



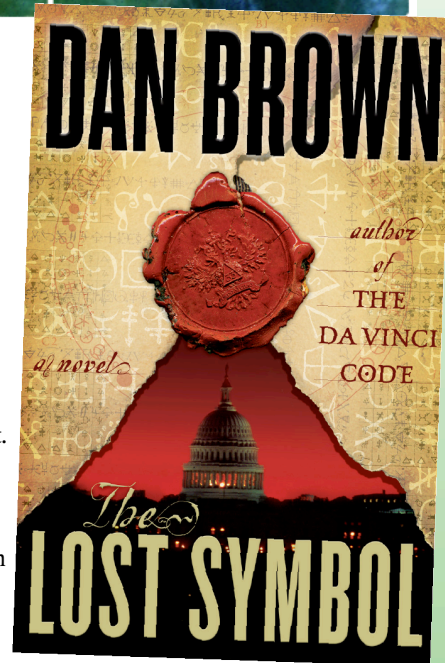
The Intention Experiment

The science behind *The Lost Symbol*

A quick guide

What is noetic science?

Katherine Solomon, one of the main characters in *The Lost Symbol*, is a 'noetic' scientist. 'Noetic' is a Greek word that means 'intuition' or 'inner knowing'. In this instance, Brown is referring to the work of many cutting-edge scientists, such as those at the Institute of Noetic Sciences, who are involved in consciousness research. Their work suggests that the mind can receive information through extra-sensory means and even have an effect on the physical world. Katherine is particularly interested in 'mind over matter': the power of thought—or *intention*—to affect and change the world.



How can a thought have an effect?

Many frontier scientists recognize that the world is not a collection of solid stable things, but vibrating, mutable energy.

In science author Lynne McTaggart's books *The Intention Experiment* and *The Field*, she explains that our subatomic particles are constantly trading energy with a giant quantum energy field called the Zero Point Field. This suggests that at our deepest level, we are all connected.

As Brown quotes McTaggart: "Living consciousness somehow is the influence that turns the possibility of something into something real. The most essential ingredient in creating our universe is the consciousness that observes it."

He also writes: "Particles are affected by the observer."

This is a fundamental principle of quantum physics: observing a subatomic particle turns that potential something into something real. It implies that as 'observers', we are constantly co-creating our world.

Some of the latest scientific evidence suggests that consciousness is a highly ordered energy with the capacity to change physical matter. Sending a directed thought seems to generate palpable energy. In experiments, when one person sends intention to someone else, many aspects of the receiver's body get activated, as though he has received a mild electric shock (*The Intention Experiment*).

Thoughts directed at targets in the laboratory have been shown capable of altering machines, cells and even complex organisms like human beings. This mind-over-matter power even seems to traverse time and space.

Brown makes it clear at the outset, in a page entitled 'FACT', that "All rituals, science, artwork and monuments in this novel are real."

Virtually all the information in *The Lost Symbol* about physics, consciousness research, mind-over-matter experiments and intention are based on fact—and indeed are enumerated in detail in either *The Field* or *The Intention Experiment*.

Is Katherine Solomon based on a real person?

Dan Brown, who loves to blend fact and fiction, leaving lots of clues for the reader, has created a character and plotline based on a crazy quilt of influences and aspects of many real people and their work in the field.

All of these real people are detailed in Lynne McTaggart's books *The Intention Experiment* and *The Field*. The notes in this guide refer to where you can find the real-live stories in her books.

Although Solomon is solidly fiction, the vast majority of her work is based on solid fact. For some 25 years, Princeton University former Dean of Engineering Robert Jahn and psychologist Brenda Dunne ran the prestigious Princeton Engineering Anomalies Research (PEAR) program, and psychologist William Braud, then of the Mind Science Institute in Texas, also pioneered many of the early studies.

Currently, social scientists Marilyn Schlitz and Dean Radin of The Institute of Noetic Sciences carry out such research, as does psychologist Dr. Gary Schwartz and his team at the Laboratory for Advances in Consciousness and Health at the University of Arizona. Several years ago, Dr. Schwartz received a large National Institutes of Health grant to carry out consciousness research. Many other scientists around the world are also studying the power of thought.

Lynne McTaggart is working with a number of scientists to facilitate the first large-scale Web-based study of the power of group minds to heal the physical world (see information about real group experiments to take part in, below).

What has consciousness research got to do with ancient beliefs?

Much of *The Lost Symbol* concerns the link between modern physics and ancient wisdom. The 'big idea' in Dan Brown's book is that science is only now providing evidence of what ancient traditions have traditionally espoused: that thought has a tangible power, enabling human beings to be creators of their own world.

Is the scientific equipment Katherine uses real?

