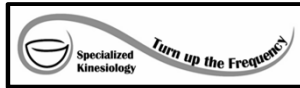


Changing Perceptions and Performance with Intention



© 2017

Science to Studio to Stage



© 2017

© 2017



Intention ...

is a mental state that represents a commitment to carrying out an action or actions in the future.

involves mental activities such as planning and forethought.



© 2017



Deepak Chopra...

Intention is the starting point of every dream. It is the creative power that fulfills all of our needs, whether for money, relationships, spiritual awakening, or love.

Everything that happens in the universe begins with intention. When I decide to buy a birthday present, wiggle my toes, or call a friend, it all starts with intention.



© 2017



Deepak Chopra...

From the Upanishads :

“You are what your DEEPEST DESIRE is.

As your desire is, so is your INTENTION.

As your intention is, so is your WILL.

As your will is, so is your DEED.

As your deed is, so is your DESTINY.”



© 2017



“Our intention
creates
our reality.”

Wayne Dyer



© 2017



Dr. Masaru Emoto

Our intentions change the frequency within us and around us.

Thoughts are very powerful.

We have the power to change everything with our intentions

Emoto Peace Project

Crystal of water after exposed to the word "Do it" "Let's do it"

Crystal of water after exposed to the word "You fool" "Thank you"

9

KEEP YOUR THOUGHTS POSITIVE
BECAUSE YOUR THOUGHTS BECOME
YOUR WORDS.

KEEP YOUR WORDS POSITIVE
BECAUSE YOUR WORDS BECOME
YOUR BEHAVIOR.

KEEP YOUR BEHAVIOR POSITIVE
BECAUSE YOUR BEHAVIOR BECOMES
YOUR HABITS.

KEEP YOUR HABITS POSITIVE
BECAUSE YOUR HABITS BECOME
YOUR VALUES.

KEEP YOUR VALUES POSITIVE
BECAUSE YOUR VALUES BECOME
YOUR DESTINY.

- MAHATMA GANDHI

As you think about comments you made this weekend...

Notice your phrases.

What words are you commonly using?

Seems Positive when you say it...

"I am so stupid"

"I don't have enough time"

"It will have to wait"

"Oh **#!*#!"

Can you transform how you express yourself?

"I love the energy of this group"

"Thank you for that correction"

"I am grateful for the space to learn"

"Dance is my inspiration"

"Oh joy!"

Thought creates action...

Happy thought on the Hapi Drum

What happens?

Sad thought on the Hapi Drum

What happens?

How might this affect a dance step or learning and retaining a new technique?

Lynne McTaggart

led a series of scientifically controlled, web-based experiments testing the power of intention to change the physical world

has worked with leading physicists and psychologists from the University of Arizona, Princeton University, the International Institute of Biophysics, Cambridge University and the Institute of Noetic Sciences.

The Leaf Intention Experiment
The Germination Intention Experiment
The Peace Experiments

Trust

Trusting ones abilities is a pivotal point in both dance and teaching.

Without trust in the process there cannot be progress.

Without trust in yourself as the dancer or teacher, there cannot be a level of frequency achieved that will raise the frequency of those around you.

Emotional Scale
Adapted from the work of Abraham Hicks and David R Hawkins

Positive

Enlightenment
Peace & Serenity
Joy
Love & Passion
Eagerness & Enthusiasm
Optimism
Acceptance & Harmony
Reason & Understanding
Willingness
Hope
Trust
Courage
Necessity
Pride
Boredom
Worry
Disappointment
Impatience, Frustration & Irritation
Overwhelmed
Scorn
Anger, Hate & Revenge
Jealousy
Insecurity & Unworthiness
Fear
Regret
Grief & Despair
Depression
Apathy
Guilt & Blame
Shame & Humiliation
Powerlessness

Negative

The Principle of Resonance

“When two frequencies come together, the lower one rises to meet the higher. We call this the principle of resonance.”

When we resonate at a higher frequency we have the ability to bring our client to this same frequency. If we are not diligent in our own work, we can be brought to the same frequency as our client, not necessarily a high frequency.

Where is the energy held?

Where might a block of energy exist?

How do we set intention for our students, classmates or ourselves?

Scale of Consciousness

Enlightened States		Things are Done AS ME
Spiritual Reality	THROUGH ME	Things are Done THROUGH ME
Linear Mind	BY ME	Things are Done BY ME
The EGO	TO ME	Things are Done TO ME

Replacing criticism and fear with joy and free flow

actually, i just woke up one day and decided i didn't want to feel like that anymore, or ever again. so i changed.

just like that.

Center and ground

Emanate a frequency of success

Create a personal

Join the intention of the group


Frequency + Intention = A pivotal performance

Dr. John Diamond MD found through his studies using muscle testing to measure energy shifts, that the use of intention was paramount in shifting the value of frequency to provide a healing experience for the recipient.

For the dancer this means that a shift in performance from presentation quality to enhanced healing potential is an energy lift for the body and the spirit of the performer and the audience.

“It means that the intention of the person working with the sound is as important as the frequency which is being projected at a person to create resonant frequency healing. Since the concept of intention is, at present, a scientifically immeasurable quality, it is extremely difficult for many in the medical community to understand it. Nevertheless, I am convinced that this formula is correct and that without the aspect of intention, working with pure frequency alone is not the answer.”

Case Study



Dr. Mats Melin, Professor of Ethnochoreography from Limerick University.

Accident victim who utilized the power of intention and dance to heal the body while still immobile.

“It Only Takes One Step to Change Direction”

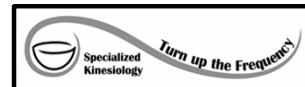
Flow State Photo Project : Melin and Greenwell



© 2017



Studio Experience Packages



Michelle Greenwell and Natascha Polomski

© 2017

Contact

Michelle Greenwell
Dance Debut
4614 Route 252
P +1 902 945 2967
Mabou, NS, B0E1X0
info@dancedebut.com
www.dancedebut.com



© 2017



Resources

- 2, 6, 16 All graphics from google—Intention quotes
- 3 Bratman M. 1987. Intention, Plans and Practical Reasoning. Cambridge, MA: Harvard University Press
- 4, 5 <http://www.chopra.com/articles/5-steps-to-setting-powerful-intentions>
- 7, 8 www.masaruemoto.net
- 12 McTaggart, Lynne. The Intention Experiment. New York, USA: Free Press, 2007
- 13, 15 Emotions Chart: sophiaknowledge.com
- 14 Law of Vibration and Law of or Resonance: <http://www.earthunchained.com/vibrational-frequency/>
- 17 Hermetic Harmonics”. Dr. John Diamond MD. <https://www.healingsounds.com/projecting-intention>
- 18 Photo by Michelle Greenwell
- 19 Photo by David Greenwell



© 2017

