

**‘Mind Moves Matter’: Can you manifest your intention?**

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## Introduction

“ECOintention combines modern science with ancient wisdom into a practical method. The basic idea is ‘Mind Moves Matter’” (Center for ECOintention, 2023). The quantum theory of wholeness, of the interconnectedness of consciousness and matter, is basis for energetic guardianship. We can use our mind to influence the life force energy. Since everything is in essence energy, the material world will be influenced by our conscious and/or unconscious thoughts and feelings (Andeweg, 1999 & 2011).

Intention is defined as a directed thought to perform a determined action. Thoughts targeted to an end can affect inanimate objects and practically all living things from unicellular organisms to human beings.

Our energy system makes no difference between images in our imagination and physical reality. It responds to what we focus our attention to (De Vries, 2009).

The purpose of this paper is to demonstrate this theory with an experiment. Is it possible to manifest a change on the material level as a result of an intention? When this is demonstrated to and experienced by people and (future) ECOintention guardians it will help them to really trust and believe that visualization and affirmations have a positive effect on ECOintention projects, and on their lives. To experience the effect of your intention for yourself is the best way to start believing. In this paper I shall focus on the question: is it possible to perceive the effect of one intention that is set only once?

The theory and concept of Mind Moves Matter has my personal interest. I have given workshops about energy work in qigong and the power of intention. In these workshops I did

the same experiments as in this paper, but then I did not document them. For this paper I have done the same experiments again, but now documented.

### **Related Work**

The Zero Point Field is a theoretical concept in quantum physics. It is the “ground state” of the universe, a space that is filled with fluctuating energy. When individuals set intentions, they may induce a coherent state that can potentially influence the zero point field, leading to a resonance or amplification of the desired intention within the field. Everything in the universe is interconnected and the zero-point field may serve as a means of communication and influence between different parts of the universe (McTaggart, 2004).

The emission of light particles (biophotons) seems to be the mechanism through which an intention produces its effects. All living organisms emit a constant current of photons as a mean to direct instantaneous nonlocal signals from one part of the body to another and to the outside world. Biophotons are stored in the intracellular DNA. Direct intention manifests itself as an electric and magnetic energy producing an ordered flux of photons (Popp & Belousov, 2003). Our intentions seem to operate as highly coherent frequencies capable of changing the molecular structure of matter. It has been shown that the energy of thought can also alter the environment. Experiments observing the physical effect of words and prayers on the crystalline structure of water showed different structures on different stimuli (Emoto, 2005).

Lynne McTaggart dived deeper into working with conscious intentions to heal and to create a better world. She did many experiments and there are some consistent findings that can be drawn from the body of work she has produced:

1. Intention can have a measurable impact: intention can have a measurable impact on various outcomes, including the growth of plants and the behavior of microorganisms (McTaggart, 2008).
2. The quality of intention matters: In order for an intention to be effective, it must be focused, clear, and directed towards a specific outcome. Intention that is unfocused or directed towards a vague or undefined outcome may not have as strong an impact (McTaggart, 2018).
3. The effects of intention may be influenced by belief: the power of intention may be influenced by factors beyond the intention itself, including the beliefs and attitudes of the participants. This is for example shown by the placebo effect (McTaggart, 2004).
4. To create a powerful intention, it works best when people first relax and go to a heart-brain coherent state and then make a specific intention. The ideal state is energetic with deep concentration and soulful (McTaggart, 2008).
5. Group intention may be more effective than individual intention. This may be because group intention can create a more focused, coherent field of energy that is more powerful than individual intention (McTaggart, 2018). In this paper and experiment I have not focused on this aspect.

In ECOintention we say that life force energy (attention) + information (intention) = formative force (Andeweg, 2011). Dr Pang Ming created Zhineng Qigong, a form of Chinese medical qigong, and conceived the Hunyuan Holistic theory. In this theory different levels of

energy are explained as well as the use of a qi-field to connect and form one powerful intention in it (Pang, 2015). The theories are consistent.

### **Methodology**

To find a way to demonstrate the effect of setting an intention I set up an experiment.

This experiment had to be:

- Simple, focused, clear and directed to a specific outcome
- A subject that is not likely to be influenced by negative beliefs
- Quick manifestation results that can be perceived

The experiments I chose were 'let your fingers grow' (experiment A) and second, 'you can turn further' (experiment B). I did the experiments first with a group of 9 adult women. The experiment was done again with a new group of 3 adult men and 1 woman. Both times there was an independent observer present who made photos and noted the duration time of the meditation. Names of the observers and participants are available on request.

Experiment A: First the hands of the participants were examined. Instructions given to the participants: "Put the lines of the left and right wrists exactly onto each other and then close the hands in praying position. Look at the fingertips and decide if the left and right fingertips are of equal length or not? Do it a few times and remember if your fingertips are equal or not."

The observer took pictures of all the hands and after that the experiment started.

