

The Magic Pill

Two

The Second Dose

by

Odille Rault

Important

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Introduction

If you haven't yet read "The Magic Pill", it's probably best to read that first as this will make more sense if you do.

As I did with the first e-book, I will keep this short, simple and without pictures and flourish, so as to get the information across. It's the pill that's important, rather than the water ;)

The reason for The Second Dose is, through using The Magic Pill, and through feedback from others, I have discovered new information that will help those who are having trouble getting it down ;)

For more information on how others are doing, and to join in the discussion if you wish, do visit the Magic Pill Thread on the Powerful Intentions Forum at:

<http://secrect13.powerfulintentions.com/forum/pi/message-view/14474468/p/1>

Love and Light and Fun
Odille xxx

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Chapter One

What About the "Bad" Stuff We've Created?

When I first started taking The Magic Pill, I simply chose to ignore the "bad" things I'd created - to just not look at them for the moment, because I couldn't think of a reason for them or how they fitted in, so I ignored them and only focused on the expressions of love.

However, I was asked by a few people who had read The Magic Pill "What about the "bad" stuff? If I create and attract everything in my life, and I love myself, why have I created and attracted these awful situations/ people?"

This inspired me to look more closely at this point, and when I did, I realized that the "bad" things we've created and attracted into our lives are the **result of blocking out the love we have for ourselves.**

The **resistance** (and in many cases quite aggressive resistance) to **acknowledging/remembering our self-love** is the cause of the "bad" stuff we create and attract.

We really **are conditioned very toxically** against self-love.

Once we start noticing and recognising that we *do* love ourselves, and as we acknowledge the expressions of that love, **we open up to accept it, and thereby, dissolve the blocks and resistance, and through that, we no longer have the "bad" side-effects of those blocks.**

Then we can say - and trust it completely - **"I now only create and attract situations and people that make me feel good and that are good for me."**

Because I now know that I love myself, I can **only** create "good" for me.

Since this change in perspective, I have had many occasions when I've started to worry - when something has appeared to be a problem - but I've reminded myself that I now only create and attract situations and people that make me feel good, and that are good for me - and EVERY time it's turned out to be nothing to worry about!

Before I discovered The Magic Pill, I didn't know that the **"bad" things were caused** by the **block against recognising love for myself**. So therefore, no matter how positive I was, how much I tried to "feel good", how much I tried to "look on the bright side", how much I tried to clear those blocks with various methods, how much I tried well, everything I came across I was still (unknowingly) **blocking self-love!**

Now that the block is dissolving, and I am seeing more and more evidence of how much I love myself - and I'm acknowledging that that's what it is - NOW I know that I **can't create "bad" stuff anymore. It's just not possible :)**

Chapter Two

The Hall of Mirrors

Imagine you were born and raised in one of those carnival Halls of Mirrors - the ones that distort your reflection. So, everywhere around you, is a distorted image of you. You don't know it's distorted - you've never seen any other image of yourself.

Then you go outside, and there you see other people - who all look so good. And you compare yourself to them. And you say "What's wrong with me! Why can't I be like that? Why can't I be like them? They're so..... and I'm so....."

And you don't know that you are **perfect** - because **you've only ever seen your reflection in the Hall of Mirrors!**

The mirrors in the Hall of Mirrors are the fears and beliefs of certain people around you growing up, and the beliefs and experiences you've collected - and everything else that shapes your self image from birth onwards.

To find out what you're REALLY like, you need to Trust, and notice and recognise the evidence around you of how much you love yourself.

And then you'll realise that when you stepped outside - those were not other people - those were REAL mirrors - showing **Accurate Reflections** of YOU! You just didn't recognise yourself at first! :)

Chapter Three

Taking The Magic Pill, And Still Scared?

The following analogy stands for all of the things you're looking at right now, that appear to be "bad" - lack of money, judgment from others, confrontations, things that appear to be "going wrong" and all other "monsters".

I'm sure you've had times when, lying in bed, in the dark, you've seen a shape that you could swear was something - a person, a monster, a... whatever... but it's not. It turns out to be a robe hanging on the door, or a lamp - even though, before you switched on the light, you couldn't think of anything "normal" it could be!

That's what worries are now. Now that you know you love yourself, although you still "see" a monster, it WILL turn out to be just a robe on the door - or maybe even a person you love - it's just that they *look* like a monster in the dark - because you can't see them properly - and you **fear** a monster.

As you get closer, and the light increases, you'll find out that what you thought was something to worry about turns out to be nothing - as you keep reminding yourself that you only create good now.

The only thing to fear is fear - because, what you **feel** is what is creating and attracting. So if you don't fear, there's nothing to fear - because you CAN'T create something to fear, without feeling the fear first ;) (There's a nice little tongue-twister :)

And the way to keep from feeling the fear, is to keep reminding yourself: "**I love myself, so I now only create and attract situations and people that make me feel good, and that are good for me.**"

And then look at all the **evidence** of how much you love yourself - every thing and person that makes you feel good :)

Trust yourself - you love you. You won't let anything "bad" happen to you - **even though it might look that way until the light comes on ;)**

Chapter Four

No Need to Run Screaming...

I think this applies mostly to people who are worrying about lack of money and too many bills.....

Someone recently described their worries about bills and lack of money as being in the sea, surrounded by sharks, waiting for a lifeboat that never seems to arrive.

Not only is the lifeboat just out of sight (**and you probably won't recognise it when it comes**, because **it won't necessarily look like what you imagine** a lifeboat to look like ;) - but MOST IMPORTANTLY - **those are not sharks!**

They just **look** like sharks! **Very convincing.... but not sharks.** I don't know if you saw the movie "Jaws", but even if you didn't, you may have seen the trailer, or something similar. When you watch a movie like that, **every cell in your body reacts as if you're in danger.**

The only thing that stops you from running screaming into the street, is your conscious mind knowing it's a movie!

But still - even though you KNOW it's just a movie - that shark, or whatever it is, appears **SO real that your whole being** except for a tiny percentage - **reacts as if it IS real!**

So no matter how convincing those "sharks" look - keep reminding yourself - they're not real sharks, they're just really well disguised ;) You can relax a bit. Even though the rest of you is doing it's "fight or flight" thing - your conscious mind can keep reminding the rest of you "It's only a movie, **I would NEVER create real sharks for myself**, so I'm just going to have a swim while I wait for the boat!"

"I can now ONLY create and attract situations and people that make me feel good, and that are good for me!"

Useful Links

One-to-One Email Coaching

The Magic Pill is very simple and easy to use (that's the point of course ;) and there's no need for coaching at all. However, I've been asked if I do Email Coaching for those who have specific challenges that they feel make it difficult for them to stick with The Magic Pill, and who need some personal support, encouragement and advice.

For more information on this: <http://secret13.powerfulintentions.com/>

[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.

- 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/>

[The Secret Website](#) - find out more about the Law of Attraction <http://thesecret.tv/home.html>
