

LAW OF ATTRACTION

MAGNIFIQUE

AUGUST 2016

*Discover the
Greatest Wealth:*
Holistic Health

Addiction Recovery
Step 12: Having had a
spiritual awakening -
What does Step 12 mean?

**THE
HEALING
CODE**
*Unlocking the issues
of the HEART*

You become
EXACTLY
what you
THINK
you are

**Are Your Genes
KILLING You?**

What I learned
from
LOUISE L. HAY
("You can Heal your Life")

PCS Tec
The AMAZING New
Technology for Shredding
Negative Emotions

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How to use your app

Welcome to Magnifique's iPad edition. Here's a brief summary of how everything works, to help you find your way around. Enjoy!

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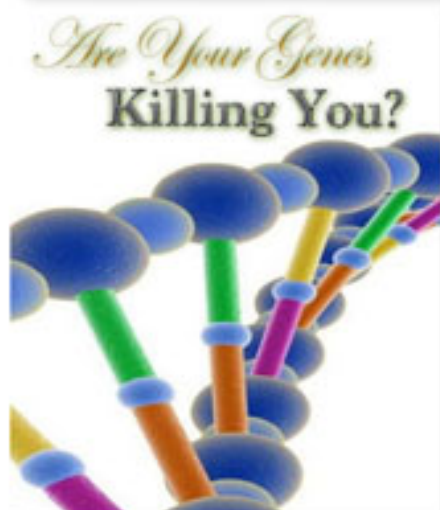
August 2016



SERIES 4 Issue 12

Cover

In this culminating issue of our fourth series, we focus on how stress wreaks havoc on our health. Author of The Healing Code, Dr. Alex Loyd, a psychologist and counsellor, discovered The Healing Code system during his quest to cure his wife's clinical depression. Dr. Bruce Lipton says if the body stays in this state of stress long enough, illness and disease are likely to follow and is the cause of 95% of sickness. This is the reason we are getting sicker as a population. A key point to remember is that our bodies are designed to maintain optimal health! Every time we have any problem, we should be asking, "What stress is causing this and how can I eliminate it?"



Features

UNLOCKING THE ISSUES OF THE HEART
by Dr. Alex Loyd

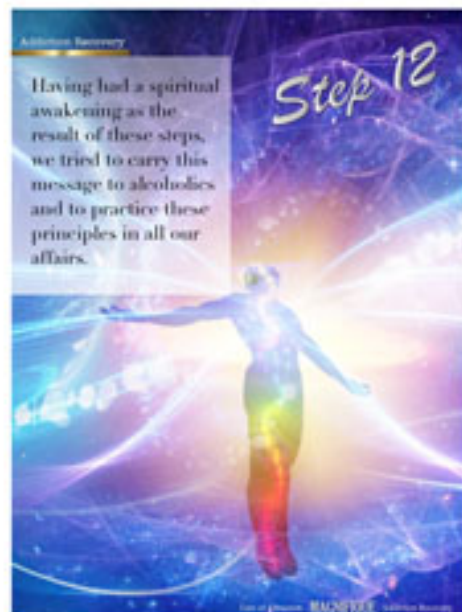
ARE YOUR GENES KILLING YOU?
by Regina Rowilson

HOLISTIC HEALTH IS THE GREATEST WEALTH
by Kristina von Rosenvinge



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Addiction Corner

The twelfth and final step of the Alcoholics Anonymous program suggests that members take what they have received and share it with others. This step however does not necessarily represent an end. In fact, for many AA members, this step is never actually completed. They will live this step every day for the rest of their lives, continually carrying the message of Alcoholics Anonymous to anyone who needs it.



Features

WHAT I LEARNED FROM THE AUTHOR OF: YOU CAN HEAL YOUR LIFE ~ LOUISE L. HAY
by Fay Hartwell

PERSONAL EMAIL TO JEN
by Bob Doyle

YOU BECOME EXACTLY WHAT YOU THINK YOU ARE
by Lisa Ryan



Contributors



He holds doctorates in Psychology and Naturopathic Medicine. His 12-year search for a cure for his wife's depression led to the discovery of The Healing Codes system to heal the source of virtually any physical, emotional, success, or relational issue.

