* a theory of intention. They were chosen by the subjective decision of the author and represent different faucets of intention in an effort to create a more holistic idea of what intention is and how it works. Furthermore the use of thought and its effect on outcome are core aspects of psychokinesis, psychoneuroimmunology, and guided imagery as was demonstrated in the previous chapter.

The importance of the studies was measured by the amount of times they were cited in the psycINFO databank, and by their relevance to the study of intention. Therefore only the more commonly cited studies were included in analysis. Three studies from each category were initially analyzed and then additional studies were added to aide in reaching saturation. Saturation is when no new categories emerge, and all analysis fell into three main categories, which will be further elaborated on in the following chapter. The following is a list of studies that were analyzed:

Psychoneuroimmunology

Health psychology: Psychological factors and physical disease from the perspective of human psychoneuroimmunology. (1996) S. Cohen & T. Herbert.

Emotions, morbidity, and mortality: New perspectives from psychoneuroimmunology. (2002a) J. Kiecolt-Glaser, L. McGuire, T. Robles, & R. Glaser.

Psychoneuroimmunology: interactions between the nervous system and the immune system. (1995) By: R. Ader & N. Cohen.

Psychoneuroimmunology: psychological influences on immune function and health. (2002b) By: J. Kiecolt-Glaser, L. McGuire, T. Robles, & R. Glaser.

Guided Imagery

Perceived stress and cellular immunity: When coping counts. (2001) J. Stowell, J. Kiecolt-Glaser, & R. Glaser,

A pilot study of the use of guided imagery for the treatment of recurrent abdominal pain in children. (2003) T. Ball, D. Shapiro, C. Monheim, & J. Weydert,

Psychological, clinical and pathological effects of relaxation training and guided imagery during primary chemotherapy. (1999) L. Walker, M. Walker, K. Ogston, S.

Heys, A. Ah-See, I. Miller, A. Hutcheon, T. Sarkar, & O. Eremin,

A randomized efficacy and feasibility study of imagery in acute stroke. (2001) S. Page, P. Levine, S. Sisto, & M. Johnston,

Interactive guided imagery therapy with medical patients: Predictors of health outcomes. (2005) L. Scherwitz, P. McHenry, & R. Herrero,

The mind and the brain: Neuroplasticity and the power of mental force. (2002) J.

Schwartz & S. Begley.

Psychokinesis

A paradigm shift away from the ESP-PK dichotomy: The theory of psychopraxia.

(2000) L. Storm & M. Thalbourne,

“Spooky actions at a distance”: Physics, psi, and distant healing. (2005) D. Leder,

The pk zone: A phenomenological study. (2000) P. Heath,

Observation of a psychokinetic effect under highly controlled conditions. (1993)

H. Schmidt.

The prescriptive and descriptive works of Wayne W. Dyer and William Tiller were integrated into this analysis. These works were included because both have extensively studied the concept of intention; Dyer from the counselling perspective and Tiller from the engineering perspective, and both offer their own conceptualization of how intention works and offer a way to incorporate data comparison.

Procedure

The first step of data collection involved selecting the research articles to be analyzed. Studies were found by entering the field name into the search option (e.g., psychoneuroimmunology). The first ten pages of the search results were put into hierarchical order from most cited to least cited with the most cited studies being coded first. Relevancy was determined using previous knowledge of intention and further guided by my a priori working definition of intention. Studies that were considered relevant contained a form of desired outcome trying to be achieved by the participants, or a correlation between thoughts/emotions, and physical outcome. An example of a study not considered relevant was a study in the field of

psychoneuroimmunology that was cited numerous times but described the process of neurotransmitters and their interaction with the blood brain barrier and so did not include any correlations between thoughts or emotions and the immune system. Most of the studies used were from the last fifteen years with some older studies being included only if they were very influential to their field. This influence was determined by the amount of times they had been mentioned in studies regarding that field. A minimum of three studies from each field was coded, however coding continued until saturation was achieved. Saturation is when no new categories are created and all information from a study can be put into preexisting categories (McGhee, Marland, & Atkinson, 2007).

This analysis created a foundation based on scientific research and synthesized the findings of various fields to generate a more encompassing theory of intention. The results were integrated with the works of Dyer and Tiller. After the studies were selected the grounded theory process was implemented in which theoretical questions, hypotheses, and summary codes were recorded and constantly revised, following the procedures outlined by Strauss (Strauss & Corbin, 1998). The constant comparison method was used to analyze the data through coding, pattern development, and theory building (Chung & Yan, 2008). As an incident is noted it is constantly compared to previous data for similarities and differences (Corbin & Strauss, 1990).

In grounded theory research, data collecting, coding and analysis occur throughout the process, simultaneously, in a cyclical nature. The process of data gathering, analyzing and hypothesis building occurs and in relation to one another rather than as discrete parts of a research design (Chung & Yan, 2008). As analysis is undertaken new information is continually incorporated into the existing theory that then guides the focus of future analysis (Corbin & Strauss, 1990). The procedure of grounded theory as defined by Strauss & Corbin (1998)

follows eleven procedures: 1) Data collection and analysis as an interrelated process, 2) Concepts are the basis of analysis, 3) Categories must be developed and related, 4) Sampling is done guided by the concepts generated, 5) Constant comparison is used throughout analysis, 6) patterns and variations are accounted for, 7) Process of the phenomenon is built into the theory, 8) writing of memos as a system to keep track of categories, properties, hypotheses, and generative questions, 9) Hypothesis about relationships among the categories are developed and verified or disproven during the research process, 10) Testing concepts with colleagues as a way of collaborative analysis, and 11) Incorporating broader structural conditions into analysis.

Data Analysis

The data was organized and analyzed by hand allowing greater visualization of the data than could have been accomplished by using qualitative data analysis software. The process of open coding was used, which involved the data being broken down into discrete parts and closely examined and compared for similarities and differences (Corbin & Strauss, 1990). Coding consisted of three steps: 1) fragmenting the data and assigning themes, or conceptual labels, which were then inserted into a coding template with the highlighted text from fragmented data in one column and the conceptual label in the other column (McCann & Clark, 2003). 2) The conceptual labels were summarized by creating provisional categories and sub categories. This labeling was accomplished through the use of inductive and deductive reasoning, a process called Axial coding (Paul, 2008). Axial coding relates categories to their subcategories and these relationships are tested against the data. Additionally the categories are further developed as research is focused in unfolding their characteristics. Finally, 3) conceptual organizing was used that consisted of identifying key or basic variables that were present when using intention (McCann & Clark, 2003), including conditions involved, actions/interactions, and consequences

(Paul, 2008). Concurrently, a hierarchy of what variables had the greatest impact and were more commonly found was also created (McCann & Clark, 2003). In the present study intention was the phenomenon under investigation and so the process of axial coding involved teasing out not only the characteristics of intention but the actions, interactions and conditions in which intention was found, as well as the relationships between other categories and the central phenomenon of intention. It was only after the initial data was gathered that the process of conceptual organizing was able to occur. Once a category was created then research was used to further develop and describe the specific properties and dimensions of that category (Corbin & Strauss, 1990). The categories then result in the formation of a central model that explains in a simplified way the relationship between the various categories and how they make up the phenomenon of intention. This model will be presented in the Discussion chapter.

Analysis focused on identifying a single core organizing category that linked other categories observed from the data. The creation of categories cannot be forced and requires creativity on the behalf of the researcher, albeit grounded in the data. The process of data collection, analysis and conceptual theorizing occurred in a concurrently interactive and integrative process until a theory was generated that could explain every variation of the data (McCann & Clark, 2003). The categories were the foundation to the emerging theory and were refined through the method of constant comparison and theoretical sampling, which repeatedly test emerging hypotheses (Corbin & Strauss, 1990).

The practice of recording memos is also encouraged by followers of grounded theory (McCann & Clark, 2003, Paul, 2008). Memos are a running record of the researcher's hunches, insights, hypotheses, discussions about implication of codes, and any other additional thoughts

about data (Corbin & Strauss, 1990). This was recorded through handwritten notes in the tables and research papers.

The following chapter will present the categories and subcategories that were finally developed to form a cohesive theory of what intention is and how it works to affect outcome. This provisional theory is the result of a constant evolution of categories and subcategories. The concepts derived from analysis, the input from Dyer and Tiller's theories as well as the collaborative analysis done with the first and second readers lead to the final provisional theory. For example it was not until the incorporation of collaborative analysis that the energy subcategory emerged, which was then verified by further data analysis and the amalgamation of Dyer and Tiller's theories. The model that is presented in the Discussion is the final evolution of the grounded theory process, and provides a concise summery of what intention is and how it works.

Chapter 4: Results

As outlined in the Methods section, the first step in the analytic process was coding the data. This involved identifying themes and categories that are a result of one or more data bits having a similar characteristic in common (Corbin & Strauss, 1990). The initial analysis was done after some studies were coded from each field, then themes were recognized and further coded and elaborated on until new significant codes or themes emerged. When saturation has been achieved in grounded theory it then signals and enables a shift into higher levels of coding to occur (Paul, 2008). This is achieved by creating categories from the themes that include conditions involved in the interactions and consequences (Corbin & Strauss, 1990). The data analysis and theoretical application of grounded theory resulted in the following categories emerging as the organizing system for understanding intention: i) a phenomenon category, which describes what the phenomenon of intention consists of; ii) a process oriented category, which elucidated specific conditions, actions and interactions that occur related to the workings of intention; and iii) an outcomes category, representing further unfolding and implications of the intention process. These categories provide a holistic representation of what intention is and how it works. This system parallels the categories suggested by Strauss and Corbin's (1998) coding paradigm that includes a phenomenon category, a conditions and actions/interactions category and an outcomes category.

