



The 3-Minute Miracle™

The Gift of Healing for **Y.O.U.**
Yourself, **O**thers, and the **U**niverse

Other Inspiring Books by Jacquelyn Aldana

The 15-Minute Miracle™ Revealed

The Miracle Manifestation Manual

Shortcuts to Miracles

The 3-Minute Miracle™

The Gift of Healing for **Y.O.U.**

Yourself, **O**thers, and the **U**niverse

This book is dedicated to **YOU**, Magnificent One.

May it make a positive difference in YOUR life as you
use it to make a positive difference in the lives of OTHERS.

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Our vision is to have at least 1,000,000 people using and benefiting from *The 3-Minute Miracle™* by March 23, 2008. You can help us achieve this goal by referring your friends and loved ones to our website to download a FREE copy of both this e-book and *The 3-Minute Miracle™ Healing Journal*. Go to www.15MinuteMiracle.com and click on **FREE e-Book**. May all your love and kindness be returned to you expanded and multiplied.

The 3-Minute Miracle™ – The Gift of Healing for **Y.O.U.**
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Disclaimer

The 3-Minute Miracle™ is a trilogy of nondenominational healing prayers intended to benefit those seeking physical, mental, emotional, and/or spiritual healing. It is by no means, however, intended to take the place of professional medical treatment should it be necessary.

Note: In any of *The 3-Minute Miracle™* materials, the pronoun "WE" includes God (the real author of this work), all of my Heavenly Helpers, my husband Ron, and everyone who has in any way contributed to this work.

Our **V**ision, **I**ntention and **P**romise

Our **V**ISION: We clearly envision 1,000,000 individuals utilizing this trilogy of healing prayers to bless and benefit millions of people all over the world by March 23, 2008. In addition, we expect to see at least 5,000,000 people using it by January 1, 2009 as a result of so many sharing it with their friends and loved ones. We anticipate this or something greater.

Our **I**NTENTION: Our intent is to provide 3 divinely inspired healing prayers that have the potential to measurably benefit people of any age, gender, or culture...regardless of their spiritual and/or religious orientation.

Our **P**ROMISE: We promise to freely offer *The 3-Minute Miracle™* as a gift in 2008 to anyone who requests it. If you want your friends and loved ones to receive a copy of this e-book and/or *The 3-Minute Miracle™ Healing Journal*, just have them go to www.15MinuteMiracle.com and click on **FREE e-Book**.

Before You Begin...

When you experience the benefits of The 3-Minute Miracle™, you are probably going to want to share it with everyone you know...and this is wonderful. To be of the most value to your friends and loved ones, however, it's important to respect THEIR privacy and preferences.

My friend, Cynthia, once gave a book all about healing to one of her closest friends because she thought she would really benefit from it. Unfortunately, her friend was quite insulted that Cynthia thought of her as "broken" and needing "fixing."

Here is what my well-meaning friend learned from this experience: When you give something to someone (even with the best of intentions), it's important to give them something THEY want...as opposed to something YOU want them to have.

This is why we encourage you to send the following email to your friends and loved ones instead of forwarding this e-book to people who have NOT asked to receive it. See the example below for ideas:

Dear _____,

If you or any of your loved ones currently have any health challenges, I would highly recommend that you go to www.15MinuteMiracle.com to download your FREE copy of The 3-Minute Miracle™ e-book and the companion workbook, The 3-Minute Miracle™ Healing Journal.

Many who have used these simple 3-minute healing prayers have experienced "spontaneous healings" (or at the very least, "accelerated recoveries"). Who knows...what you learn from these books might even save your life someday.

We hope you benefit greatly from what you are about to discover. We also encourage you to let others know that this FREE e-book is available to them as well. We love you and support you on your journey.

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Dear Magnificent One,

Experimenting with *The 3-Minute Miracle™* has the potential to change your life for the better in ways that are likely to amaze you. Because we have witnessed so many remarkable results, we have every reason to believe that YOUR experience will be very positive as well.

This fill-in-the-blanks process, consisting of 3 nondenominational healing prayers, is far more powerful than you might expect. Those who have used the fill-in-the-blank prayer templates in *The 3-Minute Miracle™ Healing Journal* are often astounded when longstanding health challenges suddenly disappear in ways that defy logical explanation. The 3 testimonials below are but a few examples.

After two years of suffering from severe pain in my lungs and a chronic sore throat, I can now breathe deeply and swallow comfortably. Thank God for *The 3-Minute Miracle™*. **~Cheri Carroll, CEO of Kid's Biz**

I've had a history of severe migraine headaches for over 11 years. But since using *The 3-Minute Miracle™*, I haven't had so much as one headache in over 4 months! I am so-o-o-o grateful.
~Elaina Baldwin of Farmington, MI

For the last two years I have been deeply grieving the loss of a love relationship. The same day my aunt did a *3-Minute Miracle™* prayer for me, I felt completely liberated and able to move forward in my life with a happy heart. **~Alicia Hall of Los Angeles, CA**

The best part is that it requires no previous experience...it takes only minutes to do...and the results are often nothing short of miraculous! I know it's hard to believe that something so simple could be so powerful, so don't take my word for it...experiment with it and see for yourself!

