



the experience

How thinking and prayer can change your reality

Dr. David Thompson

Texts:

“Whatsoever things you ask for in prayer, believe that you have them already and they shall be yours.” Jesus

An airline pilot wrote that on a particular flight he had hammered his aircraft into the runway really hard. The airline had a policy which required the first officer to stand at the door while the passengers exited, give a smile, and a "Thanks for flying XYZ airline." He said that in light of his bad landing, he had a hard time looking the passengers in the eye, thinking that someone would have a smart comment. Finally everyone had gotten off except for this little old lady walking with a cane. She said, "Sonny, mind if I ask you a question?" "Why no Ma'am," said the pilot, "What is it?" The little old lady said, "Did we land or were we shot down?"

This little joke reminds me of a true story out of San Francisco..

Janet Clark was a flight steward on a routine flight from San Francisco to Honolulu when she heard from an attendant that a part of the plane's front tire had been left on the runway. A blown tire could make the landing gear collapse on touchdown. Janet made sure that everyone had their seat belts fastened. The pilot was not absolutely sure it was *their* plane's tire so he did not want to alarm the passengers. Janet made her final checks and sat down on the jump seat. She looked at the passengers who had no idea of the danger they might be in.

“ Have I done everything I can?” she wondered. Then she thought that she could do one thing that she would have wanted done if she was a passenger. She prayed: “God, please get this plane on the ground safely.”

I have been reading Dan Brown’s new page turner called The Lost Symbol. One of the sources he draws from is Lynne McTaggart’s work. Lynne is an investigative reporter. Her landmark book is called The Field. The Field is full of scientific proof that thought and things like prayer influence reality.

Lynne was tickled pink to think that best selling author Dan Brown would use her work as one of the research pillars for The Lost Symbol. According to Lynne the big idea in the lost Symbol is “that science is only now providing evidence that ancient traditions have always espoused: That thought has tangible power, enabling human beings to be creators of their own world.”

She verifies Dan Brown’s claims in her blog on the internet:

- Random event generators exist and they are used for scientific research in labs. True.
- Charge Coupled Device cameras invented in 1969 by AT and T have photographed a faith healer’s energy pouring from his hands. True.
- Random event generators recorded an effect all across the world on September 11th 2001. True.
- Prayer groups have healed people and also have affected random event generators. True.
- Mind over matter experiments have affected the growth of plants. True.
- “I have witnessed people transform cancer cells into healthy cells simply by thinking about them.” True
- “Particles are affected by the observer.” True.
- “We have scientifically proven that the power of human thought grows exponentially with the number of minds that share that thought.” Not necessarily so says McTaggart. “It seems that a small number might be just as powerful as a large number. To my mind what seems to enhance the power of intention is a group- of any size.”
- Intention is a learned skill writes Brown. “ Like meditation, harnessing the true power of thought required practice...And throughout history, there had been those few who had

become masters.” McTaggart writes: in our web experiments, we have had the largest effects with experienced intenders. Experience in focusing thought and carrying out intentions seems to count most of all.

- “To manifest intention requires a laser like focus, a full sensory visualization and a profound belief.” True. McTaggart has a whole chapter on how to power up our intention in her book *The Intention Experiment*.

This research highlighted by Dan Brown and documented by Lynne McTaggart has huge implications for our participation in prayer. It also has huge implications for the Experience. What we think about we bring about.

Some of you will have read the very popular book *The Secret* and have seen the video. Of course at first blush *The Secret* seems over simplistic. The criticisms I have heard usually complain about its materialism, its claims that health can be affected by intention with such diseases as cancer. The idea that one can simply think about checks coming in the mail and checks will come in the mail seems utterly ridiculous.

But I have come to believe that there is a lot more to the Secret than meets the eye. I think that where the problems come in, we are failing to take into account the rest of reality.

I was talking to a Canadian friend of mine and I found her comments very balanced. She said “My husband’s and my intentions were for a perfectly healthy baby. However our little baby girl was autistic. That was not our intention yet that is what happened. *Intention may be only one factor of many.*”

If you take the Secret’s claim “what we think about we bring about” and make it a global statement to explain all of reality we will miss the point of McTaggart’s research. The truth is there are many factors that make up reality of which intention is only one.

For instance if there is a God what is the role that the Deity might play in the world? Is there such a thing as evil? How does that factor in? If there is randomness and chance how do they affect things? What about fearful thoughts, thoughts of ill intent? How is

individual freedom preserved in a world full of conflicting thoughts and intentions? A lot of things in this world are hidden from us. What role does mystery play in the world?

If we think about the complexity of the world we can realize that the statement “what we think about we bring about” is not the only game in town.

But I want to caution us here, just because these other factors might be powerful players does not mean that McTaggart’s research is false or that the words of Jesus are bunk.

Jesus said “Whatever things you ask for in prayer believe that you have them already and they shall be yours.”

C.S. Lewis the great Oxford Don once wrote: ‘there are two ways of making things happen in the world, work and prayer.’ Prayer he said was a higher form of causality. His thesis was that we could not control prayer outcomes. That was up to God.

But what I think the essence of the latest breakthrough is, is that we have a much higher control in the prayer way of making things happen than we have previously thought. It is not left all up to God. We have a role to play.