Outline of Theory of Intention Categories

The following outline represents the major categories and sub categories that were a result of the analysis.

Phenomenon

Consciousness

Thought

Emotion

Examples of Intention

Process and Interactions: The Power of Intention

Energy

Context

Environment

Person characteristics

Physical nature

Process Examples

Visualization

Relaxation

Outcome

Emotional

Physical

Psychological

A provisional theory of intention was developed based on the data as a means of outlining what intention is, how it works and how one can increase its effectiveness. The phenomenon category focuses on the “what” of intention while the process and interactions category concentrates on the “how”, “where” and “when” and to some degree the “why” of intention. Lastly the outcome category completes the cyclical nature of this methodology by

enhancing the detail of the “how” and “when” and providing further clues into the “what” through the outcomes produced.

Furthermore the three categories integrate the various types of coding that were performed. Open coding was used to analyze what intention is, what it is made of, how it is measured and how results are seen. Axial coding focused analysis on the conditions of intention, the various contexts that strengthened it and actions and interactions that were involved. Additionally axial coding required deductive and inductive reasoning to create the various categories and subcategories. Lastly selective coding helped to magnify and focus subcategories to get a deeper understanding of the processes involved, and unraveled in more detail the properties and dimensions of the categories.

Primary Categories and their Properties

The creation of discrete categories was an arduous task. At first it seems as though there were many distinct subcategories but as the deeper meaning was analyzed subcategories began to collapse into each other. Grounded theory includes the process of creative delineation as grounded theory is based on the assumption that creating discrete categories is a forced albeit necessary process. Many of the primary categories overlap, which although confusing at times is representative of most phenomenon in the world. Rationale for the inclusion of concepts in each category is given to minimize ambiguity. It is recognized that the provisional theory is only one interpretation of many. An example of this coding process is the beliefs subcategory that was integrated into the subcategory of thoughts because thinking was conceptualized as fundamental to belief, although it is arguable that emotion is also an attribute of belief. At points the distinctions between categories and subcategories are seemingly arbitrary and are by no means definitive and so a rationale for their placement is given when being described.

The Phenomenon Category

The grounded theory analysis established three main subcategories that delineate the components of the phenomenon of intention: *consciousness*, *thought* and *emotion*. The phenomenon category articulates not only what intention is comprised of but outlines the various constituents and dimensions involved when using intention.

The first subcategory that emerged was *consciousness*. Consciousness is an active process that involves awareness. It is an in-the-moment occurrence, whereas both thoughts and emotions have a trajectory or orientation towards the future. Arguably, consciousness encompasses both thought and emotion, but this relationship is bi-directional as they also influence consciousness. The second subcategory of *thought* presumes consciousness and involves a cognitive recognition of what outcome one wants to achieve and a strategizing as to how one will achieve it. The third subcategory of *emotion* is conceptualized as more experiential. Emotions are more instinctual and have a sensory component that informs the individual. Emotion is an input that informs the goal, and as I discuss later, is a primary source of the energy required to pursue the goal. Although representing unique constructs, analyses also revealed their interdependency on each other. For example, emotion devoid of consciousness results in unintentional outcomes. Consciousness without thought results in lack of direction and goals. Thought without consciousness results in lack of awareness of the context one is in. These interdependencies will be explored in more detail as concepts are further defined in this thesis.

Consciousness

Consciousness represents an in-the-moment and active awareness of context, place, and occurrence. Consciousness involves insight, and includes the knowledge of where one is and

what is going on. Consciousness is essential to intention as it makes intention known and context relevant.

One dimension of consciousness has been identified as experience. Analysis showed that experience was consistently mentioned as crucial in conducting intention experiments. “In quantum theory, experience is the essential reality, and matter is viewed as a representation of the primary reality that is experience” (Schwartz & Begley, 2002, p. 228). In his study, Leder (2005) states that intention needs to be conscious and experienced for it to be effective.

Furthermore there are different qualities or levels of consciousness. The research of the present study only focused on waking consciousness; however, one other level of consciousness was found to promote the ability to use intention. This was called an *altered state of consciousness*, and although it was experienced in many different ways it most commonly involved aspects of a narrowed focus of attention, dissociation, altered sense of time and a feeling of expansion. For example, one participant in a study done by Heath stated that, “I feel like I’m expanding my consciousness, it’s growing. It stretches out farther from me, and it no longer prevents things from coming in, as, as it does ordinarily” (Heath, 2000 p. 59). Additionally this state is often associated with a sense of knowing and an increased sense of energy which are examples of consciousness as they all happen in the here and now.

The importance of consciousness, or being highly attuned to the moment, is seen through people in guided imagery studies. Research has shown that people who reported, “living the imagery” through feelings had better outcomes than those who observed or thought during the imagery (Scherwitz, McHenry & Herrero, 2005). This also is an example of how emotions and thought interact with consciousness to increase outcome.

A sense of connection, which is similar to expanded consciousness and considered part of the consciousness category, was a common theme of intention elucidated from the coding process. Connection, in this paper, is described as a type of attachment with the outcome, it has been described as like a chord attaching the participant to the object they are intending to affect (Leder, 2005). Illustrations of connection as an aspect of consciousness can be seen in comments made by participants in the reviewed studies such as “generating a compassionate bond” (Leder, 2005, p.925), and a “joining of consciousness, a very deep one” (Heath, 2000 p. 59). However, data showed that there needed to be a balance with the level of connection between the participant and the outcome. For example, Heath (2000) found that when the participant was focused they forgot about themselves and were able to focus more clearly. These participants appeared to suspend the ego-self, which facilitated an experience of connection. When other thoughts or experiences took precedence over connection then intention was less likely to result in a significant outcome. This effect can be observed in several studies with which factors, such as enhancing ego awareness, increased likelihood of intellectual involvement, and decreasing ability to trust in the process, were found to be inhibitors to successful outcomes.

Similar to connection, yet slightly different, is the constituent of interconnectedness, which analyses revealed is part of what intention is and how it works. Interconnectedness is considered part of the consciousness category as it is described as a trait of altered state of consciousness. Interconnectedness is the feeling that all things are one, or all things are the same. An example of this dimension of intention can be observed in the description of one participant who said they had, “a feeling of being joined together on a spiritual level” and it was this that contributed to a successful outcome (Heath, 2000 p. 59). The concept of interconnectedness and how it works is supported by the physics theory of non-local

entanglement where two subatomic particles are described as being interconnected or entangled. This entanglement results in the simultaneous impact of a particle when the other one is affected. Furthermore, they are both affected in the exact same way regardless of time or space and without sending a signal (Leder, 2005). For example, many participants in Heath's (2000) study described the moment their intention worked as involving "a joining of consciousness" (p. 59) and "I've moved into a sacred space. It's like I am the spoon, I'm the person I'm talking to, there's no separation" (p. 59). Rather than there being a bond as in connection, with interconnection there is no separation.

Additionally, the analysis completed in this study confirmed that the outcome of intention was not diminished or affected by time or space alone. However, if participants generated thoughts of disbelief or emotions of self-frustration because of their perception of the effect of time and space, then the outcome would be affected. Interconnectedness is also associated to the constituents of altered state of consciousness and relinquishing of ego.

In summary, consciousness is the ability to be present and have a deep awareness of and connection or interconnection to themselves, their intention, and what they are trying to intend. It is the "I" of the self. This sense of self is integral to intention as shown by the data. For example in Quantum mechanics the observer must be conscious of the aspects to be investigated and an observer's consciousness is needed to actualize probabilities (Schwartz & Begley, 2002). However, this awareness of self also needs to be balanced with a relinquishing of ego, just like connection with the outcome needs to be balanced with trusting in the process. The necessity of balance between two variables may explain why there have been mixed results in the past, and illustrate the complexity of the phenomenon of intention.

Thought, furthermore, is needed to decide how the investigation will occur and how to interpret the findings. Consciousness is essential but thought strategizes and interprets the outcome, thus the subcategory of thought along with consciousness is needed to more fully represent the phenomenon of intention.

Thought

The subcategory of thought evolved as the analysis and categorization process progressed. This subcategory started as a component of consciousness; however, once coding and analysis went deeper, and through the use of constant comparison and consultation, as suggested by Strauss & Corbin (1998), it was concluded that thought represented a distinctive aspect of the phenomenon of intention.

Thought, in the context of intention, is viewed as a cognitive focus on recognizing and pursuing a targeted outcome. In psychoneuroimmunology, there is observed a literal connection between thought and immunity as reflected in this statement: “All immunoregulatory processes take place within a neuroendocrine environment that is sensitive to the influence of the individual’s perception of and response to events in the external world” (Ader & Cohen, 1995, p. 3). This process is further shown through the connection between the central nervous system, the sympathetic nervous system, and the immune system, and the fact that these pathways are bidirectional (Ader & Cohen, 1995). Ions are particles in the brain that are the basis for action potential through which neurons communicate. Ions trigger neurotransmitter release enabling communication between the various systems of the body (Schwartz & Begley, 2002). Furthermore immunity can be modulated through classical conditioning (Ader & Cohen, 1995), demonstrating that learning – a cognitive process - can affect even our autonomic systems.

In the research on psychoneuroimmunology, it was observed that pessimistic thinking and rumination was linked to decreased physical outcomes, such as increased immune deregulation, incidence of getting ill, incidence of cardiac problems and cancer (Kiecolt-Glaser, McGuire, Theodore & Glaser, 2002a). An example of the thought process at work was seen in one study where “selectively focusing attention on target images significantly enhances neuronal responses to them” (Schwartz & Begley, 2002, p. 238). According to Schwartz & Begley (2002), there is no defined brain state until attention is focused and volition acts through attention, which magnifies, stabilizes and clarifies on one thought of many.