Dr. Alex Loyd PhD, ND

<http://thehealingcodes.com>



Publishing Editor

Jennifer Quigley

support@magnificuemag.com



Founder and CEO of Use Your Powers - a Division of AClass Coaching - Life, Wellness and Success Coach, 2014 Host for the US Mentors Harbors' Radio Show "Shape Your Destiny" and Creator of the world's First & Only SEC Films (Self Empowerment Cinematography).

Regina Rowlison

<https://useyourpowers.org>



CEO of Boundless Living, Inc., and author of the #1 Best-selling book "Follow Your Passion - Find Your Power". Since 2002, Bob has been teaching principles of Living Life by Design utilizing the principles of the Law of Attraction.

Bob Doyle

<https://boundlessliving.com/wealth-beyond-reason>



Psychotherapist, Personal Coach
& Relationships Expert

Kristina von Rosenvinge



Contributors



Corporate Event Speaker of the Year 2015,
International Gratitude Expert, Author, Actress,
CEO & Founder of Grategy.

Lisa Ryan

<http://grategy.com>



Life Coach, Artist, Writer - Fay's clients discover
ways to quickly and easily overcome anxiety, worry
and suffering and to create self-belief and
confidence in achieving the life they want and
deserve.

Fay Hartwell

<https://twitter.com/FayHartwell>



Human behavioural specialist, founder of the
Demartini Institute, international best-selling
author, educator & business consultant working
with CEOs of Fortune 500 companies, celebrities &
sports personalities.

Dr. John Demartini

<https://drdemartini.com>



Psychotherapist specializing in the
treatment of drug/alcohol addiction,
Substance Abuse Counselling, and
Addiction Related Services.

Clay C.

<http://claycutts.com>



Videographer

Sean McKay

seanrmckay@hotmail.com



Social Media & Acknowledgements



Special Thanks to this Edition's Contributing Columnists, Professional Coaches, featured teacher from *The Secret*, Special Guest Authors & Associates



Alex Loyd
Mary Ann Costello
Regina Rowilson
Kristina von Rosenvinge



Lisa Ryan
Fay Hartwell
Bob Doyle
Dr John Demartini



Clay C.
Sean McKay - Videographer
Cecilia K. - Copyrighter
Dearne Gow-Frawley
C J Chan



Ping Pong Studio
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Letter from the Editor

August is the month we culminate our fourth series by focusing on the greatest wealth of all - Good Health. Because without Good Health, the wealth, abundance, prosperity, success, and dream accomplishment all pale into insignificance if you don't have the well-being to enjoy it.

You may have noticed we are late in publishing this month's issue. This is because I got sick - first with a virus infection in my sinuses, then an acute lung infection which brought on asthma and finally my lungs succumbed to double pneumonia. I have never been so sick. I ended up in hospital on an intravenous drip and breathing apparatus, with a head full of mucus and a chest to match, struggling to breathe.

Finally after several days, truck loads of various antibiotics, more tests, X-rays, a lung probe and lung biopsies, I was discharged to the care of my mother for whom I am immensely grateful she is still around to come running when I need her so. There's nobody like Mum.