Many Blessings to Your and Yours,

Jacquelyn Aldana

Creator of *The 15-Minute Miracle™* and
The One-Minute Miracle Makeover™

The Eye of God



This mesmerizing picture (taken in outer space in 2002 with NASA's Hubble telescope) is often referred to it as "**The Eye of God.**" Looking at this celestial masterpiece has inspired miracles in the lives of many.

As you take a long, deep breath and study it, you may feel God's tender embrace in the form of warmth, chills, or perhaps a tingling sensation. I personally interpret this as a sign that the healing you desire to send or receive is taking place.

I believe with all my heart that the trilogy of healing prayers I call *The 3-Minute Miracle™* was a Divine Gift given to me by the Higher Power I call "God." I say this with unshakable confidence because it has resulted in amazing and miraculous healings for both me and my loved ones on numerous occasions. As my way of giving back to Life for my multitude of blessings, I now want to offer it to YOU as a gift in the same spirit in which it was given to me...freely and unconditionally.

It is designed to connect you with Divine Love and Light so you can activate and perpetuate healing for yourself and others through the power of God's Grace. And every time you use this process to invite healing for other people (or for your environment), you simultaneously invite healing for yourself. It is truly the "Gift that Keeps on Giving."

The Awesome Power of Prayer

Prayer moves God into action!

Prayer is its own special miracle...and you don't even have to be a believer to pray. In fact, studies suggest that nonbelievers pray almost as often as believers.

They say there are no atheists in a foxhole. That's probably because, when people are scared and desperate, they are willing to accept help from wherever they can get it.

When you find yourself in one of those "foxholes of life," turning to **prayer** can be a tremendous comfort. Countless studies have consistently shown that people who pray regularly experience more relief and peace of mind than those who don't.

In one study, patients in a hospital who were prayed for recovered better and faster than those who were not prayed for. When you consider that none of these patients were aware they were subjects of a study, this is quite impressive.

If you (or someone you know) is currently feeling challenged, you might want to take advantage of the power of **prayer**...even if you've never prayed before.

You don't have to go to church or subscribe to organized religion in order to pray effectively. Everyone (including YOU) has access to God. Using the simple prayer templates in [The 3-Minute Miracle™ Healing Journal](#) makes it easy for you to create a Divine Connection with your Higher Power. All you have to do is ask.

Ask, and it shall be given to you. **Seek**, and you shall find. **Knock**, and it shall be opened unto you. For everyone who asks, **receives** and he who seeks, **finds**. And to him who knocks, it shall be **opened**.

~Matthew 7:7-8



He who has **health** has hope;
and he who has hope has everything.

~Arabic Proverb

In order to regain our **health**, we must
become sick and tired of being sick and tired.

~Author Unknown

Health is the greatest gift.
Contentment is the greatest wealth.
And faithfulness is the best relationship.

~ Buddha

Health and Miraculous Healing

HEALTH! When you DON'T have it,
it becomes more precious than all the gold in Fort Knox.

All of a sudden, nothing (and I mean absolutely nothing) becomes more important than getting well. In other words, health quickly becomes your top priority in life.

If you or someone you know is currently experiencing a health challenge, you may want to experiment with *The 3-Minute Miracle™* healing prayers. They are ideal for anyone who desires to improve their own health and/or to assist others in improving theirs.

After using this process and experiencing complete relief from chronic pain in my own body, I began using it to send healing energy to my friends and loved ones. The outcome was incredible. As others began working with it, they too reported remarkable results.

This easy-to-use e-book takes less than 33 minutes to read from cover to cover. And each step of *The 3-Minute Miracle™* process takes only about 3 minutes to do. Sometimes results are immediate, and other times the answers to your prayers come in the form of Divine Connections.

A Divine Connection is anything that leads you (directly or indirectly) to desired insights, answers, and/or solutions. What you seek could be in a book you read, a song you hear, or maybe even something you hear on the radio or see on TV. To download a copy of this e-book as well as *The 3-Minute Miracle™ Healing Journal* with all of the prayer templates in it, go to www.15MinuteMiracle.com and click on **FREE e-Book**.

Each step of *The 3-Minute Miracle™* provides an opportunity for you to ASK for Divine Assistance. And since Divine Assistance knows no limits, miracles CAN and DO happen – and it's about time they happen to you! The first step in manifesting miracles is to ASK for them. So what are you waiting for? Hire your Higher Power and ASK to experience something that meets or exceeds your wildest expectations. And remember...

With God (**G**overnor **O**f **D**etails), all things are possible.