Some of the ways that thought affects outcome was observed through the processes of re-labeling, re-attributing, refocusing and revaluing. An example of how thought process can affect outcome can be seen in regards to coping styles. Coping styles are a constituent of thought because they reflect cognitive-based choices made regarding how one responds to a stimulus or situation. Coping styles work through the appraisal of a situation plus the preferred way the individual has of dealing with that situation (Stowell, Kiecolt-Glaser & Glaser, 2001).

As mentioned previously, thought is what organizes and propels our actions and reactions. According to findings, the inability to focus, especially inward, was found to be an inhibitor of intention and is an example of how thought is integral to the process of intention. The ability to focus parallels the concept of mental force posited by Schwartz & Begley (2002). Mental force is described as being generated by mental effort and a physical expression of will. They state that mental events influence brain activity through effort and attention that, in turn, affect intention. As seen through brain scans Schwartz & Begley found that willful refocusing of attention caused brain changes in OCD patients, and suggested to them that mental effort keeps attention focused.

Also contained in this subcategory are beliefs, which includes thoughts that participants have about themselves and the world around them. Beliefs can be seen as a combination of thoughts and emotions but for the purpose of this study they have been categorized as thoughts. An example of role of beliefs are shown through participants in Heath's (2000) study, which found that when they had confidence that their intention was achievable (i.e. belief), the processes seemed to progress more quickly. Interestingly, analysis showed that analytic thinking, such as over analysis of the laws of science, was an inhibitor to success in achieving intended outcomes.

Thus, thought and consciousness are similar in that their presence in and of themselves does not enhance intention, but rather it is how they are used is of integral importance. Thought can increase intention if it is used to focus attention, bring the participant back to consciousness, or is part of re-labeling, re-attributing, refocusing and revaluing. When thought is used to over analyze or to focus on ego then it is an inhibitor of intention. Consciousness and thought are central to the creation and recognition of intention. However analysis indicates that intention is more than just thought or even consciousness but also includes the element of emotion.

Emotion

A common result across the data was that intense emotion facilitated intention regardless of whether it was positive or negative emotion. Emotion, in the context of intention, is viewed as a sensation that is experienced, which informs an individual of an interaction happening with their environment. For example, psychoneuroimmunology studies found emotions, regardless of their attributes, consistently had a significant effect on the immune system. Additionally, both spontaneous acts of PK and beginners at intentional PK seemed to rely on intensity of emotions

(Heath, 2000). However one exception was the emotion of self-frustration, which inhibited successful use of intention. This finding could be related to the data that showed that inability to trust, inability to release effort, and increased sense of ego identity were all inhibitors to intention.

Thus, a clear theme in the reviewed studies was that emotions play a central role in the formation and power of intention. Emotion was observed to: (a) increase the ability of individuals to connect with target, (b) contribute to the focusing of attention, (c) generate and increase energy, (d) dissociate ego, and (e) shift focus away from the more rational, and often skeptical, side of the brain. As mentioned previously all emotions, except self frustration, were found to be correlated with facilitating outcomes. In psychoneuroimmunology findings have shown that negative emotions facilitated a negative outcome on the immune system and positive emotions elicit positive outcomes. More specifically, depression and anxiety have been correlated with higher mortality rates in cardiac patients while optimism and positive emotions predicted increased health outcomes in cardiac patients (Kiecolt-Glaser, McGuire, Robles & Glaser, 2002a). Moreover, the relationship between positive and negative emotions and the immune system is not completely clear as in some studies no correlation was found. However, in the field of psychoneuroimmunology there is no conscious intention involved thereby suggesting that emotion without consciousness results in unintentional outcomes such as cancer, heart disease etc. It is presumed that the intent to heal needs to be active.

Evidence supports that emotion is a result of consciousness as well as a way to create more intense consciousness, which then serves to increase the focus of thought. Constituents of emotion that analysis showed to enhance intention include, level of investment in the outcome, playfulness, peak emotions, and trust in the process. Illustrations of the importance of trust in

facilitating intention included participants in one study commenting on pathways to success: “not trying to hard,” “letting go,” and “surrendering” (Heath, 2000). In another example, analysis showed that factors that enhanced the effects of guided imagery included trust, and rapport with practitioner (Scherwitz, McHenry & Herrero, 2005). Furthermore, trust specifically is positively correlated with positive ratings of emotional, physical, behavioral and mental outcomes (Walker et al., 1999; Page et al., 2001; Scherwitz et al., 2005).

Stress is also seen as part of the emotion category as it describes the feeling of having more than you can handle. It was found that stress could permanently alter the neuroendocrine and autonomic responses if it was intense even if of short duration, or if it was mild but chronic. Interestingly studies have shown that positive emotions and thinking can “undo” the effects of negative emotions, such as the results showing the benefit of relaxation training on women with breast cancer (Kiecolt-Glaser, McGuire, Robles & Glaser, 2002b). Analysis indicated that inhibitors in the emotion subcategory were stress, bystander hostility, participant defensiveness, inability to open up, enhanced awareness of the individual ego, prevention of intellect suspension, and blocking of the ability to trust.

Examples of Intention

The subcategory shows all three aspects of intention at work. Psychokinesis and distant healing are purposeful uses of the brain or mind to create a physical outcome. Psychokinesis is thought of as a “mental influence on the outcome of chance processes” (Schmidt, 1993, p. 351). When PK success is observed participants are conscious of the situation they are in, are focused on the outcome they have targeted, and are confident in their ability to achieve the outcome.

Distant healing is defined as acts where one or more consciously will, intend or ask for increased well being for another and is not primarily mediated and effected by direct physical or

social contact with receiver (Leder, 2005). Successful findings in these studies highlight the importance of active consciousness and thought. Furthermore emotion is an essential ingredient to the process. For example the common process that distant healing follows is that the healer focuses on the sick person, creates a compassionate bond and then sends out healing energy (Leder, 2005). This shows the importance of emotion and all three aspects of intention at work. Both psychokinesis and distant healing involve the active consciousness of the participant, thoughts that are used to define the goal and focus on to how to achieved it, and lastly emotions that create the connection, and strengthen the level of consciousness and thoughtful focus.

Similarly the concept of psychopraxia appears to involve the same process of intention. It is defined as: “A... principle underlying all interaction between the self, or ego, and the realm consisting of mental and physical events, whereby under certain conditions the adoption of a pro attitude... results in its fulfillment in reality” (Storm & Thalbourne, 2000 p. 282). Psychopraxia is the self bringing about goals and has four major elements: 1. The self is the common denominator of all experience and is the agent of action; 2. Adoption of a pro attitude by the self, pro attitude being what one would prefer if alternatives were given (i.e., goals, intentions, needs, and dispositions conscious or unconscious); 3. A set of conditions, which mediates between the self and the pro attitude and the goal state; and lastly, 4. The outcome to be brought about (Storm & Thalbourne, 2000). Comparison shows that psychopraxia contains all three elements that create intention, consciousness through its definition of the self, and emotion and thought that are combined in the construct of pro attitude. However psychopraxia suggests that a pro attitude can be conscious or unconscious thereby differentiating it from the process of intention, which by its very nature is conscious.

Psychopraxia and intention are similar in that they are defined by outcome and their inclusion of a variety of outcomes depending on the pro attitude or thoughts/emotions. Furthermore they both have the inclusion of processes that either enhance or inhibit outcome. The following category is devoted to the process of intention.

Process and Interactions: The Power of Intention

The second of the three main categories derived from the analysis of the selected literature is the *Process and Interactions* category, which is composed of subcategories that describe the conditions, actions and interactions that are involved with the power of intention. This category represents how intention is activated and works. The subcategories found to delineate the process of intention include: *Energy, Context, and Process examples*.

Energy

Energy is the active component of intention. Energy seems to be created by the synthesis of consciousness, thought, and emotion, and seems to be almost a force that transmits the integration of these to influence outcome. This is seen in the construct of mental force that Schwartz & Begley (2002) created to account for their success in treating OCD patients. Without energy, intention lacks the force to affect outcome. If either thought or emotion became too dominant in a certain direction then energy would be focused away from the intention process. Examples of this were the emotion of self-frustration, and thoughts that were not focused inwards. Furthermore the levels of consciousness were correlated with energy; the less powerful levels such as a sleep state have less energy, whereas an altered state of consciousness was described as having more energy. In a description of the process of intention one participant described it as having “to become aware of energy in a certain way, and that takes a moment. You have to spend a little time doing that; you get IN to the state where you can recognize the

energy, and then you have to FEEL the energy that is outside of you. (Health, 2000, pg 60). This shows how important energy is to the process of intention.

Energetic transmission is a theory from the field of quantum mechanics and is the idea that energy can be transmitted from one object to another. In terms of intention it is thought that this transmission is done with very subtle energies that are not measurable in traditional scientific ways and do not obey the laws of Newtonian physics (Leder, 2005). An experiment done with patients who have AIDS demonstrated the idea of energy transfer. In this experiment, participants were randomized into groups, one of which was informed that they were “receiving ‘intention for health and well being’” (Leder, 2005, p. 924) from others (i.e., healers). The fact that the experimental group was *receiving* the intention implies that the healers were pursuing a form of energy transfer through *sending* their healing intentions.

In therapy, the notion of energy transfer has been receiving some attention. The notion suggests that therapists can intentionally assist clients in emotional management by sending positive energy to them. We also know that negative energy emitted by individuals can transfer into people they come in contact with resulting in a spread of negativity (McTaggart, 2003). Thus the transmission of energy is hypothesized to be the means by which consciousness, thought and emotion can have a non-local effect.

Context

The context category contains subcategories that are involved in the set up of intention. These include *Environment*, *Person Characteristics*, and *Physical Nature*.