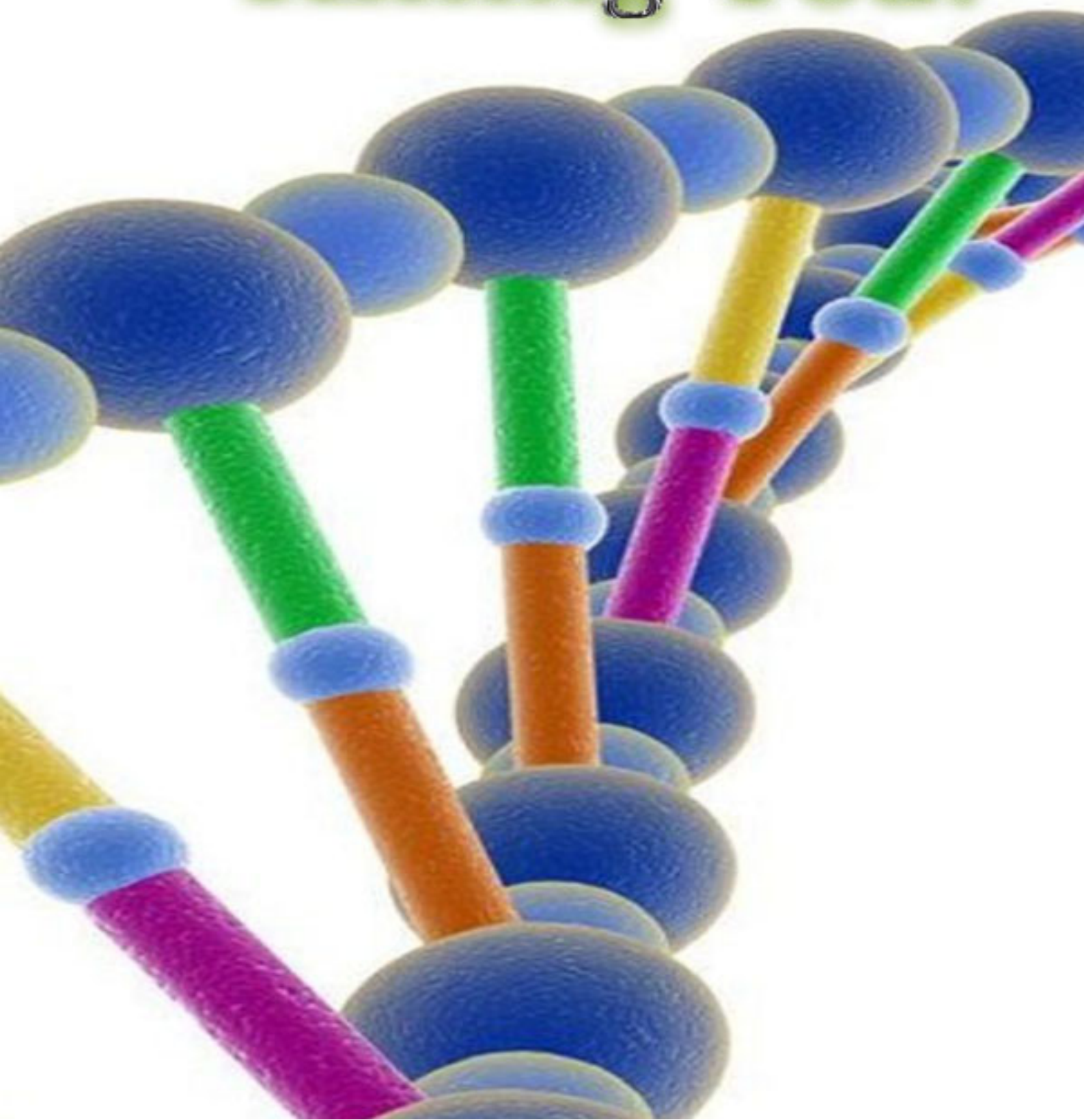
Apart from still needing to have a cat-scan back at the hospital next week on my lungs, theoretically I should have gone home to recover... except that didn't exactly happen. The problem was that none of the antibiotics had worked on me; not in the hospital or since I came home. I was basically fending for myself and trying to get better under my own steam without the help of medication, because medication simply didn't/wouldn't work. Then I remembered "The Healing Code".

The Healing Code is by Dr Alex Loyd and we have featured it in most of our August issues since the inception of Magnifique. So Mum pulled the book out for me and I began reading it again. I did a Healing Code yesterday afternoon and was sitting up with Mum watching television last night, looking and feeling much better. Apart from a relapse today because stress was building (Mum appeared to be getting sick and I wasn't well enough to look after her), Mum went back home and possibly to her Doctor's, enabling the stress to dissipate. I have since done the Healing Code again and am sitting here well enough to type this letter to you. Mum is getting well too.

