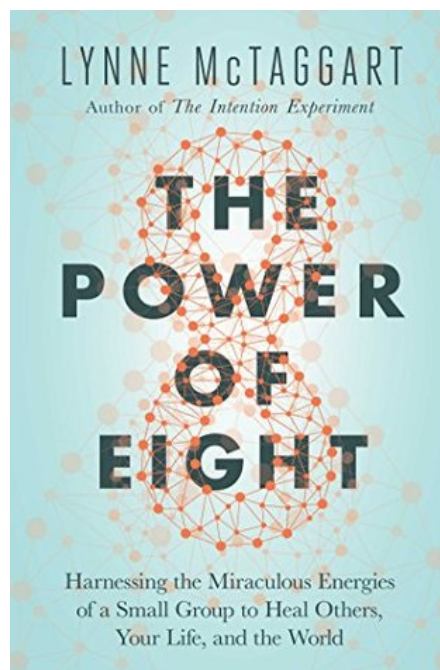




The Power of Eight: Harnessing the Miraculous Energies of a Small Group to Heal Others, Your Life, and the World

Lynne McTaggart

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“This is a monumentally significant book, a once-in-a-generation work that will turn the tide in how we unleash the power of healing for each other and for the world. Drink in its meticulous and transparent scientific method, its countless uplifting stories of vivid healing breakthroughs and its breathtakingly luminous vision. Then go manifest *The Power of Eight*.” —James O'Dea, peace activist, former President of the Institute of Noetic Sciences and author of *Soul Awakening Practice*

Discover how to tap into your extraordinary human capacity for connection and healing, using astonishing new findings about the miraculous power of group intention and its boomerang effect, in this new book by the author of the international bestsellers *The Intention Experiment* and *The Field*.

What we send out into the universe comes back to us, magnified. Although the power of intention—the energy of positive thoughts—is widely accepted as an influential force in transforming lives, the exponential power of group intention has never been explored, until now. In *The Power of Eight*, Lynne McTaggart, an expert on the science of spirituality, reveals her remarkable findings from ten years of experiments about how group intention can heal our lives—and change the world for the better. Drawing on hundreds of case studies, the latest brain research, and dozens of McTaggart's own university studies, *The Power of Eight* provides solid evidence showing that there is such a thing as a collective consciousness. Now you can learn to use it and unleash the power you hold inside of you to heal your own life with help from this riveting, highly accessible new book.

The Power of Eight: Harnessing the Miraculous Energies of a Small Group to Heal Others, Your Life, and the World Details

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From Reader Review The Power of Eight: Harnessing the Miraculous Energies of a Small Group to Heal Others, Your Life, and the World for online ebook

Greta says

In keeping with the Spirit Group approach to connecting small groups of people together for a stated purpose, Lynne McTaggart relates her experiences of healing in small groups. Very helpful, since we are acting on her ideas at the Unity Spiritual Center in Spirit Groups of about 8 people. The miracle of healing is taking place among us and it is a powerful.

SeanT_C2 says

This book exposed me to another side of Noetic Science and the alternation of the world based emotions. Throughout the ages, small circles of people have held a significance in many cultures and among many indigenous groups. I never thought there could be a scientific reasoning behind all of this, but clearly that thought was debunked. One thing I found very interesting was how the author mentioned homothumadon, a greek compound word meaning "rush-along" and "unison". In the actions of homothumadon, instead of just normal meditation, the participants move away from their isolated state of individuality into a natural, pure bond with others. As described by the author, "It felt familiar when experienced, but is also an extremely rare outcome to group meditation. In conclusion, Lynne McTaggart documents and expresses that a Power of Eight group is more than just a collection of separate individuals. They are not just connecting, they are merging, and from the natural process of merging comes altruism, and power.

David says

Understandably, it's difficult to write a book that largely sums up your attempts at scientific experiments. You've got to walk a fine line between the science reporting and entertainment. McTaggart largely fails at this. We start out ok, with a summary of what she's already learned (some repetitive from her other books). But then we get to the experiments. She didn't hold my attention while she repeated very similar tasks over and over (and over and over and over). Then, instead of giving moving, detailed stories about the people involved, we get: Marcia said she felt happy. Greg felt love for the universe. Jan felt more connected to the dog. Peter felt awe. Sigh... it was just so boring. The book ends with quick hints on how to start your own group (all of which most people would figure out on their own). Although I like the concepts she explores, she's just now presenting the material in an interesting way. I think I'm done with. Her books.

Manuela Colantonio-alonzi says

What an interesting and thought provoking book! Very worthwhile to read this book - I highly recommend it. it teaches about the power we have to heal ourselves and others through gathering into a group. It describes the power of circles of people with specific intentions. McTaggart is very knowledgeable and I look forward to learning more about her and her work.

I received this book in exchange for an honest review from NetGalley.

Inez says

This topic interests me a great deal, but I wasn't interested as much in Lynne's journey of discovery. Just summarise the findings - that's what I want to know. I also feel like she dismisses discussion on the amount of people that didn't find it useful. What about all those people?

Ariana DeVries says

A very interesting topic - erring on the side of hokey and mystical. I wasn't able to get through the whole book as it felt very repetitive and could have been written as an article. I know she was trying to back up her position and findings with scientific evidence, but it didn't seem to do much for me. I could have at least read the last chapter or two to see what her conclusions were, but the ideas just seemed too airy fairy. It was kind of like she was trying to confirm a personal bias.

I'm sure it may be revolutionary for some, and it may be true and helpful, but I wasn't in the brain space to apply it myself. Placebo effects can be powerful and this seemed very close to that.

Mythreya Reddy says

This book gives scientific proof that group prayer or intention will improve health and well being. Positive intentions not only help others but will also return benefits to those who do intention..Overall it is a nice book about using group intention for healing and positive change. In few pages there were too many statistics they may have been brief or put in foot notes. Other than that it is a good book. Got this book through netgalley.

Elaine says

I had previously read Lynne McTaggart's excellent book "The Field" (to which I had given 5 stars). The information presented in "The Power of Eight" is equally valuable and worth 5 stars in itself, but I am only giving the book a 4-star rating because I found this book more difficult to read than "The Field". The author went into a great deal of detail about how she went about setting up each of the experiments described in the book, how she came into contact with the people who assisted her in the experiments, etc. I found the amount of detail to be too much to plow through, so I ended up doing quite a bit of skimming and even skipping, just to get to the more interesting parts about the results and conclusions. Well worth reading, though.

Cheryl Wolf says

Great foundation of the steps and research!

Loved to learn about how you arrived at this group practice. Would have liked a bit more specifics about intention setting, and the actual optimal group process...do you only focus on one intention each time? What amount of time per meeting have you found best? Etc. Thanks for opening this process to the world!

Jan Daker says

Fascinating research that the author keeps trying to discount but ultimately accepts.

Luc Therrien says

Most promising book I've read about the power of healing others and self in a long time. Moreover, one can form these power of eight healing groups. Watch out, I may call upon you to join mine(s)!

Superbunny says

in the end she didn't really prove anything or determine anything for certain. but in a off chance that intention can really affect other people, then voodoo and curses are real. are you ready to accept that?
joe dispenza's becoming supernatural makes more sense.