Environment

The environment category contains the themes of environment, although these themes often revolved around feelings the environment generated rather than the physical environment

itself. Included in this were themes such as “trust in the practitioner” (Scherwitz, McHenry & Herrero, 2005), which showed evidence of increasing the power of intention, and being surrounded by people that are not hostile to you or what you are trying to intend (Heath, 2000). Similarly social support was a theme that had very strong empirical evidence correlating it with increased health. It is included in this sub category since it is part of the system that predicts if the outcomes will be strong. For example, in their meta analysis Cohen & Herbert (1996) state that a strong social network, which includes the perception of social support, is associated with increased longevity of life. Furthermore, social isolation has been found to be associated with increased mortality, and marriage quality has been found to be correlated with immune functioning (Kiecolt-Glaser, McGuire, Theodore & Glaser, 2002). These findings suggest that social support can increase the effectiveness of intention especially if they are perceived to be strong while engaged in the process of intention.

Person Characteristics

This category includes physical and emotional attributes of individuals as an influence on the power of intention. Research has shown that some people are more capable in applying intention successfully. In the field of psychoneuroimmunology, the data suggests that those at the oldest and youngest part of the age spectrum are more sensitive to the impact of emotions on the immune system. Additionally, people who lived healthy lifestyles had better immune functioning. More specifically, it has been found that increased use of alcohol and drugs inhibits immunity, as does a decrease in exercise and nutrition (Kiecolt-Glaser, McGuire, Robles & Glaser, 2002b). Other research has shown that a repressive personality style is negatively correlated to immune functioning (Cohen & Herbert, 1996). In addition, denial and active coping

are correlated to longer life in AIDS patients by six years compared to those who coped by giving up or pessimism (Kiecolt-Glaser, McGuire, Robles & Glaser, 2002a).

Furthermore those participants who were able to trust had more successful outcomes, as did those with strong creativity or the ability to use visualization. People with increased ability to focus did better in targeted outcomes as did people who were able to enter altered states of consciousness. Therefore, personal characteristics appear to be important factors in intention. The person is an active agent that exercises intention and some are naturally better suited to this than others.

Physical nature

The physical context includes themes of how the physical nature of things affect intention outcome. Analysis showed that intention was most effective when trying to influence biological systems. For example Schwartz & Begley (2002) found that patients with OCD were able to influence emerging brain connections easier than more established ones. Storm & Thalbourne (2000) found through a meta analysis that there were “exceptional performances by ‘influencers’ in direct mental influence on living systems experiments” (p. 288). Whereas more established systems such as moving physical objects had less robust results.

Process Examples

The following are examples that integrate the elements of intention. It was found that a combination of thought and emotional process were more successful than just emotion or thought on their own. For example those who used relaxation and imagery were significantly healthier than those who just used relaxation (Walker, Walker, Ogston, Heys, Alisee, Miller, Hutcheon, Sarlear & Eremin, 1999).

Visualization

Visualization and imagery are categorized as two means by which people can exercise intention. According to the analysis of guided imagery studies, imagery can accelerate restoration of function in motor systems that have been partially damaged. (Scherwitz, McHenry & Herrero, 2005). Both imagery and visualization involve consciousness, thought and emotion. An example of visualization is being able to use imagination, a thought process, to conjure up a consciousness or experience, which elicits an emotional process. The more detailed the participants thoughts were, the stronger the experience, which led to stronger results in all the studies analyzed. Furthermore the more participants “lived the experience” the stronger the results. Living the experience relates to being emotionally affected by what is happening as opposed to being an observer, which can be seen as thought and was correlated to poorer outcome. Subsequently it was found that the use of present tense in the visualization increased effectiveness of using intention to influence a physical outcome, presumably through it’s increase in the emotional experiential component.

Relaxation

Relaxation revolves around the process of letting go of thoughts and is a way of using thought to get more into consciousness, or an in-the-moment experience. Analysis has shown that relaxation-training can neutralize the effect of stress on the immune system but only with chronic stress not acute stress. Relaxation and trust are positively correlated with positive ratings of emotional, physical, behavioral and mental outcomes. Furthermore relaxation with visualization is more effective than just visualization on its own suggesting that relaxation is an important facilitator to the intention process. Relaxation could be thought to aid in emotional regulation thereby creating a more conducive balance of the three components of intention.

Relaxation can also be seen as focusing energy to the intention, and can facilitate higher levels of consciousness.

Outcome

In regards to intention the outcome is integral to knowing the process was successful. Intention involves the pursuit of an outcome, whether or not that outcome is realized. Additionally the process of intention itself seems to produce some sort of outcome even if it was not the one intended. The outcome component of intention differentiates intention from various other phenomena such as desire, which does not require an outcome as part of its definition. The outcome category is divided into three sub categories: *emotional*, *physical*, and *psychological*.

Emotional

The sub category of emotional changes was the most robust of all the outcomes. Regardless of whether physical outcome was achieved there were significant emotional outcomes produced after using intention. For example the mere process of guided imagery has been shown to reduce stress, depression, and anxiety (Scherwitz, McHenry & Herrero, 2005). Women with breast cancer who used relaxation, in an intentional process, had significantly less mood disturbance than those who did not (Walker, Walker, Ogston, Heys, Alisee, Miller, Hutcheon, Sarlear & Eremin, 1999). Furthermore, analysis showed a positive correlation between practicing imagery and level of happiness, and a consistent effect on emotional well being after practicing intention, which included a greater feeling of connectedness with the world and higher sense of relaxation and peacefulness. These outcomes are differentiated from the emotional states of self-frustration that was sometimes produced during intention processes, which then prevented the continuation of the process unless another, more facilitative, emotional state was achieved.

Physical

Physical outcomes varied from healing biological systems to enhancing performance. For example, in a review of a randomized study done by Austin (2003) it was found that there was significant evidence for the efficacy of distant healing and prayer. Guided imagery has been shown to reduce blood pressure, postoperative pain and length of hospital stay, and produce moderate health improvements (Scherwitz, McHenry & Herrero, 2005). Children with abdominal pain due to unknown causes had 67% decrease in days with abdominal pain after a one month guided imagery intervention (Ball, Shapiro, Monheim & Weydart, 2003). Women with breast cancer receiving distant healing did not deteriorate significantly during chemotherapy as compared to the control group (Walker, Walker, Ogston, Heys, Alisee, Miller, Hutcheon, Sarlear & Eremin, 1999). Imagery, when compared with physical practice, accelerated motor skill learning and performance more than just practice (Page, Levine, Sisto & Johnston, 2001).

More metaphysical outcomes that have been observed as a result of intentional processes include the controlling of physical objects, such as in the PK studies, the bending of spoons (Heath 2000), influencing a random event generator retroactively (Leder, 2005), and countless other physical examples' depending on what the intention was. Most physical outcomes in the field of psychokinesis were successful when they involved the random movement of balls falling, influencing radioactivity, and biological systems. Thus suggesting that intention is most useful in circumstances that have undefined outcomes such as seen in the realm of psychotherapy or medicine.

The field of psychoneuroimmunology is slightly unique because a conscious intention is never created, rather the emotions, depending on their attribute, would produce outcomes through an unconscious process. This, I would argue, then leads to outcomes that the participant

did not “ask” for but are outcomes nonetheless. This highlights the importance of creating consciousness in our lives so that we can have more control over our outcomes.

Psychological

The last subcategory represents outcomes that have changed the thinking or perspective of participants. This outcome seems to be more of a by-product of the intention process since it was rarely stated as an intentional goal at the onset of the studies. The majority of participants that used guided imagery did so in an effort to reduce symptoms and speed recovery, yet stated that they also gathered new insights for future consideration (Scherwitz, McHenry & Herrero, 2005). Additionally participants rated guided imagery as being most effective in helping them understand the nature of their problem, and aspects of themselves they were not previously aware of (Scherwitz et al., 2005). This may have mediated the reduction of stress in the participants. The use of intention has been found to increase spiritual connectedness. And spiritual connectedness has been correlated to increased health (Kiecolt-Glaser et al., 2002). Furthermore there was a significant correlation between relaxation, visualization and quality of life (Walker et al., 1999).

Tiller’s Theory Related to the Grounded Theory Results

Tiller’s explanation of intention is rooted in direct experiential work. Tiller states intentionality “represents the quality of one’s conscious purpose, often thought of as self-directed mind” (p. 227). One can see in Tiller’s conceptualization the immediate role of consciousness and thought in the definition of intention.

In his experiments, Tiller imprinted human intention onto an unimprinted electrical device (UED). Imprinting was done using four experienced meditators to “mentally connect” with each other, the “unseen universe”, and the UED. They then mentally cleansed the

environment to create a sacred space. After this was done a prepared written intention was read out loud to the group and each member visualized the intention in their own way. This visualization was done for 15 minutes and then all would release their “focus” on the device. Lastly, an intention statement was said to seal the device. Often this process was repeated to make sure the UED had been imprinted. This then changed the UED into an IIED, an intention imprinted electrical device.

It was found in multiple studies that were replicated around the world that these IIED could not only influence sensitive biological systems such as fruit fly reproduction, temperature and pH level in water but could also produce electrical changes in the space where the experiments were conducted over time. For example even after the IIED had left the premises, pH level would still increase in water.

Tiller’s work outlines a process of intention that involves an in-the-moment focus as done by Tiller et al. through the use of meditation, a sense of interconnectedness, visualization and focus. These components of intention were all themes that were present in the present findings derived from the grounded theory analysis. The use of meditation can be likened to the subcategory of consciousness as well as the process of thought in intention. The production of interconnectedness that the meditators created through connecting themselves to each other, the UED and everything in existence is the same as the construct of interconnectedness mentioned in the phenomenon category. Moreover, Tiller describes the feeling of relaxation and peace as being part of the meditation process, paralleling the construct of emotion in the process of intention. Thus, Tiller’s process of intention incorporates aspects of consciousness, thought and emotion, and parallels the main results found through the grounded theory methodology. Tiller has stated that, “It is the intention of spirit-mind-emotion that eventuates those things that are not

determined by matter” (p. 193). Additionally, the inclusion of visualization shows the similarities between Tiller’s process of intention and that found through the results of the present analysis.

