

The Magic Pill

by

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Important

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Introduction

This e-book is Free because my intention is to get the information out to as many people as possible, and many people looking for a “Magic Pill” are financially challenged ;)

I’m keeping it as simple and uncluttered as possible in order to make the information clear and accessible, so please forgive the lack of flourish and pictures :)

In order for this Magic Pill to work for you, you need to take note of the following:

Some of what you’re about to read may seem silly/ outrageous/ naff/ far-fetched/ “beentheredonethat”- but, considering you haven’t paid for this information, and the likelihood is that you haven’t found a Magic Pill yet or you wouldn’t be reading this, do read it all the way through with an open mind. I’ve kept it as short as possible so that it doesn’t take too much time to read – the idea is **FAST, SIMPLE and EASY**. So if you feel resistance to some of the new ideas or perceptions, put them aside – you can even pretend it’s fiction – until the end.

The best thing about this is that it will cost you ABSOLUTELY NOTHING to put into practice – it costs no money, no time, you don’t have to rely on anyone else, you don’t have to develop any skill or talent or ability. The only thing it requires is an open mind, and a willingness to change your perception in order to change your life.

So, with this in mind, read on, and enjoy.

Love and light
Odille xxx

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Chapter One

It's All You!

This chapter is a **very brief** introduction to the Law of Attraction. If you wish to find out more about the LOA, you can find a lot more detail through the movie or book [The Secret](#), [Abraham-Hicks](#), and on the Fabulous [Powerful Intentions Forums](#) – as well as many other books and websites.

So if the Law of Attraction is new to you, and you find yourself confused or “pooh-poohing” the information below, do make a detour to one of these sites, to find out a bit more about it, and get your questions and suspicions answered ;)

For those of you who already know the LOA, this is NOT the Magic Pill. The Magic Pill is NOT the LOA – keep reading ;)

The Simplified Basics of the Law of Attraction as it pertains to the Magic Pill:

You create and attract Everything in your life. Everything. The situations, the people, and every experience. You do this through the rate at which you are vibrating. You do this automatically. You always have done.

Just like if you walk off a ledge, you'll hit the ground, you don't think about it, you don't have to consciously do anything to hit the ground. The Law of Gravity does it for you. The Law of Attraction works the same way. No matter who you are, what you do, or what you believe, the Law of Attraction means you attract what you vibrate.

You attract and create that for which you are a vibrational match. Therefore, in order to get what you want, you need to be vibrating in sync with it. You cannot attract abundance while you're vibrating poverty and lack. You also cannot attract poverty and lack while you are vibrating abundance! (handy isn't it ;)

You know how you're vibrating, by the way you're feeling.

So, the most important point about the Law of Attraction, as it pertains to the Magic Pill, is the fact that **YOU create and attract everything in your life**. No-one else can create in your life – **you allow or disallow, you create, you attract**.

The Best Thing about this is: the Magic Pill is the **EASIEST, QUICKEST way to create and attract exactly what you want!** Without visualization, without meditation, without “working” on it. There's nothing wrong with visualization and meditation etc. – if you enjoy it. But it's not **necessary**.
Can't wait to tell you why..... ;)

Chapter Two

Why Don't You Grant Your Wishes?

So, if YOU create and attract Everything in your life, why don't you grant all your wishes? Why don't you have all the money and experiences, and love and health and.....well, everything that you want? – especially if you are already aware of the Law of Attraction, and HAVE been visualizing and meditating to become a vibrational match for what you want....why hasn't it “worked”?

Well, it does work – it always works – for EVERYONE (just like the Law of Gravity works for everyone), so there must be some kind of discrepancy in how you're vibrating (feeling). There must be some kind of block – some kind of limiting belief that means that, despite **consciously** focusing on what you want, and feeling good, and visualizing etc. there is some kind of limiting belief hiding in there somewhere.

The great news is: You don't have to find it. You don't have to change it. You don't have to “work on it”. You don't have to clear it.

Whatever those limiting beliefs are, the root of them will be low self esteem and self worth. Regardless of whether you think your self esteem is fine, **if you are creating/ attracting any kind of lack in your life, you have low self esteem and low self worth.**

Think about it: You already know you create and attract everything in your life. **So, if you had high Self Esteem and Self Worth, you would not create any kind of lack for yourself. You would create only abundance.**

So,..... the answer to receiving abundance in everything you want... is High Self Esteem and Self Worth.

The FASTEST, EASIEST (and I believe, the ONLY) way to increase your Self Esteem and Self Worth is to experience Self Love.....

But I'd said this would be EASY..... so..... **you don't have to love yourself!**

Chapter Three

You Don't Have to Love Yourself!

I've read and heard for years that I should "love myself", and that the key to everything is "self love"... And it always felt really difficult and awkward and uncomfortable, and even "wafty". And I didn't know **how** to "love myself" And I even thought "Well I *do* love myself." – although that was kinda intellectual rather than emotional ;)

And then, recently, I realized **We don't have to "love ourselves"** – we ALREADY love ourselves. What we need to do, is NOTICE and RECOGNISE that we love ourselves – and how much! And the more we notice and recognise how much we love ourselves, the more the expression of that love INCREASES – and the more noticeable it becomes.

