

## Book Review

Title: ***The Miracle Effect – Four Steps to Living Heaven on Earth Every Day***

ISBN: 978-1-5043-0124-4

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*The Miracle Effect* is a winner!

This book has been written especially for all those who are searching for a better way to live, and gives a surety that miracles do happen. Like a good cook, all the reader has to do is follow the recipes with an open heart and mind. The book's clear, logical layout gives it a down to earth approach, making it easy for anyone to understand, with diagrams offering additional clarity of how things work.

With the shift in mass consciousness, the time of simply reading and talking about spirituality is past. People want to know **how** to live their spirituality in everyday practical ways that not only enhance their own lives but those around them – and humanity too.

Author Sylvia Vowless, QSM, is a spiritual master, worldwide speaker and an internationally recognized authority on western Ancient Wisdom who walks what she talks. Having over forty years of study, of which thirty years included teaching and testing, her material is firmly based on Ancient Wisdom Principles and life-governing Universal Laws.

Highlights from her global service include being chosen as Spiritual Ambassador for the Southern Hemisphere. As one of four international presenters at the *Call to World Peace and Unity Symposium* in Istanbul, Turkey attended by over a thousand people from twenty countries, she shared the stage with people like Dr Eric Pearl, USA. At a similar-sized event in Sao Paulo, Brazil, the *International Esoteric Conference*, she shared the programme with esteemed writer of *The Book of Knowledge: The Keys of Enoch*, Dr J.J. Hurtak PhD, PhD, USA.

*The Miracle Effect* blends science basics and spirituality. An understanding of wisdom principles is developed throughout the book, using a four-step process whenever possible. The concept is explained, supported by current scientific insights gained from modern research. How to apply relevant Universal Laws is given, followed by original tools or techniques to achieve positive results backed by encouraging real-life examples. As a Self-empowerment book it provides the reader with clear guidelines of how to use the many ageless truths and modern advances, explained in simple language and lay-person's terms.

The impressive breadth of practical, proven information and easy-to-use tools and techniques puts *The Miracle Effect* into a class of its own, making it like no other

book on the market. Sound reference points are given when required, thoroughly supporting the reader. Topics covered are essential to change the common mundane life mindset into a consciousness level and environment that produces an extraordinary life experience, while allowing miracles to occur.

The book's basic premise is how to tap into one's source of Divine Power and effortlessly bring into manifestation whatever one chooses, even self-healing. This was demonstrated when Sylvia successfully healed herself of two medically untreatable bone conditions (pages 137-141).

*The Miracle Effect* thoroughly addresses issues important to many, approached from scientifically-proven holistic viewpoints, from fulfilling success and prosperity to wellbeing and rejuvenation. One example of the latter is how to use the enormous power of the mind. *The Scientific American Mind* magazine regularly publishes papers about on-going clinically controlled experiments that prove the mind-body connection, including the *placebo and nocebo effects* now accepted by neuroscience.

Other research has determined that the main cause of ageing is largely due to the shortening of the *telomere* appendages of our DNA (page 142). Now scientists have proved that a particular method of deep breathing that mystics have practiced for millennia, slows down the *telomeres'* shrinkage!

Another crucial issue is the role that the subconscious mind plays not only in our wellbeing but in every aspect of our lives. Throughout the book, the reader is given numerous ways to identify and replace sabotaging subconscious programmes and seed causes so life success is achievable (page 39 onwards).

In the first three months since publication, *The Miracle Effect* has readers in 14 countries, with positive world-wide responses flowing in. One Maori healer said "What a gift to mankind!" Another reader wrote that she found the section on Decrees very helpful. "When I applied the Forgiveness Decree, I felt a physical weight lifting from my shoulders. As a result, I have a buoyancy of spirit I have not had for years."

To the author's surprise, the book has been adopted as the reference book for people training in a new modality, Awareness Therapy, which is now gaining momentum in Europe, Canada and Australasia.

Without doubt, *The Miracle Effect* is a global must-read. It is user-friendly, understandable, helpful and informative. Above all else, this book is *self-empowering* rather than just another self-help book. It provides a means by which people can make huge and permanent changes in the quality of their lives, learn exactly how to manifest their dreams, and be an inspiration to others.

*The Miracle Effect* is truly a miracle in itself.

*Review by Ann Russell, Dip Tching; Dip H Sc; ATCL; TEFL Cambridge; author of the Little Truff series about animal issues and conservation.*