Through the use of consciousness, thought and emotion Tiller’s (2007) research has found that:

Utilizing a unique experimental protocol on both inanimate and animate systems, that the human quality of focused intention can be made to act as a true thermodynamic potential and strongly influence experimental measurements for a variety of specific target experiments. In addition, continued use of this protocol in a given experimental local leads to a unique conditioning of that space. This conditioning manifests itself in special ways, one of which is that the local physics Gauge symmetry is raised to a higher level than that of our normal cognitive space. It is this altered Gauge symmetry factor that is responsible for the altered material properties and processes in that space (...) And it clearly establishes a stable but modified reality. (p. xi)

To understand the importance of these findings as well as to understand Tiller’s explanation of how intention works one must have some knowledge of the processes involved. The current worldview for the majority of lay people is that of Newtonian physics and although this is adequate in order to understand life at a macro level it is not compatible with the majority of existence in which quantum mechanics is used. Therefore one needs to integrate new emerging realities that QM posits. An example of this is gauge theory, which is the current view of mainstream science and embodies newtonian physics and a reductionist, materialistic worldview (Tiller, 2007). However, Gauge $U(1)$ can incorporate the mathematical solutions of QM to create a more holistic theory of micro and macro systems as demonstrated by Tiller’s theory of intention.

Where gauge U(1) includes having substances that are created from magnetic dipoles and electric monopoles. These magnetic dipoles and electric monopoles are foundational to Tiller's theory, and are part of what makes up matter and other substances in our daily experience. They are also integral to the physical expression of intention. However Quantum Mechanics (QM) has shown that Newtonian physics does not apply to subatomic particles. This micro sphere is what make up most of the known world and so QM is now more widely used in the field of physics. However, QM although extremely accurate, has some limitations that need to be explained before one is to understand Tiller's theory of the path of intention, and so before his theory is clarified the rational for how it was formulated will be described.

The originators of QM based their formal representation of their theory on a four dimensional space (three distance and one time), and although the calculations of this remain accurate it has brought up three difficulties 1) the concept of wave/particle duality, 2) the concept of broken symmetry between electric and magnetic monopoles, where monopoles have a single electric charge or magnetic pole, and 3) the concept of non-local forces (Tiller, 2007). The originator of the particle/wave duality was De Broglie and what he proposed was that every particle had a wave envelope surrounding it moving at the same velocity as the particle. Thus new wave components were entering while old wave components were left behind as the envelope continued its velocity. This work lead to De Broglie receiving a Nobel prize and it was incorporated into QM. Unfortunate many physicists interpreted the wave envelope surrounding the particle as an either/or rather than *both*, which is how De Broglie originally described it.

Tiller recommends going back to De Broglie's original concept and incorporating both particle and wave properties into our understanding of coordinates in order to solve the three problems mentioned earlier. This means that on the physical level there are four coordinates-

four for the particle that are found in what he calls direct space (D-space). However, because it is a particle and wave simultaneously then, as suggested by De Broglie, there must be four coordinates for the wave. These coordinates are found in reciprocal space or R-space (Tiller, 2007) thereby creating eight dimensions. R-space is suggested by Tiller as a way to solve the problem of wave/particle duality and its existence has been supported through mathematical equations (Tiller, 2007). This R-space will explain how intention can create or change physical reality, which is D-space.

R- and D-space also relates to the second problem of broken symmetry as the wave coordinates are made up of magnetic monopoles that are then mirrored in a reciprocal way by the electric monopoles which creates the particle coordinate and operates in D-space. This is then tantamount to the third problem of non-local forces as it shows how particles can affect and respond to each other instantaneously, while still operating according to the theory of relativity, which states that nothing can move faster than the speed of light. Since particles can attach to their counterpart in R-space, then R-space can affect what happens in D-space despite not being able to be measured except through its influence on D-space. However in order for the particles in R-space and D-space to attach to each other they need a coupling mechanism. This is part of the pathway in which consciousness works to create tangible results. However there are more dimensions to understand, and these dimensions incorporate the three aspects of intention as well as the process of energy.

There is a cosmic background in which R- and D- space coordinates are situated in, as must be present according to relativity theory (that will not be gone into here but if you are interested in the mathematics please refer to Tiller, 2007), which Tiller calls the domain of emotion, and is a ninth dimension. This correlates to the emotional aspect in intention found in

the results. Deltrons are suggested by Tiller as the substance found in the emotion domain. Tiller described the deltron as "an emotional particle that serves as a coupling ingredient for faster than light and slower than light velocities" (p246, Tiller, 2007). Deltrons are the mechanism by which coupling of R-space particles and D-space particles occur. Deltrons also correlate to the energy subcategory that is essential to the process of intention; deltrons are an expression of energy. For example, Tiller states that when deltrons are activated to a certain level it dramatically increases coupling of magnetic and electric monopoles from R/D-space creating dipoles in each space. Thus, energy is necessary to be activated in order to achieve targeted results. Furthermore deltrons are activated through the emotional domain. Similarly emotion is the simplest way to illicit energy. Coupling of monopoles not only creates matter in D-space but also leads to being able to predict how the non-local forces vary from point to point, thereby further solving the last of the three major dichotomies of QM (Tiller, 2007).

Deltrons are essential to the coupling process that creates matter in D-space. This is because they reside in a higher dimension outside of relativity theory. Relativity theory states that nothing in D-space can move faster than the speed of light, and therefore according to mathematics substances in the reciprocal R-space are not able to move slower than the speed of light. Since deltrons are outside of this restriction they are able to move at any velocity. Furthermore these deltrons can interact with electrical particles and magnetic wave substance and bridge the gap between the two subspaces (Tiller, 2007). So too does energy provide a bridge between the three facets of intention and the targeted outcome.

These first nine dimensions, however, involve just the background with no inclusion yet of the effect of human consciousness in nature. This exclusion is impossible according to Tiller, and so the nine coordinates are imbedded in a tenth dimension that includes human intention as

well as a factor I^* , which represents how strong human intention is and therefore how much it will effect the cosmic background through the activation of deltrons. This I^* can be seen as the amount of energy created through intention. Similar to the grounded theory results that synthesized emotion, thought and consciousness, so does Tiller synthesize the emotion domain, the mental domain, which Tiller states is the tenth coordinate, and lastly consciousness, which Tiller proposes is an eleventh dimension that he calls the domain of the spirit. The domain of spirit mirrors the construct of consciousness through its connection to higher dimensions and its association with altered states of consciousness. Tiller states the domain of spirit has all the other domains embedded in it (2007).

Thus Tiller's theory of how intention works is the following:

A specific intention, projected from the level of spirit, imprints a detailed pattern on the domain of mind. This pattern is an information pattern that is a one-to-one representation of the original intention. Via the structural mechanism connecting the mind domain to R-space, this pattern imprints a second representation of the information (of somewhat lower fidelity) onto the R-space domain. In addition, an enhanced activation of deltrons from the emotion domain occurs, changing the activated deltron level from the cosmic background level, to a much higher level (...) This increase deltron activation strongly increases the coupling between the magnetic monopoles of R-space and the electric monopoles of D-space so that the R-space information pattern is transferred to D-space with still further reduction in fidelity (...) These R-space/D-space information patterns engage in hard-wired mechanisms and processes of the physical body to materialize in physical reality the original intention. (p. 26, 27)

In Tiller's theory of intention, the emotion and mental dimensions coincide perfectly with the subcategories of emotion and thought found in the phenomenon category. The Spirit dimension also coincides with the consciousness subcategory. Tiller defines consciousness as "all the output expressions from the manifested indwelling spirit of that individual" (p. 223). Additionally the consciousness subcategory and the spirit dimension also contain the constructs of interconnectedness, altered state of time, expanded consciousness, and relinquishing of ego.

Tiller proposes a "duplex reference frame" which incorporates two subspaces; the particle reference frame (D-space) as well as a reference frame for the wave (R-space). This is suggested by De Broglie in his original concept of particle/pilot wave and is one of the essential cornerstones of quantum mechanics. However the wave subspace is unique in that it is a reciprocal subspace to spacetime. These subspaces may or may not be coupled together. A quality in one space has what Tiller calls an "equilibrium quantitative connection" to the other subspace (p. 116). This is called the Fourier transformation, which is "a unique mathematical operation acting on a mathematical function of distance or time or both to provide either a spatial or temporal or both spectrum of waves that equally describe the essential pattern of this function." (p. 225). Fourier transformation allows one to calculate a mathematical description in one subspace if you know the mathematical description in the other subspace. Furthermore it is presumed that human consciousness can activate the deltrons and act as a coupling agent through deltron to deltron interaction. This is done through the Fourier transform connectivity process found in physics.

The "mirror principle" shows how a construct is caused to move in D-space via movements in R-space. Tiller states that this explains connectedness between d-space objects, between humans, and between humans and D-space objects.

In summary the five postulates of Tiller's model are:

- 1) Two types of matter, electric and magnetic gauge symmetry states, are embedded in a “higher dimensional framework comprised of the domains of emotion, mind and spirit.”
- 2) The two types of matter coexist in different gauge symmetry levels and we normally only experience one of them.
- 3) “Deltrons” exist in the domains of emotion, mind and spirit, and act as a “coupling agent” between the electric charge and magnetic charge types of substances.
- 4) Human consciousness, and specifically human intention, can activate the deltrons.
- 5) “A specific intention originates at the level of spirit and manifests first a unique pattern of consciousness/energy waves at the level of mind. In turn, a conjugate pattern is diffracted to its reciprocal lattice that is also the reciprocal subspace to d-space” (p. 193).