The participants were asked to stand upright. I led a short meditation to relax and create heart-brain coherence. In the meditation the intention was that the fingers of the left

hand would grow longer and longer until touching the floor or even going into the ground. In your imagination anything is possible. Imagine it and use all senses to experience it as if it were real now. Then suddenly, I said: “open your eyes, put your wrists equally together, the lines exactly onto each other, close your hands in praying position and look at your fingertips.” The observer stopped the time. The duration of the meditation was 3:47(first group)/3:45 (second group) min. The observer took photos of the hands of the participants to record the difference.

Experiment B: First the participants were asked to stand upright and stretch their right arm forward on shoulder height with their index finger pointing out. Further instructions: “Then turn in the waist to the right as far as possible and look what your index finger is pointing at in the background. Take an inner picture of what your finger is pointing at, remember this.”

The participants were asked to stand upright and to relax. I led a short meditation and this time the intention was that their waist was only a screw that could turn 360 degrees around in either direction like a mannequin doll (duration meditation 1:52/1:49 min to the right, to the left 1:05/1:02 min). Then suddenly, I said: “open your eyes, stretch out your arm again with the index finger pointing out and turn max to the right. Look at what you are pointing at now. Take an inner picture and compare with the previous one.”

After doing the experiments, a questionnaire (in Dutch) was filled in about their personal results. The original forms are in my possession and can be shown on demand.

## **Results**

The experiments are documented for 14 people (including myself). In a questionnaire the participants answered if they believed in the concept of mind moves matter, if they understood

the instructions, if they could imagine and visualize the intention and if they were successful in the experiment. Two participants were neutral towards the theory of mind moves matter before the experiment and believed in it after the experiments. The others believed the concept already. All participants could perform the experiment correctly.

The results of experiment A: 13 participants successfully manifested the intention. Only one of the participants was not successful. Photos of the hands are included in Appendix A.

The results of experiment B: We did the experiment 2 times: 1 time turning to the right, 1 time turning to the left. With 2 participants the turning to the right did not go further after setting the intention. To the left it did work well for all. 12 participants were successful both to the right and to the left.

The questionnaire and a table of the results are included in appendix B.

### **Discussion**

From the experiments we can learn that it is indeed possible to manifest a perceivable effect of an intention in our own body. We can realize that in just a few minutes. The effect does not last, it disappears in a few minutes. It is not researched what exactly happens in the body to make the fingers longer. A possible explanation is that with the intention concentrating on one place in the body, we send more blood and lymph fluid to that location. With more fluids the hand and fingers will expand. When the attention is no longer there, the body fluids will flow back to normal, and the fingers will be as they were before the experiment.

In the turning experiment most people can turn further after setting the intention. If people do stretch exercises, it is normal that you can stretch further when you stretch a few times. Part of the effect may be caused by the stretching effect. But that does not explain it fully, because it was not instructed to really stretch. The effect must be caused by the intention.

This experiment is not a full scientific experiment. Already a lot of scientific research has been done that supports the idea of 'Mind Moves Matter' (e.g. Driskell et al.,(1994), Kienle & Kiene (1997)). The placebo effect is also a form of manifesting from intention and belief. How the placebo effect and how the effect of intentions exactly work is still not fully explained. Reading studies on the subject of intentions and manifesting is one thing, experiencing it for yourself is something else. With these simple experiments we have a way of letting people experience their own creative power. It is quick, safe and can be done anywhere. A next step could be to investigate the importance of creating groups that do the visualizations and affirmations. Will it be helpful for ECOintention projects if the guardians of the projects form a group around them to connect and create a stronger effect of their visualizations/affirmations? It might be interesting to further investigate that.

### **Conclusion**

Can you manifest your intention? The experiments described in this paper demonstrate the 'Mind Moves Matter' statement. Around 90% of the people can experience a perceivable manifestation of an intention for themselves doing these simple experiments. This may contribute to getting people to open up to the idea that we are influencing our body and our outer world with our consciousness. For guardians of ECOintention projects it is very important



that they believe this concept. Only then can they really connect to the energetic work in their project.

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Appendix A

Photos of experiment A:

Before setting intention	After setting intention	Did finders grow?
		Yes
		Yes
		No
		Yes



Yes



Yes



Yes



Yes



Yes



Yes



Yes



Yes



Yes



Yes

## Appendix B

The questionnaire:

1. Did you believe that you can manifest an intention before doing the experiments?
2. Do you believe it afterwards?
3. Did you fully understand the instructions (experiment A)?
4. Did your fingers grow?
5. Could you imagine it?
6. Could you feel/experience it in the meditation as if it were real?
7. Did you fully understand the instructions (experiment B)?
8. Could you remember how far you turned before setting the intention?
9. Did you turn further after setting the intention?

Questions	Yes	No	Neutral	Remark
1	12	-	2	Most participants believed in the theory, but they still could hardly believe that letting their fingers grow would be possible
2	14	-		
3	14	-		
4	13	1		
5	14	-		
6	14	-		
7	14	-		
8	14	-		
9 to right	12	2		I did not give much time to visualize, it is possible
to left	14	-		that the time to set the intention was too short for some participants