

Alice W. Lee, MD, ABIHM, ABoIM

The Art & Science of Transformational Change
25th International Energy Psychology Conference
Two-Hour Learning Lab Workshop Handout

Infinite Intention Technique (I[∞]T)[®]:
Connecting, Directing, and Transforming Energy

Overview:

Infinite Intention Technique (I[∞]T)[®]: Connecting, Directing, and Transforming Energy— Integrating universal principles in energy healing, I[∞]T brings a bold new approach that creates flexibility and efficiency, providing both a problem-focused and solution-focused approach to help heal at the conscious and subconscious levels simultaneously.

About Alice W. Lee, MD, ABIHM, ABoIM:

Alice W. Lee, MD is a holistic and integrative child, adolescent, and adult psychiatrist with a private practice in Lehi, Utah, who holds licenses in Utah, California, and Maryland. Over the past two decades, she has used functional/orthomolecular and energy healing interventions to support medication withdrawal and recovery from mental illness. Ultimately, her goal for each patient is freedom from being a patient.

She received board certification in Integrative Medicine from the American Board of Physician Specialties (ABoIM) in 2016, is a Diplomate of the American Board of Holistic Medicine (ABIHM) since 2007, and a certified Reiki master since 2016.

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I. The Three Levels of Complexity in the Infinite Intention Technique:

- A. (level 1: Simple) Energy Breaths
- B. (level 2: Intermediate) Empower Energy Technique
- C. (level 3: Advanced) Infinite Intention Technique: Story Form

II. (Level 1: Simple) Energy Breaths

- Close your eyes and start by taking some deep, relaxing breaths.
- Imagine light within you and all around you.
- Let this light represent Life Energy, an ideal source of energy that contains the energy you need for healing and creating an optimal life.
- It comes from a pure, perfect, and infinite Source of Life Energy, filled with infinite and unconditional love, peace, joy, creativity, strength, harmony, balance, goodness, mercy, forgiveness, health, wholeness, purity, abundance, order, beauty, power, space, and time.
- Set an intention to be one with Life Energy as a wave is one with the ocean or a sunbeam is one with the sun.
- See your energy getting brighter and expanding with each inhalation. With each exhalation, release blockages to your ability to connect to Life Energy.
- Set an intention that over the next 24 hours Life Energy will continue to flow to you as if you were doing the Energy Breaths, even after you've stopped doing this technique.

When using Energy Breaths before doing Empower Energy Technique (EET) or the I[®]T Story Form, the following additional intentions are routinely added:

- Set an intention to be completely open and receptive to divine spiritual support and ask for divine spiritual support to maximize the benefits of our energy work.
- Set an intention to direct Life Energy to optimal points in time to help the healing process be more complete, long-lasting, powerful, and stress-free.

Link to Energy Breaths recordings: <https://www.holisticpsychiatrist.com/energy-breaths>

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III. (Level 2: Intermediate) Empower Energy Technique (EET):

Begin with Energy Breaths then proceed with EET.

I now choose to be one with Life Energy as a wave is one with the ocean and be empowered to ____.

1. Heal, clear, and release . . .
2. Support, strengthen, and create . . .

I completely and gratefully accept healing energy at all levels of being (spiritual, mental, emotional, physical, and social) and through space and time from Life Energy to create and achieve this healing process. I embrace the positive shifts that occur as I heal and release the beliefs, emotions, habits, fears, pain, traumas, negative spiritual influences, and other blockages that prevent me from receiving all the energy I need to heal and empower my life, at all levels of being, now and through space and time.

Link to EET <https://www.holisticpsychiatrist.com/empower-energy-technique>

IV. (Level 3: Advanced) Infinite Intention Technique: Story Form:

- Begin with Energy Breaths to connect with intuitive insight and deep calmness.
- Visualize the symbolic situation and setting that represents the problem.
- Bring Life Energy into the setting and situation to facilitate one's imagination. Use your imagination to transform the problem visually over time/setting. Anything is possible in this consciously created magical dream story. The transformational process occurs as the healing scene unfolds and resolves visually and symbolically.
- May use this process at any level of being e.g. spiritual, mental, emotional, or physical.

Link to Infinite Intention Technique: Story Form: <https://www.holisticpsychiatrist.com/infinite-intention-technique>

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