Wishing you perfect health and freedom from all stress in your life,



Are Your Genes **Killing You?**



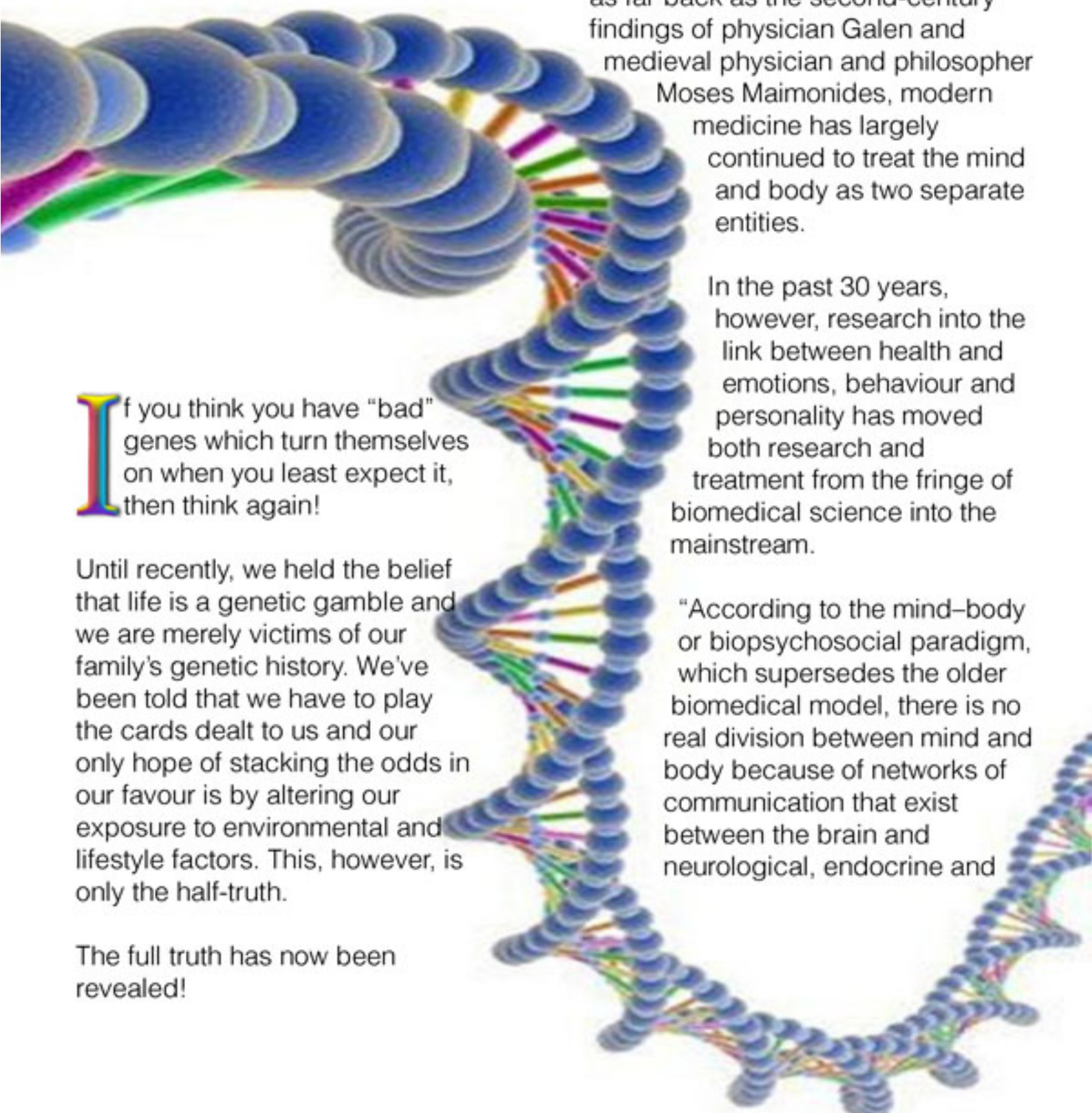
by
Regina Rowlison

Scientists now finally show how your thoughts / beliefs can cause specific molecular changes to your genes!

Although the understanding that emotions affect physical health dates as far back as the second-century findings of physician Galen and medieval physician and philosopher Moses Maimonides, modern medicine has largely continued to treat the mind and body as two separate entities.

In the past 30 years, however, research into the link between health and emotions, behaviour and personality has moved both research and treatment from the fringe of biomedical science into the mainstream.