Virtually all of it has been used in this kind of consciousness research and includes:

*** random event generators.** These machines, first developed by former Boeing physicist Helmut Schmidt, work like the space-age electronic equivalent of the toss of a coin. Most famously, REGs formed the basis of 25 years of consciousness research by Robert Jahn and psychologist Brenda Dunne at Princeton's PEAR lab. They developed sophisticated studies examining whether human minds could affect highly sensitive equipment governed by a random process.

Typically, an REG is a computer display alternating two images, such as cowboys and Indians. A participant is asked to try to affect the machine so that it displays more Indian images than cowboys. Over more than 2.5 million trials, Jahn and Dunne have demonstrated that human intention can affect the machines in one direction or the other. Their work has been replicated by 68 other investigators (*The Field*, chapter 6).

*** CCD cameras that have photographed a faith healer's energy pouring from his hands.** Dr. Gary Schwartz of the University of Arizona, a frequent partner in the Intention Experiments, has a CCD camera—the kind of sensitive camera equipment that can photograph faint light from outer space (*The Intention Experiment*, chapter 2).

He uses it to photograph biophoton emissions—a tiny current of light that has been discovered to emanate from all living things. He has photographed an increase in this light flowing from the dominant hands of healers while 'sending' healing.

*** A lab called the 'Cube', which is electromagnetically sealed so that human thought can't penetrate it.** Within the IONS lab, Dr. Marilyn Schlitz and Dean Radin have a one-ton solid steel, double-walled, electromagnetically shielded enclosure, which blocks out all electromagnetic energy. It's like the warmer equivalent of a meatpacking-plant refrigerator. However, thoughts seem to be able to penetrate all but special magnetically-shielded rooms, which tend to block the effectiveness of trained healers (*The Intention Experiment*, chapters 2 and 4).

Katherine says her work was particularly inspired by:

*** REG machines dotted all over the world, which recorded an effect on September 11, 2001, when the twin towers collapsed.** Former Princeton PEAR researcher, psychologist Roger Nelson, runs the Global Consciousness Project, which has more than 50 REG machines running continuously all over the world. He compares changes in their random output during times of breaking news stories and major catastrophic global events. He and his colleagues have studied hundreds of events and found that when people react with great joy or horror to a major event, the machines seem to react as well. One of the biggest effects was seen during the events of 9/11 (*The Field*, chapter 11 and *The Intention Experiment*, chapter 12).

*** prayer groups that have healed people and also have affected REG machines.** At least 150 studies of prayer and healing have shown positive results. Some of the largest prayer studies have not produced demonstrable results, but that, in Lynne McTaggart's view, has a good deal to do with poor study design. Dr. Nelson's Global Consciousness Project has tracked measurable changes in REG machines after many global prayer events (*The Intention Experiment*, chapter 6).

*** the CIA, which ran remote viewing programs that bordered on ancient magic.** These programs, in which the CIA partnered with Stanford Research Institute's then directors, physicists Hal Puthoff and Russell Targ, conclusively demonstrated that even novices could see things beyond the reach of visual sense (*The Field*, chapter 8).

Katherine's mind-over-matter experiments have affected:

*** the growth rate of plants.** Canadian psychologist Bernard Grad carried out several studies showing that seeds irrigated with water held by a healer had a faster germination rate and growth than controls. British studies have shown that when lettuce seeds were sent intention, they grew faster and were healthier than normal (*The Intention Experiment*, Afterward).

As part of the Intention Experiment, Dr. Gary Schwartz and Lynne McTaggart ran six such experiments, called The Germination Experiments, which demonstrated that when large groups of people around the world sent intention to seeds in the University of Arizona lab, they grew higher than controls.

*** the direction fish swim.** Psychologist William Braud ran such experiments in the 1970s (*The Field*, chapter 6).

*** chemical reactions in one's own body.** Hundreds of studies on biofeedback and the effects of intention on living systems carried out by scientists such as Braud or Marilyn Schlitz show that intention can affect just about every system of the body, including the autonomic nervous system, biochemistry and even brain waves. The evidence also shows that when people send intention to others, elements of their biological processes, such as heart activity, breathing rate, blood flow and brainwaves, begin operating in synch (*The Intention Experiment*, chapters 4 and 9).

"I have witnessed people transform cancer cells into healthy cells simply by thinking about them," says Katherine.

Researcher Glen Rein ran one such successful experiment using a healer named Leonard Laszlo. Psychologist Jean Achterberg showed that many patients with cancer got better because they were able to imagine a vivid visual picture of themselves overpowering the cancer (*The Intention Experiment*, chapters 9 and 10).

Katherine carries out thought experiments on water, showing that she can change the design of the crystals, depending on whether she uses a positive or negative thought.

