



INSIGHTS

BOOK OF THE MONTH:

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

April 2018

HARNESSING YOUR POWER

ISSUE 1

Creating a better IMPACT in Life!

by Lori M. Fischer | Coach and Biz Consultant

This year I decided to create a group program called, "***You at Your Best: The art and science of creating an IMPACT!***" As a point of reference...**impact** by definition is to have a strong effect or influence on someone or something. And for the purposes of my program, **IMPACT** is an acronym which stands for ***Individual, Mindset, Perception, Attitude, Choice and Transformation.***

My desire in creating this **group-centered** program is to help support individuals in my community. However, I also want to help the world in coming together more for **connection**. We do that by finding our TRIBE. I challenge individuals to have the **courage** to pour out their truths and decide with **authenticity** that they are an investment in themselves. We will create a master plan for growth or improvement and move through the months intentionally. Finally, we will design goals that will get us to a new place in life! I will be walking along side you as a partner that shines a light of **hope** on all the unique, crazy or necessary ideas you come up with and yet challenge each of us to

see, be and do more. I am living proof that you don't have to settle, and that everyone can be **resilient** in the quest to have the life they desire. Now, I will not lie. It can take time, be really hard work and on occasion feel frustrating but it is ultimately worth it when you create the IMPACT you desire in life and accomplish your goals.

Contact me for information regarding Personal 1:1, Group Coaching or Leadership and Business consulting.

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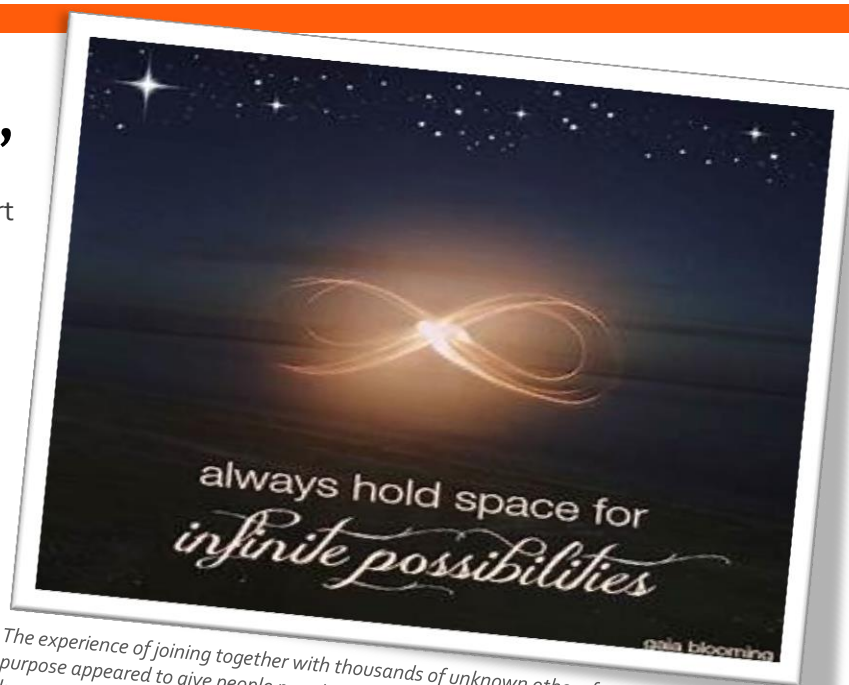


“The Power of Eight”

by Lynn McTaggart

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

challenges us to see the interconnectivity of people and how we can heal each other. But even more importantly, the book shows how individuals can heal their own lives! Here are my **FIVE KEY IDEAS** from the book:



The experience of joining together with thousands of unknown others for a common purpose appeared to give people permission to open themselves to people they didn't know—and this readiness to connect carried on after the experiment was over.

FIVE KEY IDEAS / THOUGHTS:

1. **GETTING WHAT YOU WANT:** Starts with your readiness to give!
2. **BEING INTENTIONAL:** Can PEACE happen through intention...maybe?! There were many worldly citizens involved in an experiment to test if large geographically dispersed individuals could change the course of a war. Did it happen? Possibly...but what was even more intriguing was the effect on those participants whom took part in the experiment. They intentionally decided they were ALL IN. They felt changed by it.
3. **HEALTH/HEALING:** Requires pure, absolute and total connection to source while illness is alienation to that life source. Disease therefore comes from stress generated not from small life stresses but our big picture response to life itself-being/feeling disconnected. To get healthier...focus on others, give to others, direct your attention to others! (Altruism=A Helper's High)
4. **OF ONE MIND:** It appears as if INDIVIDUAL BRAINS can become

wired to a **BIGGER NETWORK** (Think “The Matrix” movie). Many of the experiments spoke of how we can heal by coming together. Setting unified clear and specific intentions focused towards another person or group of people. It's called **UNITY CONSCIOUSNESS** whether it is in person or virtual. We can make an impact, together!

5. **POWER OF GROUPS:** the sweet spot size is eight but more was also shown to work. The power of a group allows for healing just by participating and letting go of the outcome—collective capacity to create.

****To create a group there are suggestions in the book to support the process (p.237+). Some elements:**

- ✓ Decide **WHO**...create a new group or leverage an existing like- or open-minded group
- ✓ Decide **TARGET**...someone with a healing need or challenge
- ✓ Create **INTENTION**

STATEMENT...holds group together over time

- ✓ **POWER UP**...like meditation to clear space and create attunement
- ✓ **INTENTION TIME**...send out the vibes
- ✓ **COME BACK TOGETHER**...take notes, share experiences, feelings, changes or improvements