The Catholic tradition puts intent and prayer together in what they call a prayer intention. For instance every month the Pope puts out a prayer intention for the world. I love his intention for November: “That all the men and women in the world, especially those who have responsibilities in the field of politics and economics, may never fail in their commitment to safeguard creation.”

The Pope puts that intention ‘out there’ into what Lynne McTaggart calls ‘the quantum Field’. Her point is that The Field responds and reality changes to attract that intention. That is both terrifying and exciting!

When the Scriptures of the Hebrew tradition say “Ye are Gods’, or when they say that we are “created in the image of God” then what we are discovering may well be that *we are co creators with God in the world. We have underestimated the power of intention and its affect on the world.*

What I think is a sobering thought is that intentions can also be evil. Osama bin Laden has a group and they have intentions that we must note were realized in the world by work and by negative intention.

They have an intention to acquire nuclear weapons, God forbid, for they will use them. We must see them as choosing peace instead. That must be our intent and prayer.

On 9/11 the intention field was affected because the random event generators reacted across the world. As Former Princeton researcher Dr Roger Nelson has shown there is a relationship between human consciousness on a global scale and major catastrophic events. These register in the quantum field.

One cannot read the newspapers and not realize that the world is in an awful mess at present. We are still reeling from the Fort Hood incident. This is a world where sick intentions can be realized and end in tragedy. Fortunately in this world of many factors there is also the God factor.

The great faiths tell us over and over that God does hear and answer prayer. God is mysterious and cannot be controlled by us.

Bad things happen to good people. They did not attract these things into their lives, but God sees and notes each sparrow that falls. And God, according to the scriptures of many traditions including Christianity *does intervene*. That is what the resurrection of Jesus is all about. That is what the deliverance from Egypt across the reed sea was about. According to the sacred writings of Judaism and Christianity God acts in history changing outcomes but always on God's timetable and choice. We do not control God.

At the same time there is another huge pillar of reality and that is our freedom to do good or ill in this world. Our freedom is very costly, for we are free to love and free to murder innocents. We can be a Martin Luther King or an Osama bin Laden.

There is also the pillar of love in the world and love does not exist except where there is freedom. Love cannot be compelled and the price for love to exist seems to be freedom. Is love worth human freedom? I think all of us would say yes! But we would also agree, that the freedom to do evil is a horrific cost, as in Fort hood, the Twin Towers and the victims of wars in Iraq and Afghanistan and the Middle East and the concentration camps of Germany in the second World War. Love is expensive, very costly...ask Gandhi, Jesus Christ. Martin Luther King junior who all died for love. Why is love so

expensive? Because we cannot have love without freedom to be unloving it seems...

There is also the pillar of randomness and I believe that randomness is there in the world of physics and natural laws to guarantee freedom and excitement in the world. God created a world that would not be boring even for the Deity. Freedom extends to sub atomic particles too and there is this balance between law and freedom. There are random particle movements as well as the laws of physics.

There is also the pillar of mystery. The world is incredibly complex and beautiful even at the cellular level. How did all this complexity come to be? How can God have always existed? Who made God? But in amongst these pillars of the world is the pillar of intention. What do you want to bring about? Experts say that meditating on what you want to achieve for 5 minutes a day will activate the field of attraction and will put up the odds of your success. You are unemployed? Don't forget to meditate on the outcome you wish as if it was already present reality. Do that as well as filling out resumes. What we think about we bring about. Are you without a job? Visualize yourself for five minutes a day in the job of your dreams. Somehow that will attract the outcome you are looking for.

The Secret teaches us that it is important to *feel* what that reality would be like. Do you want a new home? Go out and tour homes and try to feel what it would be like to own one.

Do you want a new car? Get in your dream car and go for a test drive. Feel the reality of what it would be like to own that car. Remember Jesus words Whatsoever you ask for in prayer believe that you have it already and it shall be yours.

It is possible that prayer can be a very powerful thing to do when we understand how to combine intention with asking God to help us. This puts two pillars together.

For prayer has two parts; our intention and belief, and God's action. This is how we can make things happen to change reality by a higher causality.

The Pope's intention combined with prayer and meditation so that we *feel* what it would be like to live in a world where the environment was protected, where streams run free without pollutants, and glaciers hold their ice at historic levels will be an important part of how we change the world for the better.

What we fill our minds with is important. How we perceive the world is based on our belief system. If we have a negative mind set and send that out amongst the other pillars in the world we set in motion things that will come back to us to bite us. This happens with the negative use of the power of intention and we may not even realize it.

Positive thinkers do better in the world because the law of attraction is working positively for them. What we put out comes back. What we sow we reap.

Dr. Larry Dossey M.D. has argued that prayer and intention can influence outcomes by up to 38%. In other words prayer is a huge pillar in the world.

“Whatever things you ask for in prayer believe that you have them already and they shall be yours.” That is how to use the power of intention.

You know if I was Janet knowing about intention and prayer I too would pray for a safe landing. In her case the plane made a great landing and stopped in front of the emergency vehicles that had rushed to the scene.

“I guess it wasn't our tire” she thought and de-planed.

The next day she saw a mechanic working on her plane. She asked did you hear about the plane with the blown tire? He replied “This is it. The tire shards damaged the hydraulic brake system. I don't know how you landed and stopped.”

Janet said “I do. It was that last and best safety precaution”...