These refer to the work of Dr. Masaru Emoto, author of *The Hidden Messages in Water*, who proposes that sending thoughts into water changes their crystalline patterns. Dean Radin of IONS successfully replicated Emoto's work under controlled conditions (*The Intention Experiment*, chapter 12).

“We have scientifically proven,” says Katherine, “that the power of human thought grows exponentially with the number of minds that share that thought.”

The Transcendental Meditation organization carried out a series of studies showing that when a critical mass of people meditates, the crime rate goes down (*The Intention Experiment*, chapter 12).

The Intention Experiment global laboratory has carried out 19 studies to date (see below).

According to the evidence thus far, a group of people—of any size—seem to enhance the power of intention. At this point in our knowledge, it appears that a small group is just as powerful as a large group.

“Intention was 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 true masters.”

When writing *The Intention Experiment*, McTaggart interviewed dozens of scientists and also ‘masters of intention’—Qigong masters, Buddhist monks and master healers. All of them described particular techniques they learned and practiced (or used in the lab) to carry out intention. The Intention Experiment experiments have recorded the largest effects with people who are experienced intenders (*The Intention Experiment*, chapter 5).

“To manifest an intention requires laserlike focus, a full sensory visualization and a profound belief.”

These ancient techniques in maximizing the power of thought have been distilled into the Powering Up program in *The Intention Experiment*, chapter 13.

Who is Lynne McTaggart and why was she featured in *The Lost Symbol*?

Dan Brown writes: “Katherine had been fascinated by McTaggart’s book *The Intention Experiment*, and her global, Web-based study—theintentionexperiment.com—aimed at discovering how human intention could affect the world.”

Katherine is particularly interested in ‘cosmic consciousness’ and carrying out large-scale group intention experiments because she believes that the power of thought ‘grows exponentially’ with the size of the group.

Lynne McTaggart, an award-winning journalist and science writer, has authored five books, including the worldwide bestsellers *The Intention Experiment* and *The Field*. Both are widely considered the seminal books about the science of consciousness and the power of thought. Although exhaustively researched, the books are entertaining, artful page-turners, which make this work highly accessible to ordinary laypeople.

Wayne Dyer called *The Field* “the most profound and enlightening book I have ever read”. Jack Canfield called her work “a primer to understand the law of attraction and the essential books of our age.”

Other plaudits have come from the late Arthur C. Clarke, Deepak Chopra, Barbara Marx Hubbard, Caroline Myss, Jack Canfield and some forty leaders in the field of science, consciousness and spirituality.

Besides being a book, *The Intention Experiment* is also a ‘living laboratory’ with McTaggart’s readers all part of a giant group intention experiment (see below).

To buy her books [click here](#).

Are there real group intention experiments I can take part in?

McTaggart is the architect of the Intention Experiments, a Web-based ‘global laboratory’, involving an international consortium of prestigious scientists and thousands of people in countries around the world to test the power of intention to heal the world.

Participation in the experiments is open to anyone. People from countries around the world take part in the periodical experiments by registering on her website, after which they receive regular updates about the experiments and instructions.

On the actual date of the experiment, all participants come onto the Intention Experiment website at the same time and participate in an experiment involving a target based in one of the scientific laboratories.

To date, The Intention Experiment has facilitated 19 such experiments, working with scientists at University of Arizona, Pennsylvania State University, the University of California at Davis, The International Institute of Biophysics and St Petersburg Technical University. The experiments include examining whether group thought can increase the growth of plants, changing essential properties of water and living things, cleaning up polluted water and lowering violence in a war-torn area.

For more information about how to participate, [click here](#).

Are there any informal group intentions?

Every Sunday at 5 pm GMT, the Intention Experiment website leads the community in an Intention of the Week. The Intention Experiment team choose a person with a health challenge and/or someone with financial challenges, and the entire community is invited to send a specific healing intention to that person at the exact same moment.

“We’re always getting feed-back from the receivers of intention, who tell us about remarkable turnarounds in their health or circumstances,” says McTaggart.

Successes have included Daniel, whose hand was badly burned in an industrial accident. While his colleague, who had similar burns, was treated in hospital, Daniel decided to also opt for intention from his Intention Experiment group. Astonishingly, his hand dramatically improved in six days—weeks before that of his work colleague—and was considered by his doctors a medical miracle.

In other cases, an accident victim mended in record time, a runaway teenager returned home, and a victim of ankylosing spondylitis became virtually pain free.

For more details about how to participate, including information about your local time zone, or to nominate someone—including yourself—[click here](#).

How can I learn how to do intention?

To learn the special techniques for carrying out intention, see the Intention Experiment website for upcoming special teleseminars about Powering Up and Group Intention.

If a friend has forwarded this to you and you’d like to learn more, or to sign up to take part in The Intention Experiments, [click here](#).

www.theintentionexperiment.com

