



The Energy of Intention, the Joyful Movie that is your Life (Volume 1)

Dr. Debra Ford Msc.D

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The Energy of Intention is based on the premise that if you balance mental energy, using the 9 Energy Zones of Life, you will create a joy-filled life. The 9 Energy Zones of Life combine ancient traditions with new scientific and spiritual evidence and provide a focus for mental energy and intention. It seems that there are a plethora of intellectual information about why you are the creator of your life and why you are responsible for your dismal existence. But what do you do? The Energy of Intention will assist you as you make the small, but necessary changes, to create a life of joy. This book contains an actual step-by-step guide that is easy to follow and implement. Balanced mental energy is a pre-requisite for creating a joyful life and this life is ONLY about joy.

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