

From Imagery To Miracle ... In 90 Days



**NY Times Best-Selling Author
Dr. Frank Lawlis**



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Foreword

by Gregory Palumbo

I have always known that there were people like Nicholas Steele. There aren't many, but people who have suffered accidents that have left them paralyzed have regained the use of their limbs – sometimes leaving their doctors with no reasonable explanation as to how the healing occurred.

I suppose KNOWING that there were people such as Nicholas should have been enough to tell me that if they can walk again, then I must be capable of anything. It makes sense – in comparison, most any other situation is a walk in the park. But just knowing that there were people like that didn't have the profound effect you would logically think it would.

I met Nicholas in February of 2011. Not the easiest time of my life. Trials and tribulations were running rampant. I had heard a man, who had come to be known as “The Unbreakable Man” would be speaking at a local health and wellness expo about his experiences.

There are moments in your life that you come to realize are “defining moments”. This was one of them. The moment I realized that this man had been completely paralyzed and told he had no hope of recovery by his doctors, was now standing before me – walking unassisted, in direct contradiction to what his doctors had told him was possible. It was then that I really understood to the depths of my soul that anything truly was possible. Miracles happen.

And then came the real shock. Although Nicholas did believe that a miracle had occurred, the miracle was not that he walked again. He explained that he used a very specific METHOD to achieve this. And as he went into detail about what exactly he did, I was startled to hear him describe THE IDENTICAL METHOD OF USING IMAGERY THAT DR. LAWLIS USES IN THE MINDBODYSERIES PROGRAMS!!!

After Nicholas' speech, I approached him and asked him how he had come upon this method. “That's the Miracle”, he told me. Nicholas had never heard of Imagery – he had absolutely no idea that the method he had come up with, was a method that Dr. Lawlis had pioneered and researched for over 40 years and had been successfully using it with his clients for decades. Now it was Nicholas' turn to be amazed. He told me if he had known of these programs he was certain his recovery would have been quicker and easier both emotionally and physically.

I introduced Nicholas to Dr. Lawlis a short time later, and a natural collaboration arose. The “Be Unbreakable” program is that collaboration, and I find it to be an incredible tool – one that combines Dr. Lawlis' scientific approach to using Imagery to create desired results with Nicholas Steele's magnetically inspirational motivation and guidance that saw him successfully through one of the most difficult circumstances imaginable in this life.

With this eBook, Dr. Lawlis is direct and to the point on an incredible method that can be used by absolutely anyone – we are all born with this God-given ability. I wish you the very best and I know that no matter what it is you may be facing, you are within reach of taking the path to living your optimal Life.

Gregory Palumbo

CEO, MindBodySeries.com

Introduction

As a scientist, I scrutinize any project I am considering undertaking. I want to be sure that there is value in it. That the product or service does exactly what is claimed. If the project doesn't pass my scientific "smell test" then I simply will not get involved. It does not make sense to. It is indefensible.

This project meets my smell test. It may seem impossible that you can create your own miracles, and if you hold onto that belief, then it will be. However, if you can put that belief aside, and you do some specific things, then I am beyond certain that you will come back to me a believer.

So, the first thing I want to do is explain what we mean by "miracle", when we say that you can "go from Imagery to Miracle in 90 days". We mean that within 90 days, you can create extraordinary results for yourself – results that others may label "miracles" – and then you will finally understand what Nicholas means when he smiles and says that he used a method.

Nicholas went from a quadriplegic with no hope of recovery, to walking unassisted. In fact, he is in phenomenal physical condition. IF HE CAN DO THAT USING THIS METHOD THEN WE SHOULD BE ABLE TO DO ANYTHING AT ALL. And yes, he did it within 90 days.

I cannot guarantee you that you can create miraculous results in your life though – I would love to – but I simply cannot. However, I can give you the same tools that Nicholas used, and Nicholas can explain to you exactly what he did, but ultimately ONLY YOU CAN GUARANTEE MIRACULOUS RESULTS IN YOUR LIFE.

