

Quantum Techniques Intention List

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1. ...take on another's illness
 2. ... avoid responsibility for self
 3. ... die
 4. ... control others
 5. ... avoid movement
 6. ... say no to self
 7. ... be physically safe
 8. ... be sexually unattractive
 9. ... take on another's pain
 10. ... heal
 11. ... work the smartest
 12. ... work the hardest
 13. ... suffer
 14. ... punish others
 15. ... be in pain
 16. ... avoid responsibility for others/another
 17. ... love
 18. ... punish self
 19. ... get attention from another
 20. ... kill another
 21. ... avoid decisions
 22. ... be sick
 23. ... kill a part of myself
 24. ... be in crisis
 25. ... get attention from myself
 26. ... get love from another
 27. ... get love from myself
 28. ... say "no" to others
 29. ... be the focus of someone's attention
 30. ... solve a conscious conflict
 31. ... control the future by suffering now
 32. ... maintain separation from the rest of me at all costs
 33. ... maintain separation from others at all costs
 34. ... maintain separation from the Divine at all costs
 35. ... avoid the emotions/pain of the moment at all costs
 36. ... avoid my emotions
 37. ... stay in control at all costs
 38. ... make the world predictable at all costs.
 39. ... be in crisis to not see or feel the truth of my life
 40. ... avoid feeling panic
 41. ... conceal
 42. ... take on another's emotions, energy, or unhealed issues.
 43. ... protect myself
 44. ... protect others
 45. ... heal parental or other relationship
 46. ... be perfect
 47. ... harm
 48. ... steal
 49. ... punish someone financially
 50. ... be special
 51. ... feel lovable by getting someone to violate their boundaries and prove how special I am.
 52. ... be "invisible"
 53. ... be in charge
 54. ... be in financial crisis
 55. ... "get even"
 56. ... avoid having children
 57. ... get a need met
 58. ... heal an earlier trauma
 59. ... be validated/understood
 60. ... remain dependent
 61. ... be helpless
 62. ... escape
 63. ... survive
 64. ... take a break or rest
 65. ... save someone
 66. ... defeat someone (a parent, authority figure, healer, etc.)
 67. ... be right at all costs
 68. ... avoid healing (or working on) a relationship
 69. ... change someone
 70. ... gain approval from others
 71. ... gain approval from God
 72. ... avoid judgement (from self, others, God)
 73. ... hide information for healing
 74. ... avoid conflict
 75. ... keep the focus of someone's attention (healer) to be safe