



The secret is out. We have the ability to manifest the life of our dreams; we've been told it's just a case of thinking about what you want and the universe will deliver. But, by now most of us know it's not quite that simple. Many would-be millionaires are still wondering what went wrong, something was missing. Justine Hertz-McFarlane reports.

Affirmations have been around for as long as there has been language. Knowingly or not, we all use affirmations every day of our lives, both positive and negative. So why do some have more influence? To understand, we have to come back to the underlying premise of *The Secret*: energy follows thought. Whatever you think about most, you bring about. If a certain thought fills your mind, you are giving it your energy, and that is the fuel that feeds the idea into reality. More often than not, our fear of something negative provides a much greater force than our humble desire for its opposite.

So how do we generate the same enthusiasm for our dreams that we effortlessly do with our nightmares? According to Mind Power guru Robin Banks, seeding, or creating the right thought pattern, is only part of the process. It's like sitting in a stationary car with directions, but no momentum. To get going, we need to rev up the engine and feel the power as we slip into first gear and take off. Robin calls this 'emotionalising', which is akin to generating the feeling of success before we get there. Easier said than done, however.

We've all had days when even great affirmations sounded like we were reading the dictionary: 'Every day in every way I am getting better and better.' Utterly unconvincing, even to ourselves. Consequently, our minds wander and fill with every fear-based thought Stephen King ever dreamed up.

Have you noticed how things often seem to go wrong when you're not feeling great? If you stop to think about it, more often than not, things tend to go well when we're feeling good, we just don't notice, because things are, well, going great. As with everything, there are two sides to every coin. For *The Secret* to work, we need mind and body

co-operation. Think of the mind as the investment advisor and the body as the capital. A great idea cannot be realised unless you have the power or body energy to fuel it.

So how do the experts do it? For Robin, it's simple: he pulls out his rebounder and jumps for joy. The energy he generates in and around his body while rebounding, is like rocket fuel for his thoughts. The same thing happens when you study: it has been found that when children learn their times tables, they can absorb and remember much more if they practise them in time to their bounce. If you haven't tried it, it may sound weird, but it works.

The secret to generating body power lies in something called 'Faraday's Principle of Electro-Magnetic Induction' which states: any change in the magnetic environment of a coil of wire will cause a voltage to be 'induced' in the coil. This is wonderfully demonstrated by 'shaking the torch', a battery-less torch that has a magnet passing through an electrical coil in the handle.

In the same way, your body is electrical and the Earth has a natural magnetic field, so by moving up and down on a rebounder, through the magnetic field of the Earth, you can generate bio-electricity in your body. More energy means more power.

If you are feeling apathetic, uninspired and generally down, you can take a few minutes and jump yourself back into the game. The increased oxygen and bio-electricity also increases creativity and energy levels, which fuels thought and stamina to continue working with a clear mind. This is why rebounding also has a 'feel-good' factor.

Can you remember bouncing on a bed when you were little? It felt so good and you only stopped when your parents scolded you for ruining the furniture. You didn't think of it

as an exercise or mental enhancer, there was just something about it that made you feel good, and that 'something' turns out to be a feeling your cells crave, not only to be happy, but to cleanse, detox and strengthen themselves.

Rebounding is used worldwide for many different reasons: weight loss, fitness, rehabilitation from surgery or injury, ADD in children, general health and for the prevention and or recovery from illness and disease, and, of course, for fun.

The Cancer Association of SA has endorsed a rebounding program as part of their recommendation for the prevention and/or recovery from cancer. The program was put together by Keith McFarlane, my husband, and I. We focus on rebounding from both a health and a fitness point of view. CANSA has endorsed rebounding primarily for its lymph drainage benefits, but all users – whether for health or fitness – will benefit from this feel-good factor, and adding positive thinking and personal affirmations is a great bonus to the overall effect.