There is a method, it can be taught, and we do the very best we can to not only provide you with those tools, but to provide you with ongoing support to help keep you on track for success. Ultimately, you will have to do the work. You will learn from this program that we truly are accountable for most of the experiences we have in this life.

Finally, I want to make it very clear that in no way are we disputing that many miracles originate from God. However, as a scientist, I do have to ask how much a hand the recipients may have in facilitating God's Divine Intervention.

I've planned this book to be very short. We live in a world where time has far too much value to waste it by shrouding these simple concepts in too many words. I would rather have you use the time making miracles in your life, rather than reading about them.

Chapter One

The Accidental Miracle

You've probably caused quite a few miracles in your life already, whether you realize it or not. Think about times when you've really thought things through very thoroughly – and then, just at the critical moment, a completely unexpected BONUS pops into existence – perfectly complementing and completing your work. That's the "Accidental Miracle". You shout praises to God, you whoop, you holler, you pat yourself on the back, you complement your supreme intellect, and you praise God again.

And not saying that God didn't have anything to do with it – fact is, I believe he does.

But I do believe you opened the gates of Heaven wide for him to meet you half way.

Chapter Two

Obstacles as Opportunities

Times of greatest personal adversity can be the very same times that expose excellent opportunities. Why does this occur so reliably? Because humans are naturally excellent at adapting and surviving. This is a built in device that exists within each and every one of us. And for hundreds of thousands of years, it was the moments of greatest danger that we were able to make the greatest advances. Again, short book – so I'm only going to write one word "fire". If you think the first guy who harnessed fire didn't have a good number of third degree burns ... well, I'm sure you get the picture. All obstacles should really be looked at as opportunities, because then, not only is there the built-in opportunities that naturally exist in the situation, but you will be relaxed with the situation, and that's only going to improve your ability to navigate it to your advantage.

Chapter Three

Your Standard Equipment, Positive (or Negative) Results

Turbo-Charger

Everyone has got one – a built in Turbo-Charger that accelerates positive (and negative! beware!) results. It's called your frontal cortex – this wonderful region of the brain that is responsible for the unique nature of human consciousness. What you put into this part of the brain, is what comes out in your experience. So, you've likely seen the negative result of the Turbo-Charger often ... the hallmark of that experience is the infamous "what ELSE can go wrong today ..."

We tend to notice the negative results, more often than the positive results. Here's the simple reason why. We generally blame the negative results on someone else or something else. But the positive results – oh, those we attribute to how brilliant we are of course! But go back and take a hard look at your best positive results – and you'll see that they are the culmination of a procession of positive results. Take heart, there is a way to harness the good on command, and to stop the negative in its tracks before it does its worst.

Chapter Four

Dream the Impossible Dream

It's only impossible to the person who watches you manifest it. You'll look back and have a play by play map of what you did, so to you, it's just a method. And you will see the hand of God in your miracles – those "extras" that you could never have dreamed could be possible. And those extras may very well be how you define your miracle – not by the planning you did, steps you took or Imagery you practiced, but by how God came in and made it even better than you could have dreamed.

Short book. Big message. I wish you all the very best for your life, and for the lives of those you love.

May God bless you with the Miracles your heart and soul desire,

For your consideration:

All information in this e-book is intended for your general knowledge only and is not a substitute for medical advice or treatment for specific medical conditions. We can not and do not give you medical advice. You should seek prompt medical care for any specific health issues and consult your physician before starting a new fitness or nutrition regimen. The information contained in this online site and emails is presented in summary form only and intended to provide broad consumer understanding and knowledge of dietary supplements. The information should not be considered complete and should not be used in place of a visit, call, consultation or advice of your physician or other health care provider. We

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do not recommend the self-management of health problems. Should you have any health care-related questions, please call or see your physician or other health care provider promptly. You should never disregard medical advice or delay in seeking it because of something you have read here.