“According to the mind–body or biopsychosocial paradigm, which supersedes the older biomedical model, there is no real division between mind and body because of networks of communication that exist between the brain and neurological, endocrine and



If you think you have “bad” genes which turn themselves on when you least expect it, then think again!

Until recently, we held the belief that life is a genetic gamble and we are merely victims of our family’s genetic history. We’ve been told that we have to play the cards dealt to us and our only hope of stacking the odds in our favour is by altering our exposure to environmental and lifestyle factors. This, however, is only the half-truth.

The full truth has now been revealed!



"To the best of our knowledge, this is the first paper that shows rapid alterations in gene expression within subjects associated with mindfulness meditation practice," says study author Richard J. Davidson, founder of the Center for Investigating Healthy Minds and the William James and Vilas Professor of Psychology and Psychiatry at the University

of Wisconsin-Madison. The study was published in the Journal of Psychoneuroendocrinology.

immune systems," said Oakley Ray, Professor Emeritus of Psychology, Psychiatry and Pharmacology at Vanderbilt University (Nashville, TN, USA).

With evidence growing that training the mind/brain (neuroplasticity) or inducing certain modes of consciousness can have positive health effects, researchers have sought to understand how these practices affect the body physically.

A new study by researchers in Wisconsin, Spain, and France reports the first evidence of specific molecular changes in the body following a period of intensive mindfulness practice.

Gene Activity Can Change According To Perception

According to Dr. Bruce Lipton, Cellular Biologist, Author and Lecturer, gene activity can change on a daily basis. If the perception in your mind is reflected in the chemistry of your body, and if your nervous



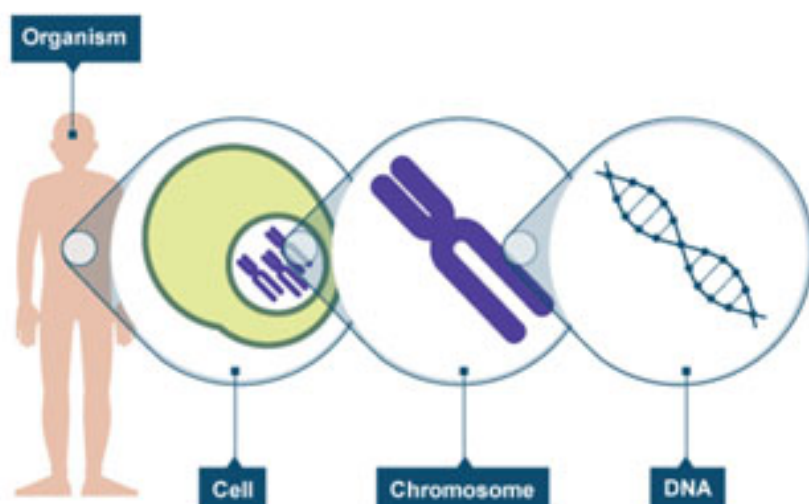
The moment you change your perception is the moment you rewrite the chemistry of your body.

— Bruce H. Lipton —

system reads and interprets the environment and then controls the blood's chemistry, then you can literally change the fate of your cells by altering your thoughts.

In fact, Dr. Lipton's research illustrates that by changing your perception, your mind can alter the activity of your genes and create over thirty thousand variations of products from each gene. He gives more detail by saying that the gene programs are contained within the nucleus of the cell, and you can rewrite those genetic programs through changing your blood chemistry.

"Rather than genes, it is our beliefs that control our lives", according to the new biology/science called Epigenetics by Bruce Lipton Ph.D.



"The function of the mind is to create coherence between our beliefs and the reality we experience," Dr. Lipton said. "What that means is that your mind will adjust the body's biology and behaviour to fit with your beliefs. If you've been told you'll die in six months and your mind believes it, you most likely will die in six months. That's called the nocebo effect, the result of a negative thought, which is the opposite of the placebo effect, where healing is mediated by a positive thought.

That dynamic points to a three-party system: there's the part of you that swears it doesn't want to die (the conscious mind), trumped by the part that believes you will (the doctor's prognosis mediated by the subconscious mind), which then throws into gear the chemical reaction (mediated by the brain's chemistry) to make sure the body conforms to the dominant belief. (Neuroscience has recognized that the subconscious controls 95 percent of our lives.)"



