

STEP 3

The 8 Revolution: Rebuilding your neighborhood with Intention



A STEP-BY-STEP GUIDE

Rebuilding your neighborhood

These days, many people around the world are prospering in these troubled times by discovering new ways to communicate, live together, work and resolve differences. And every one of these success stories shares one thing in common: an ability to harness the fundamental human need to connect (I call it 'The Bond') and move past 'every man for himself' to 'we're all in this together.'

Now that you're meeting regularly with your Power of Eight® group, discuss radical ways to restructure your communities. How can businesses be restructured so that they are more holistic? What should be encouraged in your schooling? What areas in your community currently built on rivalry and competition can be redesigned to run with a spirit of sharing and cooperation?

Once you've developed some ideas, your group could also discuss how to implement them. The best place to start is with an intention and a mission statement.





Have your group use collective intentions to improve aspects of each of your communities (if you are from different locales) or your collective community if you live in the same place.

Depending on the nature of your intention, make one member of the group responsible for researching figures involving local accident, weather or crime statistics. For these types of statistics, it's a good idea to get hold of reports for the last two or more years in your area and surrounding communities so you have concrete evidence to show that something has changed. The police and the Chamber of Commerce or local Council (or the equivalent) are good places for this kind of data.

Choose a target in the group's community (if you live in the same area) OR one of your group's communities (if you live in different places). When you meet, compose the group-intention statement together. Make sure to make it specific. See my examples at the end of this document.

Once you have the statement, breathe together several times and feel the connection. Visualize yourselves as a single entity (say, within a giant bubble or any other unifying image). (Use other tools for group intention as described in my courses or books.)

Have each member mentally think the same intention statement. You can even have one member of the group read it out. Remember to send out the intention through your heart.

Send out these same intentions together two or three times and then note if anything shifts.

Make sure that your record keeper maintains a record of statistics several months after you have sent the intentions and compares statistics prior to and then after your intention.

If you're successful, don't forget to post any results on The 8 Revolution pages.



HERE ARE A FEW POSSIBLE TARGETS FOR YOUR GROUP:

- improving the weather or even extreme weather (like hurricanes, fires, etc)
- reducing violent crime by 5 per cent
- reducing pollution by 5 per cent
- reducing litter on a particular street in your neighborhood
- getting your mail delivered one hour earlier
- achieving some form of community activism (such as preventing a cell-phone tower from being built in your area)
- decreasing the incidence of local road accidents involving children by 30 per cent
- improving the collective grade point average of the local school by one grade
- decreasing the abuse of children in your community by 30 per cent
- reducing inappropriate hand-gun possession by 30 per cent
- increasing (or decreasing) local rainfall by 10 per cent
- decreasing the number of alcoholics in your area by 25 per cent.

Feel free to come up with your own intentions. Make sure to be specific. And be sure to let **The 8 Revolution** community know what happened.

©2023 Lynne McTaggart