Tiller’s theory mirrors the grounded theory results. In the provisional theory it was found that consciousness, thought and emotion were all essential to the creation of energy, which then was the action of carrying out intention. Similarly Tiller states that consciousness thought and emotion are also integral to the creation of intention and that deltrons are what enable intention to articulate itself in our reality or D-space. Deltrons then play a similar role that energy does in the present theory; they are both the driving force that executes the process of intention. Tiller’s theory validates the inclusion of the three constructs and the importance of energy and so further supports the theory. However Tiller’s theory does this in a mathematically empirical way that is not achievable through grounded theory. The two theories differ however, in the hierarchical

nature of Tiller's theory, there does not seem to be a bidirectional relationship per se. In Tiller's theory emotion could affect consciousness because it is embedded in it yet intention comes from a top down projectory and so it seems more linear than the grounded theory created in this paper. This divergence will need further research to elucidate. Tiller's model presents a scientific account of why consciousness, thought and emotion are essential to intention and how these works to create targeted physical outcomes through the use of energy.

Dyer's Theory Related to the Grounded Theory Results

Dyer conceptualizes intention as being a force that is everywhere and that is found inside everyone. It is a field of energy. This field can be reached through our intelligence, creativity and imagination. The intelligence and creativity constructs can represent the thought subcategory of the grounded theory result, with creativity being an example of how to "suspend intellect." Imagination is another way to suspend intellect and can be categorized as part of consciousness since it is an in-the-moment occurrence, as well as expressed as the thought process of visualization. However Dyer does not include the emotion category.

Intention, as described by Dyer, is a high frequency energy dimension that can be "tapped into" by everyone. To Dyer, everything in the universe has intention built into it. Intention is the "future pull" found in DNA that directs growth and reproduction. When we try to break down matter into its most basic elements only energy is found, this is what Dyer states is intention. "There's no particle at the core; particles do not create more particles, the source, which is intention, is pure, unbounded energy vibrating so fast that it defies measurement and observation. It is invisible, without form or boundaries" (p. 7). This description is more all encompassing than the description presented in the grounded theory results or even Tiller's conceptualization of intention. Dyer states that intention determines everything in the universe and is omnipresent.

“Intention is infinite potential activating your physical and nonphysical appearance on Earth” (p. 8). However as omnipresent as intention is, Dyer states that free will is still an important facet.

Free will

According to Dyer free will works in the process of focusing attention. In that you can choose how and where your attention is focused, thus relating to the construct of thought. When you shift thoughts away from “spirit” to ego, you lose connection with intention. However it also overlaps into the consciousness construct in that consciousness is needed in order to exert free will, and similarly free will is an exertion of consciousness in the form of thought. Dyer states that free will can move with “spirit” or with “ego”. Spirit being intention and ego being one’s concept of what one thinks they are. When away from spirit one feels hopeless, helpless and lost. However, one can use free will to consciously reconnect to power of intention. Free will is the choice to connect with spirit or not. One is part of the destiny of intention but one also has free will. The concept of free will is not present in the provisional theory but provides further insight into the nature of intention. Intention although seen as extremely powerful is still bound to our use of it. Free will can be seen as an application of consciousness and thought in the application of intention, without thought being consciously applied to choosing to focus on an intention and strategizing a way to achieve that intention, intention is not achievable. Similarly free will is necessary to connect with intention.

The seven attributes of intention

Dyer sees intention as being made of seven attributes. These attributes explain not only what intention is but are foundational in how he describes how one can use intention in their life. These attributes are:

- a) Creative: this is essential for intention to have been able to bring anything into existence. Intention brought us from being formless energy to what we are now. Intention in ourselves continues to motivate us to create what we are intended to propagate. “Creative energy is a part of you; it originates in the life giving spirit that intends you.” (p.24)
- b) Kindness: if intention is unkind then its first creation would have destroyed itself. Dyer states that intention wants what it creates to flourish. Being kind to others has been shown to activate serotonin production, and has a positive effect on the immune system. This is also true for people that observe an act of kindness. Unkind thoughts weaken whereas kind thoughts strengthen connection to intention.
- c) Love: intention encourages, enhances and supports all of life. If you love your life then your power of intention is increased. Dyer sees thoughts and emotions as pure energy. Pierre Teilhard de Chardin (as cited in Dyer, 2004) states, “the conclusion is always the same: Love is the most powerful and still the most unknown energy of the world” (p. 27).
- d) Beauty: “Beautiful thoughts build a beautiful soul” (p.27). When you integrate the beauty of everything around you, one becomes more attuned to intention. “Seeking beauty in the worst circumstances with individual intent connects one to the power of intention” (p. 27). If we focus on what is ugly then we attract those things into our thoughts and emotions, which affects the quality of our life.
- e) Expansion: living things are driven to seek more and more expansion, procreate and grow. Dyer sees intention as eternally evolving. This can be seen in the physical world. “The power of intention is the power to expand and increase all aspects of

your life” (p. 29). One needs to cooperate and allow expansion to express itself in you, for you, and through you.

- f) Unlimited Abundance: intention has no boundaries and no limitations. The universe keeps expanding and athletic records keep getting broken. Dyer believes there are no limits to what one can achieve if one is connected to intention. Additionally because there is abundance one must act with abundance towards others.
- g) Receptivity: intention welcomes every living thing without judgment. One only needs to be willing to recognize and receive. One needs to be receptive of guidance and to letting intention work in the way it needs to work.

These seven attributes are not quite the same as the three main subcategories that were reached through analysis. When they are analyzed as a more fundamental level however, they can be fit into and represent all the subcategories found. For example Love can be seen as an experience as well as an emotion. Whereas kindness as described by Dyer fits under the subcategory of thought, as he states one must cultivate kind thoughts towards other (Dyer, 2004). Expansion is even described as part of the consciousness subcategory in the results.

However there are still a few discrepancies. The main discrepancy is that the data from the provisional theory suggests that any emotion other than self-frustration can be used as part of intention. However in his description Dyer only includes positive emotions saying that they are of higher vibrational energy and so enables one to connect with intention, which is also of a very high vibration. This does not explain how spontaneous acts of psychokinesis, that are dependent on extreme emotion, are accomplished. Furthermore although the interconnectedness of consciousness, thought and emotion is apparent in Dyer’s description of intention, these three categories are not clearly outlined in his description. Rather it seems that Dyer’s focus of what

intention is, is on the “positive” characteristics that exist. Dyer’s theory portrays intention as an entity, which is a different representation to that of the provisional theory’s description. It is difficult to integrate the two together. Perhaps Dyer gives a clearer picture of what intention looks like, that the subcategories of consciousness thought and emotion just cannot describe, and so can be seen as supplementing the provisional theory. However, further research needs to be done as to why intense emotions, irrespective of their quality, can enhance intentional outcome as was found through grounded theory methodology.

Dyer’s process of intention

Dyer states that the only way to deactivate intention in one’s life is to believe that one is separate from it. To reactivate intention one must attain a certain level of awareness and one needs to realign themselves with intention. Dyer sees meditation and focusing attention as essential to doing this, which is similar to the subcategories of consciousness and thought. Additionally, Dyer sees the amalgamation of consciousness and emotion as being needed. This can be seen by the following example, “[one must] really experience that everything is possible” (p34).

The use of thought in the process of intention in Dyer’s theory can be seen through the following examples; “The way to establish a relationship with spirit and access the power of this creating principle is to continuously contemplate yourself as being surrounded by the conditions you wish to produce.” (p36). “We use our thoughts to create the world we choose.” Additionally, both theories use emotion as a part of intention. In the following example Dyer relies on the emotion of appreciation and gratitude to bring about intention, “Meditate on appreciation and gratitude, intuition responds to your appreciation of it.” Visualization is another common constituent for the process of intention, “visualize the power of intention and be receptive to

what comes out of this”. As is being open minded, “be a mirror without judgment or attachment”. And lastly surrendering is the final suggestion by Dyer as to how to connect to intention, “Banish doubt so that abundance can prosper. If you doubt you are stunting the abundance that intuition can offer you... doubts arise because of an absence of surrender” (p. 34). Surrendering involves the process of letting go of one’s ego, and this process was found to be important in both the provisional theory and Dyer’s theory of intention.

Letting go of ego

Dyer states that intention is not having a strong desire and forcing it to happen, which is asking ego to be the guiding force. To activate intention one needs to connect with the natural or higher self and relinquish ego identification. The concept of relinquishing ego identification is directly in line with the results from the grounded theory analysis and Dyer gives further insight into how this can be achieved.

Because of one’s capacity for higher brain functions humans have what is called an ego. Ego is one’s concept of what one thinks they are. When ego determines one’s life path, power of intention is deactivated. According to Dyer there are six main beliefs that stem from ego. 1) I am what I have- my possessions define me, 2) I am what I do- my achievements define me, 3) I am what others think of me- my reputation defines me, 4) I am separate from everyone- my body is what defines me, 5) I am separate from all that is missing in my life- life space is disconnected from my desires, and lastly 6) I am separate from God- life depends on God’s assessment of my worthiness. To access intention Dyer believes one must recognize and readjust any or all of these beliefs.