About The 3-Minute Miracle™

Just as every cell in your body is completely replaced every 7 years,
I have experienced a major miracle every 7 years since 1987.

1987 – Something to Shout About!

For 20 years, prior to writing The 15-Minute Miracle™ books, I spent most of my time studying the art of “horse whispering” and working with equines with behavioral challenges. In 1985, I was bucked off (3 times in a row) by a feisty young stallion and was unable to walk for 14 months. After trying everything short of major back surgery to obtain relief from the excruciating pain, I finally sat up in bed one day and SHOUTED right out loud to Life, God, and the Universe (with very little reverence I might add),

“I deserve to experience total comfort,
strength, and flexibility in my body from now on!
AND I am no longer willing to settle for anything less!!!”

Red faced and embarrassed after my emotional outburst, I pulled the covers over my head and fell asleep. When I awoke 3 hours later, I thought I was dreaming. For the first time in over a year, I had no pain anywhere in my body. I had experienced a totally miraculous and spontaneous healing! All I know is, as of January 7, 1987, I was back in the saddle again!

1994 – The 15-Minute Miracle™

In 1991, my husband Ron was diagnosed with a virulent cancer, and although he managed to survive through September of 1994, his doctors expected him to die before Thanksgiving. Not only that, but our 20-year storybook marriage was falling apart at the seams and we were nearly bankrupt. Once again I SHOUTED right out loud to the Heavens,

“Either show me a way to experience more
JOY in my life or just come take me NOW!”

At the exact moment I asked God to “either SHOW me a way or HAUL me away” I felt compelled to scribble something down on a piece of paper...**and then it happened!** Just 12 hours later, our failing relationship was totally healed...our prosperity greatly increased in 2 days...and Ron completely regained his wellness against all odds in just 3 months! As of December 24, 1994, Ron was totally CANCER FREE.

Because so many people asked to know what we did, I wrote a book about it entitled *The 15-Minute Miracle™ Revealed*. It explains how most anyone can quickly “miracle-ize” his or her life by experimenting with the simple and fun-to-do 15-Minute Miracle™ process. For more details, please visit www.15MinuteMiracle.com.

2001 – The One-Minute Miracle™

After sharing The 15-Minute Miracle™ with countless thousands of people all over the world for 7 years, several of my clients and colleagues asked me to work with them one on one.

Although I am neither a therapist nor a clinical psychologist, a number of people seemed convinced I could help them overcome everything from negative habits to long-standing emotional issues. I was more than willing to work with them but I wasn’t sure I could live up to their expectations.

Using Step 6 of The 15-Minute Miracle™, I decided to have another talk with God, but this time I was more civilized. I didn’t feel compelled to SHOUT. I just quieted my mind and wrote down the following question:

“How can I assist people to heal themselves at the very core of their being in ways that are repeatable, predictable, and sustainable?”

Within 24 hours, I was inspired to create a simple process that later became known as The One-Minute Miracle™ – a “Rapid Removal Remedy for Issues in the Tissues.” It turned out to be the next best thing to a security blanket, a safety net, and a magic wand! For more information, go to www.15MinuteMiracle.com.

2008 – The 3-Minute Miracle™

It is now 2008 – the year of NEW BEGINNINGS. And it’s time for another major miracle to bless and benefit those who are actively seeking a higher level of health...and here it is. It’s called The 3-Minute Miracle™ – a simple 3-step, fill-in-the-blanks process that enables you to instantly become an instrument of healing for **Y.O.U.** (Yourself, Others, and the Universe).

As you experiment with it, you will see that this latest addition to the Miracle Masterpiece Collection™ is essentially an expanded version of Step 4 of The 15-Minute Miracle™ where you ask for Divine Assistance, then surrender all worries, doubts, and fears to your Higher Power.

Amazing Success Stories

The success stories featured on the next few pages are but a few of the inspiring testimonials we have received since we first began sharing The 3-Minute Miracle™ with others.

They offer a wonderful sense of hope to those who may be currently struggling with health challenges. This is why we are asking you to share YOUR miracles. Your personal story may be a crucial turning point in someone else's life.

Sharing your experience by phone is extremely easy and takes only a couple of minutes. Just call (214) 615-6505, Ext. 9670# (any time day or night) and simply leave your voicemail message.

We will then transcribe the essence of your testimonial and email it to you for your approval before we publish it in any of our written or audio materials. Who knows, perhaps YOUR story may be the one responsible for saving someone's life.

Thank you for caring and sharing.

Dr. Susan Lark's Story

The severe discomfort in my lower back totally vanished at the exact moment Jacquelyn used *The 3-Minute Miracle™* to request a miraculous healing on my behalf. The amazing thing is that she was 33 miles away at the time and I had no idea she was even doing it!

~Susan M. Lark, M.D., Author of *Dr. Susan Lark's Hormone Revolution*

www.drlark.com

Dr. Susan M. Lark is one of the most highly respected authorities in the fields of clinical nutrition and preventive medicine. She is passionate about providing women with safe, unique, and effective complementary therapies to greatly enhance their quality of life.