Now what about the part that doesn't want to die – the conscious mind? Isn't it impacting the body's chemistry as well? Dr. Lipton said that it comes down to how the subconscious mind, which contains our deepest beliefs, has been programmed. It is these beliefs that ultimately cast the deciding vote.

"It's a complex situation," said Dr. Lipton. "People have been programmed to believe that they're victims and that they have no control. We're programmed from the start with our mother and father's beliefs. So, for instance, when we got sick, we were told by our parents that we had to go to the doctor because the doctor is the authority concerning our health. We all got the message throughout childhood that doctors were the authority on health and that we were victims of bodily forces beyond our ability to control. The joke, however, is that people often get better while on the way to the doctor. That's when the innate ability for self-healing kicks in, another example of the placebo effect."

Subconscious Beliefs Are The Key

Too many positive thinkers know that thinking good thoughts – and reciting affirmations for hours on end – doesn't always bring about the results that feel-good books promise.

Dr. Lipton didn't argue this point, because positive thoughts come from the conscious mind, while contradictory negative thoughts are usually programmed in the more powerful subconscious mind.



"The major problem is that people are aware of their conscious beliefs and behaviours, but not of subconscious beliefs and behaviours. Most people don't even acknowledge that their subconscious mind is at play, when the fact is that the subconscious mind is a million times more powerful than the conscious mind and that we operate 95 to 99 percent of our lives from subconscious programs."

In summary, 75-98% of current mental, emotional, physical and behavioural illnesses come from our thinking, beliefs, reactions and choices. Furthermore, overcoming fear is essential for healing purposes... "When the mind

perceives that the environment is safe and supportive, the cells focus on growth. Cells need growth in order to maintain the body's healthy functioning" according to Bruce Lipton... "and hence cells need growth in order to prevent disease".

"Medicine today is slowly evolving towards a more holistic approach to healing. A lot is being said about the mind-body connection – of healing the body by healing the mind. Meditation and visualization is a way to reduce stress and eliminate stress-related illness ..." according to Dr. Surya Ganduri (Quantum Physicist).

Learn in my video below about Use Your Powers SEC Film 'The Secret to Recovery from Dis-ease'... the perfect tool to accelerate recovery from dis-ease. This brain transforming

technology product uses a thoroughly researched visualization technique to induce positive thoughts / beliefs on a conscious and subconscious level and hence kick starts the placebo effect.

"The use of these new 'rewrite' modalities provide a way to communicate with the cells of your body and is the link to transformative biology as well as psychology", according to Bruce Lipton Ph.D. The SEC films are more than just a 'rewrite' modality because they are also based on and backed by the new sciences including neuroscience / neuroplasticity, the New Biology of Belief (Epigenetics by Bruce Lipton Ph.D.) and clinical peer-reviewed Research Publications.

~ Regina Rowlison, founder of Use Your Powers <https://useyourpowers.org/>



Regina's History

I know all about adversity, setbacks and resilience. In 2009, due to the impact of the global financial crises on my business in the luxury industry, I had no choice but to change direction and embarked on a new life-path in the life coaching industry studying 'Millionaires Philosophy' and Success. In the same year my mother was diagnosed with Ovarian Cancer for the second time. On the journey to help my mother fight her cancer, I submerged myself in thorough research of alternative cancer therapies and counselling therapies. I drew on my attained knowledge of the subconscious mind, success principles and applied concepts from Psychology, Epigenetics by Bruce Lipton Ph.D. (Biology/Quantum



Physics of Belief), Psychology, Neuro-Linguistic Programming (NLP), Neuroscience and Neuroplasticity, in conjunction with a thoroughly researched visualisation technique by Dr. O. Carl Simonton (internationally acclaimed oncologist) when I created the SEC Films 'The Secret to Recovery

from Dis-ease' and 'The Secret to Success' using the powerful Self-Empowerment Cinematography (SEC) film modality. 'The Secret to Recovery from Dis-ease' is the first SEC Film in 'The Climb' series, which promotes recovery from chronic dis-ease with applied therapies and concepts that have been tested by myself personally and are backed by clinical peer-reviewed research publications and the new sciences.



TAP to see inside

