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Body, Mind & Spirit

Get What You Want: The Art of Making and Manifesting Your Intentions
Tony Burroughs
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Life today is increasingly lived online, where one can read anything and participate in events, lectures, and seminars all without leaving home. Looking for a book club? 860,000 results come up when one Google's "Skype Book Clubs," where book lovers may discuss books and meet their author virtually. There is movement afoot as online communities now encourage in-person meetings. Meetup.com, one of the largest online hubs for offline meetings, saw a rise of 7,207 offline groups during September 2012. Tony Burroughs's new self-help guide, *Get What You Want: The Art of Making and Manifesting Your Intentions*, is an excellent example of a book that is a companion to such groups meeting in the offline world, though membership is not necessary.

Readers look for hope when they buy a book of inspiration. From the beginning of *Get What You Want*, its uniqueness is apparent. Burroughs writes, "It is not meant for you to read from cover to cover like most other books. *Get What You Want* has been purposely set up to awaken something magical and mysterious within you." The text then directs the reader to "say a quick intention, open it to any page, and it will tell you what you need to know."

Burroughs introduces readers to the a romantic-sounding term, "bibliomanc," old English for the process of "suspending our logical, established ways of thinking in order to make room for our intuition to awaken." Following these guidelines, a reader cradles the book, takes a few deeps breaths, and thinks about what they want, imbuing the moment with trust and belief, and permitting the book to "hone [sic] in on the perfect message for you."

Burroughs advises one to connect with the "Highest Good" and to share one's intentions on a regular basis, in person and with others. His website, intenders.org, dispenses daily affirmations along with the framework for setting up and managing Intenders groups.

Some language in the book is obscure. For instance, Burroughs refers to "The Code, The Law, The Reunion, and Intoning," none of which are well explained in his book. So it's best to

skip over all that and hold onto Burroughs's simple concept, "our thoughts create the world," and let the pages open where they may.

The author reminds us that we have closets full of devices and books that were purchased to improve life. However, "if you do not believe a hundred percent in any of them, they won't do you enough good to make any difference." It is up to the reader to create intentions *and* possess absolute belief that by voicing them aloud the world will bring apt responses and results. Reading the intentions is inspiring whether one joins a group or reads simply for the sake of reading.

Tony Burroughs is the founder of the international grassroots movement The Intenders of the Highest Good. He is the author of nine previous books including *The Code: Ten Intentions for a Better World*.

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