Her latest book, *Dr. Susan Lark's Hormone Revolution*, is a "must read" for women of all ages looking for easy, affordable, and proven ways to heal and restore their own hormones so they can enjoy radiant health and a long life. Because her insights, advice, and products are in such high demand, she is one of the most widely referenced physicians on the Internet. When I first met her and witnessed how radiant and youthful she looked, I thought to myself, "Wow! I'll have what she's having!"

Although she is usually the absolute epitome of health, one day when we were taking a leisurely nature walk, she experienced intense discomfort in her back. After only 40 minutes, she had to go home and lie down. As soon as I got back to my office, I sent healing energy to her using Step 2 of *The 3-Minute Miracle™*. And exactly 5 minutes after I finished, she called and said,

"I feel so-o-o much better, Jacquelyn.
I don't know what happened. About 5 minutes ago, all the discomfort in my back completely vanished!"

Perhaps this was just a coincidence. At any rate, we are both glad she experienced such a dramatic and spontaneous recovery.

Cheri Carroll's Story

For over 2 years, I suffered from chronic pain in my lungs that made it hard for me to breathe. And it felt like someone was literally choking me when I tried to swallow. After spending countless thousands of dollars on medical tests and treatments, I still experienced very little relief.

Thank God for *The 3-Minute Miracle*™. Within 3 minutes of Jacquelyn doing this process for me (and still 11 weeks later), I can breathe deeply and swallow comfortably. It's truly a miracle in every sense of the word!

~Cheri Carroll, CEO of Kid's Biz and Kid's Biz 4 Big Kids

HappyPeopleInc@aol.com

Just recently, my dear friend and colleague, Cheri Carroll, came to visit and I was telling her about the *The 3-Minute Miracle*™. She asked if it would help her heal from the pain and heaviness that she had been feeling in her lungs for the past two years. I smiled and said, "Let's experiment and see what happens."

To make a long story short, it worked beyond our wildest expectations. Today, Cheri is very grateful for her healing miracle because it allows her to enjoy a much higher quality of life. As with all of the other healing success stories, we can't scientifically prove it was *The 3-Minute Miracle*™ that resulted in her spontaneous healing, but we strongly suspect it had something to do with it.

Elizabeth Cioffi's Story

Recently, when I was feeling awful from the stomach flu, my mom (who was vacationing in France at the time) did a 3-Minute Miracle™ Miraculous Healing Prayer for me. Amazingly, I felt better within 24 hours and was back to work in 36 hours. Not only that, I ran a full marathon (26.2 miles) a couple of days later...and in pretty good time.

~Elizabeth Cioffi of Hermosa Beach, California

One evening, when Elizabeth came down with nasty symptoms of a stomach flu that was going around, she was in so much pain she couldn't sleep. Seeking a little love and support from her family, she decided to call her mother who was vacationing in Europe at the time.

It just happens that Elizabeth's mom is Marymae Cioffi – one of the charter members of our **Supreme Editing Team**. Coincidentally, she was proofreading this book as well as [The 3-Minute Miracle™ Healing Journal](#) while visiting Elizabeth's sister in France.

Wanting to do something to comfort her daughter, she decided to experiment with Step 2 of [The 3-Minute Miracle™](#) (the Miraculous Healing Prayer). Surprisingly, all of Elizabeth's symptoms subsided within 24 hours. In fact, she felt well enough to go to work just one day later. Even more amazingly, she ran a full marathon (26.2 miles) just two days after that.

Perhaps Elizabeth's flu symptoms would have subsided at that exact moment anyway...but, interestingly, everyone else she knew who caught this particular flu bug was unable to even get out of bed for several days...much less run a marathon!

Frequently Asked Questions

1. What exactly is The 3-Minute Miracle™?

The 3-Minute Miracle™ is a simple, 3-step, fill-in-the-blanks process that enables you to instantly become an instrument of healing for **Y.O.U.** (Yourself, Others, and the Universe) through the power of prayer.

2. What are the 3 steps of The 3-Minute Miracle™?

Step #1 – This step is ideal when you desire healing for YOURSELF. It takes only 289 seconds to invite the kind of healing most people only read about in books or see in movies!

Step #2 – This step provides a “win-win-win” for everyone. Although it’s used to send healing energy to OTHERS, you also receive a healing every time you do it for someone else. Not only that, but those who are associated with the person for whom you is praying also experience a blessing.

Step #3 – This step is designed to honor and support Mother Earth and the UNIVERSE. It provides 3 simple things you can do each day to make this world a better place for generations to come for you and All Life Everywhere. If you want to feel extra good about yourself, be sure to do this step.

3. Who is The 3-Minute Miracle™ for?

It’s for anyone who is ready and willing to receive physical, mental, emotional and/or spiritual healing. It’s also extremely valuable for those who wish to send the blessing of healing to others.

