

body + soul

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THE secrets OUT

can it help you
find love, wealth
and happiness?

in the hot seat
facing up to a
fear of the dentist
turn to page 4

hard to digest
what to do about
heartburn
turn to page 20

boots and all
why skating is a
great workout
turn to page 12

features

- 2** the secret to health, wealth and love
- 4** bite the bullet
- 10** good food
- 12** get fit
- 15** lose it with the losers
- 20** the fire inside

columns

- 3** in short
- 4** princess diary
- 6** dr cindy pan
- 8** diy beauty
- 8** try it out
- 9** cosmic girl
- 12** personal trainer
- 13** gear up
- 14** motivation
- 17** parenthood
- 18** toby green
- 19** quiet now
- 23** your stars
- 24** spotlight

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the secret

...TO HEALTH, WEALTH & LOVE

What's the fuss about The Secret? **Louisa Deasey** explains the theory behind the phenomenon.

You would have had to be hiding under a rock to have missed hearing about The Secret, the bestselling dvd and book by Melburnian Rhonda Byrne. For the uninitiated, The Secret talks about an ancient law – the law of attraction – that works whether we know about it or not. The law says that we create every aspect of our lives on the spiritual plane through thought, focus and intention, before it manifests materially, whether we're conscious of it or not.

Elite athletes and self-made millionaires have been using the principles of this law for years, and with the release of the dvd, more people have been inspired to try it out. But is

it really as simple as it sounds and can one theory deliver our wildest dreams?

HEALTH

Perhaps the most controversial aspect of The Secret is the belief that we attract illness through negative thoughts. Author and publisher Louise Hay, who says affirmations, visualisations and meditation helped her recover from cancer, says in her book, *You Can Heal Your Life* (Hay House), "The thoughts we think and the words we speak create our experiences." There have been medical trials where doctors have noticed cancer patients on placebo pills, who are told they are taking an effective drug, going into remission.

So, if the power of our thoughts is so strong, how do we reverse a downward spiral where we may have manifested something such as illness or disease?

Tina Van Nispen, from Melbourne, was diagnosed with cervical cancer when she was 24. While being treated with conventional medicine, Van Nispen also consciously examined how her thoughts had contributed to the disease.

"Before I was diagnosed with cervical cancer I lived on the beach, exercised and drank veggie juice every day. I knew it was nothing to do with my lifestyle; it was my thoughts, which were based on conscious and unconscious belief patterns that had steered me in the wrong direction," she says.

While continuing to visit her doctor once a month, Van Nispen also began a personal journey of affirmations, automatic writing, mirror work and hypnotherapy to change her beliefs. Within a year the cancer was completely gone and 10 years later she is still cancer-free.

Now working as a spiritual healer, Van Nispen sees disease as something positive. "I see my disease as something that sped up my growth process," she says. "I now know that when you align your mind and your feelings on one focused point, anything is possible."

WEALTH

Queenslander Sandy Forster credits her financial turnaround to *The Secret*. With more than \$100,000 of debt and earning only \$15,000 a year in the surf shop she ran while raising two children on her own, Forster became fascinated by what caused some people to make millions where others seemed eternally struggling. Like Van Nispen, Forster put it down to thought.

"I started to read about the law of attraction and really focused on creating a millionaire mind-set," she says. "Even when only bills were arriving in the mail, I'd try to just focus on the feeling of having lots of money in the bank. It's that feeling that allows a little crack to appear and it grows."

Within three years, Forster had built her annual income to more than \$150,000 and now runs the *Wildly Wealthy Women* mentorship program.

"I realised my poverty consciousness was holding me back, and I did all I could to transform that," she says.

As part of her transformation, Forster used affirmations, visualisations and focus. "I see it like being at a restaurant. When you order a meal you don't hound the waitress to check the kitchen has your order. You just expect it and it comes."

Forster has hundreds of little abundance tricks and tips in her book, *How To Be*

Wildly Wealthy Fast (self-published). "In the beginning I had huge fear because I was so far in debt. But I placed affirmations all over my car and my computer until eventually I had changed my expectations and feelings about money."

LOVE

It's not hard to see how the law of attraction might work in the realms of health and wealth, but how does it work with emotion?

Esther and Jerry Hicks, authors of *The Law Of Attraction* (Hay House), talk of strong emotion speeding up the manifestation process. "You know when you are feeling negative emotion; you are creating things you don't want," they say.

The idea is to feel good and nowhere is this more apparent than when it comes to relationships. You know the way it works; you've just started a new relationship and you're feeling fantastic and have a magnetism that attracts even more suitors.

Jacqui Lang, a feng shui consultant in Melbourne, suggests "placing things in twos in your bedroom". Doing this creates the feeling of being in a relationship. "I remember buying a second bedside table to sit next to my bed and moving the bed away from the wall so there was space for two people to climb into bed, and very soon after, I met my now-husband," she says.

The secret made simple

- Ask for what you want and believe you have already received it.

- Keep a gratitude journal. It forces you to focus on what you want and what you don't. Start out by listing 20 things that you are grateful for, every night.

- Incorporate the essence of what you want in your life right now. For example, if it's love you're after, affirm how much love you have surrounding you. Look for pictures of happy lovers and focus on the harmonious relationships you already have in your life. If it's wealth, give thanks for all the money you have in your bank account – even if it's only a few dollars. If it's health, focus on the working parts of your body.

in short Gina Flaxman dishes the latest health, fitness & diet news.

A hearty challenge

Need some motivation to get off the couch? Why not enter Heart Challenge, adventure fundraisers set up by the NSW branch of the National Heart Foundation. You could get to travel through spectacular scenery and help the foundation raise money. Participants can be sponsored for either the New Zealand Wilderness Cycle, from October 27 to November 4, or the Great Wall of China Trek, from October 11 to 20. For more information or to access an itinerary call Jamie at Inspired Adventures on (02) 9907 7088 or visit www.inspiredadventures.com.au/heartchallenges

Screen test

You're breastfeeding, but you still like to relax with the odd glass of wine. How long do you have to wait before you breastfeed your baby? Now mums can be certain they are not passing alcohol on to their babies, thanks to a new product called Milkscreen. The simple, two-minute procedure tests for alcohol in breast milk and can be done in the home. Mothers simply saturate a small test strip with breast milk and, within two minutes, a positive or negative result will show. If the result is positive, mothers should offer previously expressed breast milk until a safe result is shown. Milkscreen costs \$24.95 for a pack of four. For stockist information or to order online visit www.milkscreen.com.au

Cholesterol alert

Australians' average blood cholesterol levels have not changed over the last two decades, despite government initiatives to promote healthy lifestyles and investment in cholesterol-lowering drugs. This was one of the startling facts presented at the Sydney University Nutrition Research Foundation Symposium last month. Professor Murray Skeaff, from the University of Otago in New Zealand, who presented the finding, urged Australians to follow the lead of Ireland, Finland and New Zealand, where declining cholesterol levels have been linked to dietary changes. He said that lowering the mean cholesterol of Australian adults by just 10 per cent would save lives and reduce the number of people requiring drug therapy by 50 per cent.



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