Letting go of the ego is done in four stages. The first stage is that of discipline, one must align their body with the thoughts you want to create. One needs to train the body through

practice, exercise, non toxic habits, healthy foods and so on. This stage can be seen as correlating to consciousness, where one is aware of their body and what affects it and is in the process of developing an intention. This then sustains the second stage which Dyer labels as wisdom. Along with discipline, wisdom enhances ability to focus and align ones thoughts, intellect and feelings with the body. This corresponds to the concept of thought and specifically with the integration of thought with emotion, which was seen as necessary in the provisional theory. Then “after disciplining the body with wisdom and intellectually studying a task, this process of mastery involves loving what you do and doing what you love” (p. 12). Thus love is the third stage of connecting with intention and relinquishing the ego. This is done through infusing love into the everyday experiences we have, and corresponds to the emotion subcategory. The final stage is surrender. Dyer states that this is when one reaches intention, and your body and mind are secondary. This stage correlates with the consciousness component of intention found in the grounded theory results, which includes feeling interconnected and relinquishing ego, where surrendering is necessary to accomplish. However is further emphasizes the importance of surrendering and trust, which were found in the results.

Thus Dyer’s theory of intention not only describes what intention is but elucidates how one can best activate it in a very practical manner. Although this is helpful in the field of psychotherapy where the goal is to empower the client to take active achievable steps to improve their life. Dyer’s theory can be seen as having an agenda of not only how intention works but also for what purpose intention ought to be harnessed and utilized. Thus it is not entirely compatible with the provisional theory, which does not have a preference of how intention ought to be used.

Summary

The theories of Tiller and Dyer for the most part parallel and support to the results that were reached by analyzing the selected research. Dyer's theory was slightly divergent in the way he conceptualized intention as being the driving force of all living things and how he viewed thought and consciousness as the main process of aligning with intention, with no inclusion of emotion. Furthermore, he views that only those emotions or thoughts that have a high vibration can connect you with intention, which is different from what the analysis showed. These differences will be further explored in the following discussion chapter, as will the implication of findings for the field of psychotherapy, the limitations of the present study, and future research that would be of benefit.

Chapter 5: Discussion

A summary and analysis of the literature revealed three key components to the understanding the phenomena of intention: consciousness, thought, and emotion. While each represent a unique foundation of intention they also interact in a bidirectional way.

Consciousness is necessary for thought and emotion to be produced and experienced; however, both thought and emotion can be applied to bring about a higher or more powerful state of consciousness. Moreover emotions create a more intense experience of consciousness and thought is able to bring focus to consciousness. For example when one is happy or peaceful one is more present in the moment than if one is *thinking* about being happy or peaceful. Thought, however, can be used to bring one back into the moment as seen through the action of meditation and mindfulness.

In the grounded theory results the construct of thought was especially salient in the fields of guided imagery and psychokinesis, two fields that overtly use the word intention and relied on its process to achieve their outcome. However with the inclusion of the field of psychoneuroimmunology an interesting development occurred. Thoughts were only moderately present in the studies results. The connection between the immune system, the sympathetic nervous system, and the central nervous system suggested that thoughts play a role but the strongest outcomes were those that were linked to emotions. When thoughts were present such as in the correlation between rumination and poorer recovery from cardiac disease (Kiecolt-Glaser et al., 2002b) they were in conjunction with emotions, which were correlated to outcome. Most correlations were between emotions such as hope, happiness, gratefulness, joy, depression, anxiety and stress, and how they affected the immune system.

The involvement of thought in psychoneuroimmunology was used differently than it is in the model of intention. In psychoneuroimmunology thought was used in interpretation of the world, which then triggered related emotions. Therefore, outcome was being created in an unconscious way, like much of human behavior. This suggests that emotions, along with thoughts that trigger emotions, have a strong and influential interaction with the process of intention. Moreover this influence is unharnessed and unintentional without the platform of consciousness.

The power of emotion is conceptualized in the form of energy. The relationship between emotion and energy is palpable as one experiences it in one's daily life. Anger is the most obvious example, but so is excitement or even contentment. The type of emotion elicits energy and focuses the direction of it. Depression on the other hand drains one of energy and so the results would suggest that it would be more difficult for those with depression to use intention successfully. Perhaps intentions done with biological systems that are constantly seen to have the most significant results (Braud, 1993) are easier to accomplish because of the humane factor, which makes it easier for the participant to elicit emotion during the process. Intentions done with RNG's have a sterile, mechanical quality that could make it more difficult to incorporate the emotional aspect. This too would also explain why hostile people inhibit the process; belief too would be affected, because without the emotional engine that belief elicits there is no active drive propelling the intention. If one does not believe they can do something and do not emotionally connect with the intention in any other way then the intention has no momentum.

Energy production, however, can be seen as stemming from the three components of intention. It can be produced through thought such as in the process of attention, and consciousness such as through the experience of "flow" that people can achieve when they are

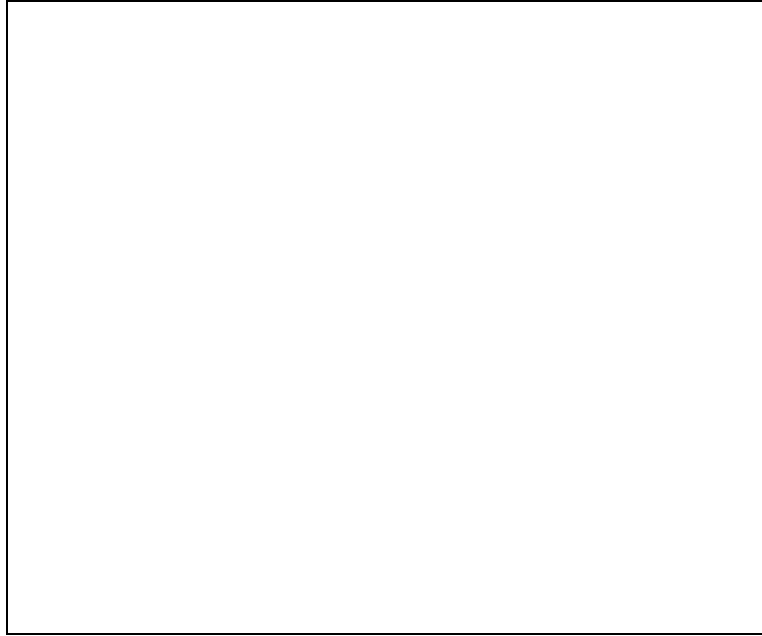
doing something they love where they lose track of time because they are so energized by their project. Therefore energy is an essential component of the process of intention. Energy is the force, the physical aspect of intention that fulfills outcome. It is what propels action and momentum that differentiates intention from constructs such as desire. In Tiller's conceptualization deltrons, or energy is a bridge between consciousness and matter. Thus energy is viewed as being connected to everything and is what produces the outcome in the process of intention.

The research suggests that all components need to be in alignment for intention to result in targeted outcomes. When either thought or emotion becomes too strong they can inhibit the other, and disrupt the intention process. For example, someone who is extremely anxious finds rational thought more difficult and therefore conscious intention is inhibited. Alternatively, someone solely focused on thought may lack the energy needed to activate the intention process. Furthermore when consciousness is diminished emotion is not fully experienced and thought is not fully focused.

A metaphor that is akin to the integration of these three factors can be seen in the process of driving. When one has the intention to drive safely they a) need to be present and attentive to the current stimuli. Often when one drives, one can have no recollection of the last twenty minutes of road; this is an example of not being conscious. This leads to missed stimuli and can result in unintentioned outcomes that are in conflict with the original intention. To fulfill the intention of driving safely one also needs to b) use one's thoughts to create a strategy such as driving slower, and focusing on the road. Lastly, c) emotion is the stimuli one experiences while driving that inform how one needs to react and can increase ability to stay conscious. When brake lights go on suddenly in front of you, the emotion of fear can stimulate consciousness and

activate thought to strategize how one might avoid hitting the car and thus complete the intention of safe driving. Furthermore the anxiety of getting in an accident is part of what fuels the intention to drive safely.

The integration of these findings led to the final Theory of Intention as presented in Figure 1, which represents the phenomena and process of intention, where outcome is a product of the integration of consciousness, thought and emotion, and energy is necessary to propel the force of intention towards the outcome. Figure 1 is the core theme that represents the fundamental categories of the phenomenon of intention. This model does not incorporate all the findings but rather summarizes the grounded theory results and was created through the suggestion of grounded theory, which states that there should be one fundamental theme that ties all the categories together (Strauss & Corbin, 1998). Although “energy” is included from the process category, subcategories of person characteristics or environment are not included as these context factors are viewed as influencing the power of intention rather than explaining the phenomenon of intention. For example, the personality trait of repression was found to inhibit intention. Repression can be seen as a form of dissociating from emotion, thus the following model explains that without this emotional factor intention will be less successful.



Here consciousness is at the top because it is integral to achieving intention. As mentioned earlier it represents an in-the-moment occurrence. Consciousness is awareness, yet one can have consciousness and not be aware, indeed that is how most humans spend much of their lives. However, as seen by the results consciousness can have different qualities and these qualities can either enhance or inhibit intention. The better quality of consciousness the stronger the integration of both thought and emotion and therefore the increased amount of energy and more powerful the outcome. Expanded consciousness, with the qualities of interconnectedness, dissociation, increased energy and altered state of time is of higher quality than everyday consciousness, and sleep consciousness. Furthermore it seems that the higher quality of consciousness the stronger the integration and alignment of thought and emotion.