4. Does The 3-Minute Miracle™ do the healing?

I believe that God does the healing...but The 3-Minute Miracle™ provides a wonderful vehicle by which to request the Gift of God’s Grace. It sometimes results in making “quantum leaps” in your healing journey. Most of the time, however, answers come in the form of “spiritual breadcrumbs” that enable you to find your way one step at a time. At any rate, you are likely to experience a significant benefit by engaging in this divinely inspired process.

5. Does the person requiring the healing have to be physically in my presence?

That’s the beauty of it. Time and space are irrelevant when engaging in The 3-Minute Miracle™. Everyone (including YOU) has the natural ability to send healing energy at any time, to anyone, from anywhere in the world.

6. What if I have no experience in the healing arts?

Absolutely no previous experience in the healing arts is necessary. Each step is simple, succinct, and self-explanatory. Just fill in the blanks, sign it, date it, and let God orchestrate the details.

7. What do you recommend for best results?

Every time you think of the people you are praying for, visualize them as ALREADY whole, perfect, and complete. This creates the space for them to rise up to match this powerful vision of radiant health. Next, totally surrender all worries, doubts, and fears to your Higher Power and ask that everyone (including YOU) be blessed to experience the best possible outcome.

8. What should I do when I finish sending healing energy to someone?

Relax, get out of the way, and let God do the heavy work. Trust that your prayers have been received, then (once again) release and let go of your attachment to “how and when” things happen.

9. What are the biggest benefits of doing *The 3-Minute Miracle™*?

The 3-Minute Miracle™ provides something very nurturing and potentially life changing you can do for yourself and others. It requires no experience and very little effort. And the best part is, you can do it all in a matter of minutes from your bed in your pajamas without even leaving your home.

10. Why do you refer to these healing prayers as “miraculous”?

Actually, those who use these healing prayers refer to them as “miraculous” because the results they experience often defy logical explanation!

11. Why does *The 3-Minute Miracle™* work and why is it so powerful?

I believe it works consistently well because it incorporates 3 of the most powerful elements of positive change – **W**riting, **I**ntention, and **N**ondenominational prayer. This is why I call it the **W.I.N.** Strategy. Each individual element is extremely powerful...and when you combine all 3 of them together, it's like having the 3 essential numbers you require in order to open a combination lock. Simply put ...the **W.I.N.** Strategy often works when nothing else does.

12. Does *The 3-Minute Miracle™* work 100% of the time?

The 3-Minute Miracle™ is certainly not a “magic bullet” or a “cure-all.” But because it is founded in prayer, it allows you to tap into the Infinite Power that makes it possible to metaphorically move mountains without lifting a finger.

13. Why are you giving something so valuable away for FREE?

Freely giving *The 3-Minute Miracle™* e-book to everyone as a gift is my way of giving back to the world for the enormous blessings in my life. All I could ever desire continues to be provided on a daily basis, and I want to help others find ways to experience this marvelous state of being...this or something greater!

14. Is it okay to forward this book to my friends and loved ones?

It's important to respect people's privacy and preferences. In today's world of "information overload," we receive so much unwanted email. Not only that, but we have been warned about opening attachments when we are unsure of the source. This is why it's best to invite your friends and loved ones to go our website at www.15MinuteMiracle.com to download their own FREE copy of this e-book as well as *The 3-Minute Miracle™ Healing Journal*. When they take the initiative to do this, it's because THEY want these materials...not because YOU think they have them.

15. Can you recommend any other prayer related resources?

If you favor a specific religion, call a place of worship that is in harmony with your beliefs and ask them if they have a prayer line. Below are two prayer hotlines that do wonderful work 24/7 for people of ALL faiths. Although expressions of appreciation are accepted, there is never any charge for what they do.

Silent Unity Prayer Requests www.SilentUnity.org

In US call 1-800-NOW PRAY (1-800-669-7729)

All other countries call (816) 969-2000

The World Ministry of Prayer www.ReligiousScience.org

In US and Canada call 1-800-421-9600

All other countries call (818) 556-2298

16. Can you recommend any other books or resources on the subject of healing?

For cutting-edge information on holistic healing, I highly recommend subscribing to Dr. Susan M. Lark's newsletter. Just go to www.DrLark.com and click on [Dr. Lark's Newsletter](#) and/or [Free e-Letter](#). Dr. Lark, author of 14 books, is an M.D. who boldly shares inside secrets about health and holistic healing that most doctors know very little or nothing about. Her informative newsletters and books are priceless resources, especially her latest book, *Dr. Susan Lark's Hormone Revolution*.



The Power of Faith

Fear ends
where **faith** begins.

~Author Unknown

Prayer offered in **faith**
will make the sick person well.

~James 5:15

Faith is believing in things
when common sense tells you not to.

~George Seaton

If you have **faith** as small as a mustard seed,
...nothing will be impossible for you."

