Intention Science
THE TILLER FOUNDATION

Intention for Physical Health

Should be preceded by Precursor Cohering Statement

This intention is to promote robust wellness for ("myself" or if for another, state their full name). This intention exponentially expands the wellbeing of (my/our) physical body(ies) and proper functioning of (my/our) physical organism, and to minimize any physical/mental/spiritual/emotional conscious or subconscious self-limiting or self-sabotaging beliefs or actions that interfere with the attainment of exceptional and high-functioning physical health so that (I/we) flourish in (my/our) physical body(ies).

The initial purpose of this intention is to condition (my/our) home to a strongly coupled state of physical reality.

The first specific intention is to activate the indwelling consciousness of each (my/our) home, plus (my/our) duplex-space body(ies), so as to:

(a) Significantly cleanse these spaces to remove all prior unfavorable or negative entanglements/attachments so as to convert them to "sacred" spaces suitable to (my/our) intended use, and

(b) Lift these cleansed and sacred spaces to a strongly coupled state of physical and non-physical reality.

The special characteristics of this intention are to strongly increase the coupling between the physical and non-physical-space substances in (my/our) home and cellphone, especially (my/our) bedroom, as well as in (my/our) own physical and subtle bodies so as to manifest the ability, intention and deep desire to:

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1. Always choose a balanced, healthy diet and feed (my/our) physical body(ies) what (I/we) need to thrive.
2. Significantly optimize and nurture (my/our) microbiome for healthy balance
3. Instill in my subconscious - attitudes and actions that fully support normal healthy conditions for, and operation of, all systems of (my/our) body.
4. Immediately, completely and permanently - eliminate through normal channels, any conditions that inhibit or prevent (my/our) physical body from being and becoming a perfectly normal, perfectly healthy, perfectly balanced, perfectly optimized and perfectly functioning organism.
5. Commit to regular exercise, maintain physical flexibility and good posture and develop hand strength for a good grip.
6. Develop and maintain healthy skin, clear eyes and steady vision
7. Intentionally move towards and easily maintain a normal body weight with a body mass index between 18.5 and 25.
8. Ensure adequate, satisfying sleep and rest.
9. Maintain a low resting heart rate, steady and rhythmic breathing, normal blood pressure, a blood glucose level below 100 mgs/dL and an HDL cholesterol above 90.
10. Significantly reduce inflammation throughout the body.
11. Have a strong constitution that is vigorous and durable, to develop and maintain a vibrant, resilient and disease-free body to live a strong, healthy life
12. Maintain a healthy and robust physical, mental, emotional and spiritual balance.

(Optional But Recommended)

I intend and declare that I see myself as part of the spiritual energy of creation and that I understand who I really am. Help me realize that I am responsible for creating the life I desire.

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Help me understand that everything is energy, always transitioning to a greater good. Help me know that this movement is energized and maintained by my own personal belief system that always functions as a compass for my life.

The additional specific purpose for this intention, is to unite my individual and universal heart & mind, so as to be receptive to a bright new world of Divine Love, Divine Joy, Divine Will, Divine Forgiveness, Divine Light, Divine Healing, Divine Wisdom, Divine Equality and Divine Unity. May this vision penetrate every nook and cranny of my being so as to significantly reduce all unnecessary stress precursors in my life, allowing me to manifest optimum health and functioning in physical, mental, emotional and spiritual levels in my daily life consistent with my soul's purpose for this particular lifetime's experience.

Note: For those imprinting this intention into their own Intention Host Device (IHD), please use this statement. Step-by-step imprinting resources are available on the website to guide you through the process.

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