

INTENTION EXPERIMENT

To demonstrate the power of intention and allow you to see it first hand, we thought we would share with you a little experiment.

You will need.

- 3 new glass jars or containers (with lids)
- labels paper, pen, and glue will do
- cooked rice

Method

- cook up the rice (a cup or two will be plenty)
- allow to cool and divide equally into the three containers
- prepare three labels and add one to each jar (1 x LOVE, 1 x HATE, 1 x CONTROL)
- Each day, spend 60-90 seconds on each jar (except the control) Focus loving, supportive and happy thoughts, energy and words to the LOVE jar and focus hateful, downgrading and nasty thoughts, energy and words to the HATE jar. The control rice remains untouched. Keep all jars together on a bench top or cupboard (preferably out of direct sunlight and away from heat sources)
- Repeat daily for the three weeks.

Post photos or please share with us your result x