~Matthew 17:20

He who loses money, loses much.
He who loses a friend, loses much more.
But he who loses **faith**, loses ALL.

~Eleanor Roosevelt

Prayer is the key to heaven,
but **faith** unlocks the door.

~Jim Ed Brown

Note: In future editions of this book, we are
eager to include inspiring quotes from people of ALL faiths.
Please contact us through our website at www.15MinuteMiracle.com
and share your favorite quotes, verses, and/or scriptures with us.

The Power of Positive Expectancy

We find what we **expect** to find
and receive what we ask for.

~Elbert Hubbard

Whatever you **expect** with confidence
becomes your own self-fulfilling prophecy.

~Brian Tracy

You were born a winner, but in order to win, you
must plan to win, prepare to win, and **expect** to win!

~Zig Ziglar

What you **expect** is what you get.

~Jacquelyn Aldana

Expect a Miracle!

~Dan Wakefield

The Power of Kindness

Kindness **I**nnately and **N**aturally **D**issolves **N**egativity **E**asily, **S**imply, and **S**pontaneously

Your kind thoughts, clear intentions,
and sincere desire to be of service to others
have much more power than you probably realize.
When you direct your focused attention to someone
and visualize this person receiving whatever is required
to heal, something truly remarkable happens. Whether
or not you know this (or even believe it), your thoughts
(like radio waves) actually broadcast frequencies
that transmit healing energy to the person you
are envisioning. Since thoughts are not
bound by time or physical distance, you
can send this healing energy at the
speed of thought to anyone at any
time...anywhere in the world!

Kindness toward ANYONE
benefits EVERYONE...especially YOU.



Share The Gift

Over the past 21 years, I have learned (first hand) that the power of prayer is very REAL and extremely POWERFUL, even if you have little or no experience with it whatsoever. You can THINK it, SPEAK it, WRITE it, or even SHOUT it! It doesn't matter as long as you are very clear about what you are ready to experience.

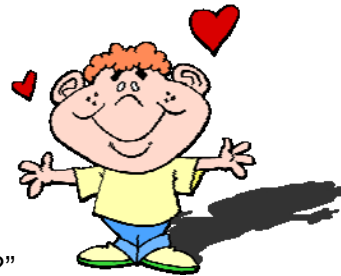
Since the information in this divinely inspired e-book is both sacred and priceless, it was impossible for us to equate its value in terms of dollars; therefore, we decided to offer this book (as well as [The 3-Minute Miracle™ Healing Journal](#)) as a GIFT to those who are actively seeking positive change. We lovingly hold the space for you and yours to experience benefits beyond your wildest expectations.

And because it is our vision to get these books into the hands of 1,000,000 people by March 23, 2008 and successfully utilized by 5,000,000 by January 1, 2009, we encourage you to refer your friends and loved ones to www.15MinuteMiracle.com to download FREE copies as well. As soon as they request one or both of the e-books, they will also receive two additional gifts:

- 1) A series of FREE 30-Minute Far Infrared Therapeutic Massages. (I get one 6 days a week and it doesn't cost me a penny.) Ah-h-h... it's like finding a way to go to Heaven without having to die!
- 2) A FREE subscription valued at \$127 to [Life's Best-Kept Secrets™](#)
Life's Best-Kept Secrets™ is a monthly "good news" e-zine that provides valuable insights and information that (up until now) have not been readily available. What you discover might be the very thing you are looking for when faced with those pesky "healing opportunities" disguised as "health challenges."

If for any reason you did not receive the two FREE GIFTS listed above and you would like to have these and other valuable resources, just go to our website at www.15MinuteMiracle.com and click on FREE e-Book.

The Perpetual Power of 3



Have you ever asked yourself,
 “What can I do as just **one person** that
 could make a **positive difference** in our world?”

If so, you’ll be glad to know that there’s something quite profound you
 can do that takes only **3** minutes and it’s totally FREE. It’s referred to as

The Perpetual Power of 3

If receiving The 3-Minute Miracle™ brightened your day, and
 you would like to pass on the kindness, please invite at least **3** other people
 go to www.15MinuteMiracle.com to request a copy of this e-book FREE of
 charge. Your **3** simple acts of kindness have the potential to uplift millions
 ...even billions of people in a very short period of time.

See for yourself on the chart below:

Level	Senders	Recipients
1	1	3
2	3	9
3	9	27
4	27	81
5	81	243
6	243	729
7	729	2,187
8	2,187	6,561
9	6,561	19,683
10	19,683	59,049
11	59,049	177,147
12	177,147	531,441
13	531,441	1,594,323
14	1,594,323	4,782,969
15	4,782,969	14,348,907
16	14,348,907	43,046,721
17	43,046,721	129,140,163
18	129,140,163	387,420,489
19	387,420,489	1,162,261,467
20	1,162,261,467	3,486,784,401
21	3,486,784,401	10,460,353,203

The movie, **Pay It Forward**, is a testimony of how powerful and far reaching it is for one person to do something kind for **3** people who agree to do something kind for **3** other people...ad infinitum. It takes only a small amount of time and energy to do something that has the potential to uplift the consciousness of the entire planet.