It struck me that throughout our lives, we've developed blocks against the love we have for ourselves. So, although the love is there, and it always has been, we block it out. We've been taught to deny it, to hide it, and we fail to recognise it. So **we create diversions from it.**

So, the answer is much **easier** than **actively trying** to love yourself. All you have to do is **recognise that you already do.** Deep deep down inside. You were born with love for yourself. And the **evidence** is in every good thing in your life. **Every good thing that happens** – no matter how small – is **evidence you already love yourself.** And as you start to recognise that, each time you recognise it, you open the block a little. Each time you recognise it, you feel the warm fuzzy tingle that will raise your vibrations, and expand your energy, and open the block more each time. And it picks up momentum as you go ;)

And your memory of your love for yourself will begin to come back.

Chapter Four

The Magic Pill

And heeeeeeere it is..... the Ultimate Answer to Everything.....

.... Okay, so it's not an actual pill, but it is even EASIER than taking a pill – and it's certainly magic!

You already know that you create and attract everything in your life. So, every thing and person in your life that makes you feel good – is an expression of love from yourself, to yourself. Just like we give and do things for others that make them feel good, as an expression of our love for them – we do the same for ourselves. Every sunny day, smile from a stranger, convenient parking spot – every thing that goes your way – is an expression of love **from yourself, to yourself** – a way in which you are expressing your love for yourself. The more you **Recognise** this, the more you will automatically open up and **allow** more of these expressions of love into your life, and you will see them **increase – Daily!**

The result is, you get more and more and more of what makes you feel good – whatever that may be – AUTOMATICALLY!

So, here are the directions for the Magic Pill:

This is all you have to do: *(if you've skipped all the other chapters, then this is not all you need to do – you also need to read the other chapters ;)*

Start noticing every single thing in your life that makes you feel good, and **Recognise** each one **as an expression of love from yourself, to yourself.** The most important part of this is the second part – the **recognizing YOU** created that as an expression of love for **YOURSELF.**

The result of this will be: Your Self Esteem and Self Worth will Soar! Firstly, because you are recognizing YOUR power – YOU create everything in your life. Aren't you clever! :) And Secondly: imagine how much you must love yourself – to be constantly expressing that love and finding so many different ways to make yourself feel good! **There is nothing more Powerful than realizing that you are Worthy of a Love as Great as Your Own!** Now THAT'S a REAL Self Esteem and Self Worth Booster!!

Start now. See how many expressions of love from yourself, to yourself, you can spot today. You don't have to list them (although you can if you wish), all you have to do is notice and RECOGNISE – that's all. The rest is AUTOMATIC.

Told you it was Easy ;)

.... one more thing...

Whenever you catch yourself feeling worry, fear or doubt, remind yourself:

“Oh yes, I remember now – there’s no reason to worry because I now know that **I can ONLY create and attract situations and people that make me feel good and that are good for me** – now that I remember that I love myself. And even though this *appears* to be cause for worry, I know it HAS to turn out to be good – it has no choice - because that’s ALL I can create/ attract now!”

Useful Links

[PATHS - Reprogramming the Subconscious in 3 minutes per week.](#)

I used the PATHS Self Esteem and Confidence Booster module to help kick-start the increase of my Self Esteem. You can use just The Magic Pill - and it WILL work on its own. But if you’d like a booster to use with it, I highly recommend PATHS. There are 42 different topics available, including:

- Self Esteem and Confidence Booster
- Restful Sleep
- Anti-Aging
- Weight Loss
- Professional Sports Conditioning and Muscle growth
- Business and Organizational Boosters
- Mind Enhancement
- Attitude Enhancement
- Chronic Pain Relief
- Diabetes
- Prevention of Hair Loss
- Creativity and Communication

All achieved naturally with your body’s own abundant inner potential.

More Information: <http://www.paths-lifeboost.com/>

[The Magic Pill Discussion and Experiment](#) - to find out more about how others are doing on The Magic Pill. Just read their experiences, or share your own.

<http://secret13.powerfulintentions.com/forum/pi/message-view/14474468/p/1>

[Powerful Intentions Forums](#) - browse through posts to find answers to your questions, or post your queries and concerns. A very supportive and warm forum with many wonderful, loving and wise members.

<http://secret13.powerfulintentions.com/forum/pi/?forum%5fid=1240546&page=1&orderby=last%5fchild%5fpost%2cdesc>

[Easy World Forum](#) - Welcome to Easy World - where Everything is Easy. This is a great compliment to The Magic Pill - and it’s completely Free to move into Easy World ;)

<http://secret13.powerfulintentions.com/forum/easyworld/>

[Abraham-Hicks](#) - find out even More about the Law of Attraction

<http://www.abraham-hicks.com/>