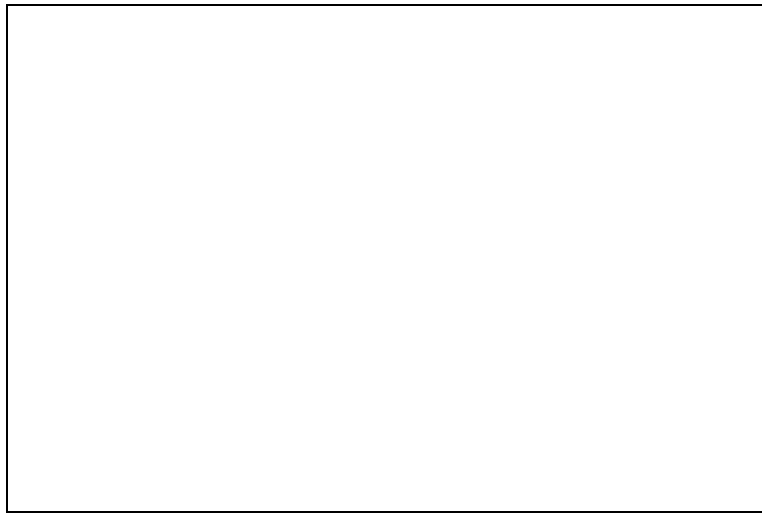
Consciousness, which is augmented by the qualities outlined in the results, increases the complimentary pathways of thought and emotion so that they are working together to create powerful intentions. This can be likened to Dyer's view of matching one's vibration to that of intention. One must match their thoughts and emotions into their consciousness for a maximum

potential of strength. An example of this is the detailed visualizations that occur in the present tense. This is an in-the-moment consciousness that involves thought and elicits emotion. The details increase the strength of the consciousness as does using the present tense. This type of visualization was found to be more effective than less detailed visualizations that were done from an outsider point of view.

The element of consciousness also correlates to Tiller's domain of spirit. Tiller states that the domain of spirit is where the intention originates which then is imprinted on the mental domain, which imprints on R-space and the emotion domain. Both Tiller and Dyer see thought as the main conduit for intention. However in the model presented in this paper thought and emotion are on the same level because emotions are primary in activating energy. As Tiller suggests, the emotion domain is what activates the deltrons that enable coupling and create outcomes in D-space, which is the physical world we are aware of. In other words, emotion and subsequent energy is the process by which intention occurs. This fundamental role is one of the reasons why I have elected to put emotion and thought as parallel

Emotion and thought are also parallel to represent their bidirectional nature. The process of thought generating emotion is well known yet thought also can be a product of emotion. This is seen in the experiments done in the field of social psychology which showed that when a person was approached by a researcher on a suspension bridge, the participant rated the researcher as more attractive than if they were approached on a small bridge. The results supported the notion that participants misattributed their fear on the suspension bridge as sexual attraction to the researcher. This is known as the misattribution of arousal and demonstrates that people often attribute reasons for their feelings but those attributions are misplaced (Aronson, Wilson, Akert, & Fehr, 2007).

The integration of the results suggests that the definition of intention needs to include the constructs of consciousness, thought, and emotion as well as the inclusion of energy thus resulting in the following definition. Intention is *influencing one's internal or external environment in a purposeful way through the integration of consciousness, thought and emotion, with outcome being dependent on the level of integration and energy*. This is similar to the definition of psychopraxia that is “the self bringing about goals”.



This new model includes all the categories found in the provisional theory. It recognizes how personal characteristics not only affect outcome, but also affect the integration and balance of consciousness, thought and emotion. Environment works in a similar way. Some events cannot be changed through intention and have a necessary effect on outcome. These events can also influence how one thinks, feels, or one's level of consciousness. The influence of events or environment can either aid or enhance the integration and balance of consciousness, thought, and emotion depending on how the individual uses these components. One cannot always control the world but one can always control how one responds to the world. The model, represented in Figure 2, suggests how one can literally influence their environment, and also suggests how one

can change one's reaction to their environment in a meaningful and potentially more impactful way.

Implications for psychotherapy

A theory of intention needs to be applicable to everyday life if it is to be useful and so this section is focused on the practicalities of this theory. The results inform us that we can create intention through the integration of consciousness, thought and emotion. However, the conundrum still remains in how to manage or change these three aspects. As an emotion focused therapist I see the most effective way to change emotion is by replacing it with another emotion through the use of thought. There are however, various theories that suggest ways in which one can change emotion depending on one's modalities. Figure 1 and 2 suggest that emotions can be changed through changing consciousness. This leads us back to visualization or meditation, or other ways that can create altered states of consciousness. However, the altered state of consciousness must be an experience that is strong enough to integrate or change the old emotion. Strength of consciousness could be created through the various themes mentioned in the grounded theory results, such as through environment, focus, practice, relinquishing control, suspending the intellect, relinquishing of ego and the other factors that were found to enhance intention.

Naturally the next question is how can one be more conscious so the one can have more control over their life and their outcomes. This is where thought comes in, and is perhaps why Tiller and Dyer put thought above emotion in their hierarchy. Thought has the advantage of being more controllable than emotion. If one could control one's emotions then the world would be a completely different place. Similarly thoughts are also difficult to control but because they are a more conscious process they are not as difficult as emotions. This paper proposes that

thought, through the use of introspection, psychotherapy, meditation, visualization and various other ways, enables one to connect with stronger levels of consciousness. Similarly Dyer outlines step by step processes that one can take in order to “align” with intention.

Since the pathway of thought is part of our consciousness, this pathway is much more salient in our understanding. Thought is informed by emotion and experience. Through thought conscious intention is created. Thought works in creating intention through focus, attention, visualization, and relaxation methods. Furthermore thought works in affecting both emotion and experience through the process of relabeling reattributing, refocusing and reevaluating.

The inclusion of emotion is an important finding. Many theories of psychotherapy concentrate almost exclusively on behavior and thought or at most the subconscious, only a few take into consideration the importance of emotion and put it at the same level of thought. This theory suggests that more focus has to be given to emotion in general, but also that the integration of emotion thought and consciousness also needs attention. Furthermore the use of higher levels of consciousness could be harnessed in therapy to help with this integration.

The implications for this model in psychotherapy are many. First the idea that intentions are achievable opens up many more potentials for healing, both physically and emotionally. Braud (1993) states that his research on intention shows the potential between the mind’s interaction with delicate physical instruments but most importantly with biological systems. This can include physiological and biological systems. However Braud (1993) states that strong, reliable and consistent approach must be developed and applied. This theory works towards that suggestion however it’s reliability and strength need to be empirically verified. Furthermore intentions can take place both on behalf of the client but can also be used by the practitioner. Radin, Taft, & Yount (2004) found that repeated application of healing intentions and space

conditioning, which could be done by the psychotherapist, appeared to have measurable consequences. The importance of conscious awareness also educates us on where the focus of psychotherapy should be. It is not enough to teach clients new ways of thinking but we have to enable them to consciously experience new ways of thinking and feeling. Additionally we have to elicit motivation or energy for them to achieve their goals. The process of intention enlightens us as to how this can be achieved, through visualization, meditation, and practice. Furthermore the concepts of relinquishing control, ego and analysis also give insight into how this can be achieved.

Creating an experience of interconnectedness, often characterized by a lost sense of time, and most importantly increased energy, works to integrate consciousness, thought, and emotion so that targeted results can be achieved. Finally our job as psychotherapist is to become more conscious and integrate our thoughts and emotions with this consciousness and energy, so that we too can achieve our intentions as well as understand the journey we are asking our clients to undertake. **In conclusion this theory suggests that the integration of consciousness, thought and emotion can be a powerful means of affecting ourselves, and our environment in a purposeful way.**

Limitations/Assumptions

Since the research will be following the method of grounded theory as developed by Strass and Corbin (1990), I am less affected by the possible bias that a hypothesis based method might create. Some might consider my interest and subsequent studying of intention a potential bias; however, Strauss and Corbin (1998) state that this knowledge instead of being a detriment creates a greater theoretical sensitivity as to what to look for while coding the information.

A considerable limitation of this study is the limited scope of research. Only three fields of research were examined, with only a few studies from each field. Saturation, although reached, could be further verified by the inclusion of more studies from each field. The descriptive accounts from only two experts on the topic, and failing to gather information firsthand through interviews or through studying the process of exemplars further limits the results. This is the rationale for labeling this paper “towards a theory of intention” as this is only the groundwork for future research.

Despite previous knowledge in this area of study it was extremely difficult to make discrete categories and define the difference between what intention is and its processes. Therefore this representation is only one of many possible representations. Furthermore the model that was developed still needs empirical validation. However this paper does incorporate the major findings thus far in the three fields and integrates a variety of processes and outcomes.

Lastly as an emotion focused therapist there is an obvious bias as to why I have elevated emotion to that of equal status to thought in the model. Perhaps this bias led me to interpret results in favour of emotions potential, however the fact that my original conception of intention did not include emotions perhaps gives some credence to my surprise at the theory unfolding in this direction.

An assumption of this study in regards to grounded theory research is that there is a “reality” and that one will at least be able to come close to describing it using the systematic techniques of grounded theory method. The assumption is also being made that the studies being coded are an accurate representations of what took place.

Future Research

Future research should be done regarding the relationships between emotions thoughts and consciousness, as this is not quite clear. This research could be done by repeating the grounded theory process to verify the results, as well as empirically validating the grounded theory results. For example, future research may focus on consciousness and how to activate more intense consciousness so that all pathways are in alignment. Dyer and Tiller (2007) both suggest ways in which this can be done and empirical evidence is needed on assessing the effectiveness of these methods. Research can also be done evaluating if emotion is what makes intention more or less powerful, by using it as an independent variable.

Lastly this study needs be replicated and broadened to see if there are other ways of interpreting the data and so that more fields can be incorporated into a theory of intention creating a more predictive and encompassing theory. This study partially fulfills the groundwork that needs to be accomplished in order for us to gain a better grasp on the implications and applications of this theory. As of now the concept of intention, although well known, is not applied in the arena of daily life. This concept is still reminiscent of the “force” a concept made popular in the fictional Star Wars movies. By using the “force” Jedi are able to produce targeted outcomes, such as the moving objects and controlling the minds of others, simply through their own thought. Further research and empirical validation is needed to make intention itself into a tangible reality.

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