If you want to feel exceptionally good about yourself today, take a moment to share the magic of *The 3-Minute Miracle™* with at least **3** other people who would appreciate having it. This e-book (as well as *The 3-Minute Miracle™ Healing Journal*) is available to anyone FREE of charge at www.15MinuteMiracle.com. Your generosity and kindness can't help but come back to you in wondrous ways.

Thank you!

Thank you!

Thank you!

for taking your time and energy to make a positive and measurable difference in our world. May all that is desirable, good, and worthwhile prevail in your life now, always, and forever.

A Special Tribute

Below is a list of amazingly gifted healing practitioners who were instrumental in helping me, my friends, and my family to rise above and overcome numerous health challenges over the past 17 years.

Virginia Shaeffer, NIS Practitioner (Neurological Integration System)

For over 2 years, I awoke each morning with stiffness and extreme pain in my lower back, and nothing I did seemed to bring much relief...until I had a Neuro-Link treatment from Virginia. After just ONE treatment (and ever since) my back has felt wonderful. She has also done some impressive remote healing work for some of my clients and family members. Virginia is unshakably confident, extremely quick, and very good at what she does. You may contact her at shaefferv@yahoo.com or call her at (209) 747-9873.

Dawne Kathleen McDonald, Innately Gifted Health Intuitive

Dawne is like a human MRI machine. She can literally look inside your body from anywhere in the world and describe what she sees in great detail. She told us that Ron had had a stroke long before the doctors knew! Her degree of accuracy is uncanny. Because she has attended over 21 of our Playshops, she's also a wonderful teacher of *The 15-Minute Miracle*™. If you would like an amazing reading, call at her at (505) 341-0168 or email her at lightofdawne@yahoo.com.

Linda Eastburn, Health Intuitive and Remote Viewer Author of *Riding the Intuitive Wave*

Linda has been such a wonderful resource over the years to provide amazingly accurate feedback on medical conditions for me and many of my clients. And her "remote viewing" skills are absolutely astounding. She once helped us quickly locate \$8,000 in cash that we couldn't find anywhere! Visit her website at www.IntuitiveAcademy.com or call her at (417) 863-1377.

Sandy Klang, Naturapathic Energetic Healing Practitioner

Sandy literally saved Ron's life after he suffered a major stroke in May of 2003. Thanks to her laser treatments and energy healing techniques, over 95% of his paralysis was gone in one weekend! She is beyond amazing! You may contact Sandy at sandyklang@aol.com.

Carlene Burnette, Energetic Healing Practitioner

Carlene is truly an angel on earth with a heart as big as the Universe. She has been instrumental in helping Ron, myself, and multitudes of clients to enjoy a much higher quality of life on a consistent basis. Not only does she see inside the body, but she also has the ability to direct healing energy to wherever it is needed. Feel free to contact Carlene at cat3334cb@aol.com.

Raymon Grace, Teacher, Speaker, Healer
Author of *The Future is Yours...Do Something About It*

I refer to Raymon as "Amazing Grace" because he has done some healing work for our family that defies logical explanation! He's a "no-frills, down-to-earth" kind of guy who doesn't fool around when it come to getting the job done. Since Carlene Burnett is his cousin, they often work together for the greater good of their clients. They give the term "dynamic duo" a whole new meaning! Check out Raymon's website at www.RaymonGrace.com.

Chandra Giovanni, Wellness Coach, EPFX-SCIO Expert

When Ron was searching for a healing modality to help him regain the use of his right arm after his stroke, Dr. Susan M. Lark referred him to Chandra, an expert in the use of a bio-feedback stress-release system called the EPFX-SCIO. With just one 60-minute remote healing session, Ron's range of motion increased by a full 2½ inches! Dr. Lark has evaluated dozens of healing devices and is convinced that the EPFX-SCIO is the "best of the best". For more information, go to www.QuantumEducation.com. Feel free to email Chandra at epfx@mac.com or call her at (408) 316-7955.

Dr. Buryl Payne, Ph.D., Physicist, Researcher, Inventor
Author of *Magnetic Healing* and several other books on magnetism

In 1997, a one-ton horse slipped and fell on me and shattered my left leg from knee to ankle. Doctors said I might never walk again...ever! Thanks to Dr. Payne's Pulsar Electro-Magnetic Device, my leg healed in less than 8 weeks Not only that, but it completely cured the sciatic pain I had suffered since 1974! You may contact Dr. Buryl Payne at www.Buryl.com, or email him at buryl@buryl.com. You may also call him at (831) 475-4250.