We call rebounding a 'multi-tasking exercise' because of the many diverse effects it creates. Our books and DVDs on the subject have been well received locally and internationally and are recommended by many medical and fitness professionals. We've recently added a third DVD to our catalogue. It's called *The Miracle Exercise?* A miracle is only miraculous if you don't know how it works and the aim of this DVD is to uncover the mystery of why rebounding is so effective, complete with diagrams, demonstrations, quick 2-5 minute sessions and Q&As about the 'how' and 'why' of rebounding. It also includes a 10-minute rebound session with Robin Banks who takes you through his favourite and most effective affirmations while rebounding. Robin has incredible magnetism in person, and even more so on DVD – his genuine enthusiasm dares anyone to remain seated and uninvolved while watching. Another guest on the DVD is Dr Carol-Ann Benn, a specialist surgeon and founder of the Breast Health Foundation, who is a big fan of rebounding. Carol states: 'Rebounding offers a strong anti-cancer protection effect. It also helps ladies who are on post cancer drug treatment to reduce the side-effects and significantly decreases the chances of cancer coming back.'

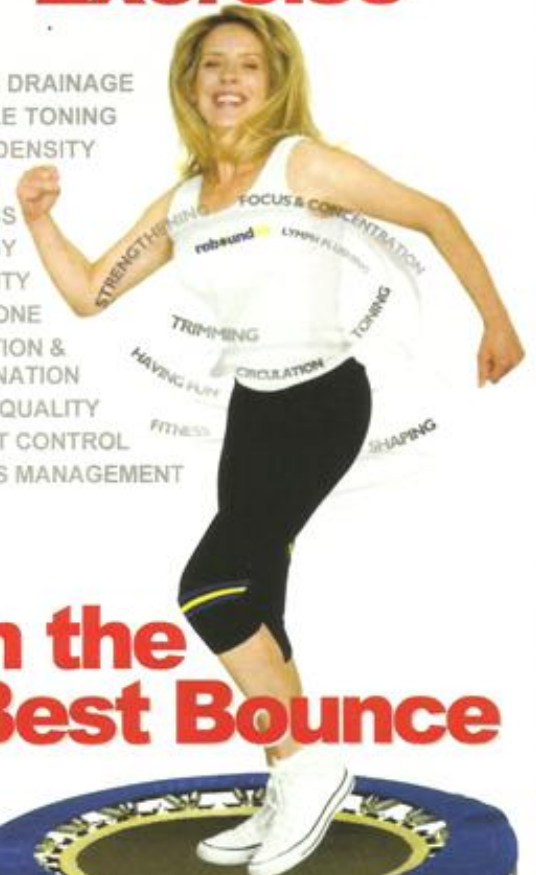
Whether you are performing a short, gentle health bounce for lymph drainage and an energy boost, or a longer, more invigorating fitness workout session for weight loss and body sculpting, rebounding will strengthen every single cell in your body – from your bones and muscles to the cells in your kidneys, liver, spleen, inner ear and connective tissue. Nothing escapes the push/pull triple force of gravity that is so unique to rebounding. In fact, as little as two minutes, coupled with deep breathing, will drain your lymph system, boost your oxygen absorption and recharges your batteries, giving you the power to keep creating a healthier, happier, toned body. It's also the best time to reaffirm your favourite affirmations.

The real secret is 'a little, a lot', meaning short bounces, performed 3-5 times daily, with a positive mind state, works best. With the right understanding and application, rebounding lets you experience the real miracle – mind and body working together as one for a better, healthier, happier you. □

See accompanying ad for more info.

Multi-tasking Exercise

- LYMPH DRAINAGE
- MUSCLE TONING
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- FOCUS
- FITNESS
- ENERGY
- IMMUNITY
- SKIN TONE
- DIGESTION & ELLIMINATION
- SLEEP QUALITY
- WEIGHT CONTROL
- STRESS MANAGEMENT



On the Best Bounce



Our programs & products are endorsed by the Cancer Association of SA (CANSA) as "Smart Choice" products for Lymphatic management. Our rebounders have superior strength and buoyancy (for a super smooth non-jarring bounce) and include all safety & convenience features – making them effective, safe and highly enjoyable to use. **We sell directly to the public at wholesale prices!**

Our products and services include:
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