Michael Bisbiglia, Master Numerologist

Michael holds the record for attending the most One-Minute Miracle Makeovers™ and 15-Minute Miracle Playshops™ of anyone in the world ...37 of them to be exact! He is one of our regular assistants who helps to make each of our events fun and entertaining. He has an amazing ability to tell your whole life story once you give him your birth name and date of birth. To experience one of his insightful, delightful readings, you can call him at (510) 205-6007 or email him at readings1111@yahoo.com.

The Ozark Research Institute (ORI)

The Ozark Research Institute has been of enormous value to me and my family for the past 14 years. Dedicated to supporting their members, they have been instrumental in helping countless numbers of people all over the world to regain their wellness. They pray with passion and are dedicated to making a positive difference. For more information on this humanitarian organization, go to www.OzarkResearch.org or call them at (479) 582-9197.



Miraculous ✨ Healing Modalities

Since 1991, I have spent the majority of my time investigating the best of the best, proven to cutting-edge healing modalities. In my travels, I have discovered a number of amazing, effective, and affordable wellness products and services that have proven to work wonders. Some of them are even FREE.

Imagine being able to get a FREE 30-minute massage as often as 6 days a week in exchange for telling your friends and loved ones how they, too, are entitled to unlimited FREE visits. What a concept! This is just one of the many discoveries I've made over the years that might be the very thing you need to redeem, reclaim, and regain your health.

In March of 2008, we plan to offer a FREE subscription to our monthly e-zine called **Life's Best-Kept Secrets™**. Each month, it will reveal little-known secrets in the world of health, healing, and well-being. If you are actively seeking positive change and looking for resources that have proven to work wonders for others, go to www.15MinuteMiracle.com and request your FREE subscription to this "good news" e-zine. Who knows, what you learn might even save your life someday! Remember...

When you FEEL good, you HEAL good!



About the Author

Because I was a 24/7 caregiver for my husband Ron from 1991-1994 when he had stage IV cancer...again in 2002 when he (as a pedestrian) was hit by a truck...and again in 2003 when he had a major stroke, I spent every waking moment searching for ways to help him regain his wellness.



I am thrilled to report that Ron Aldana is not only alive, but he's absolutely thriving! After overcoming a virulent cancer against all odds, we nicknamed him "Long Shot." After escaping the jaws of death two additional times over the past 17 years, we now refer to him as "Miracle Man."

Although these near-death episodes certainly felt challenging at the time, they turned out to be enormous GIFTS...not only to Ron and me, but to people all over the world who are also actively seeking positive change.

Because of these so-called challenges, I became unstoppable in my quest for answers, solutions, and insights that led to Ron's recovery. After struggling endlessly to do everything myself, I finally threw up my hands and screamed right out loud to Life, God, and the Universe,

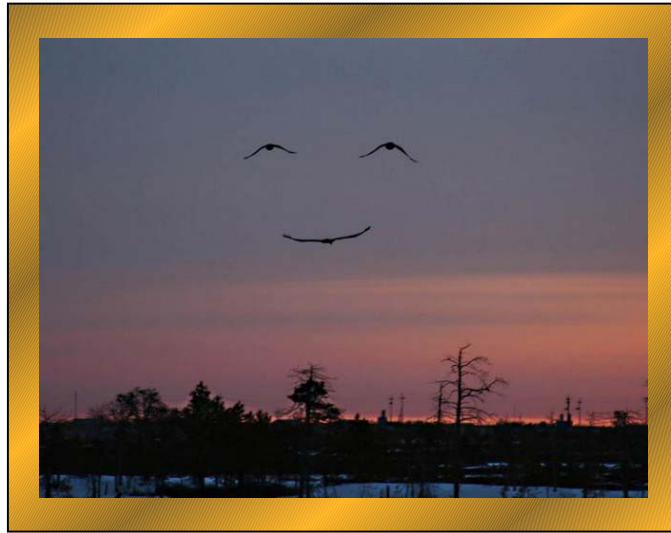
"Either SHOW me a way or HAUL me away!"

This is when I discovered I had an entire celestial workforce of unemployed Heavenly Helpers who were eager to be of service. Once I got out of my own way long enough, the floodgates of awareness flew wide open with so many positive possibilities that I could hardly keep up them. It was like trying to get a drink of water from a fire hydrant!

Thanks to the unconditional love, perfect guidance, and ongoing support from the Divine Source I call "God," I am privileged to share 3 healing prayers that are designed to make the REST of your life the BEST of your life. For more information, visit our website at www.15MinuteMiracle.com.

Once you experience the magic of *The 15-Minute Miracle™*, *The One-Minute Miracle™*, and *The 3-Minute Miracle™*, you will never be willing to live life the hard way again!

You, Magnificent One,
are a Divine Creation in whom
your Divine Creator is well pleased.
The photograph below is confirmation of this message.



For additional self-help methodologies go to
www.15MinuteMiracle.com or call (408) 353-2050.