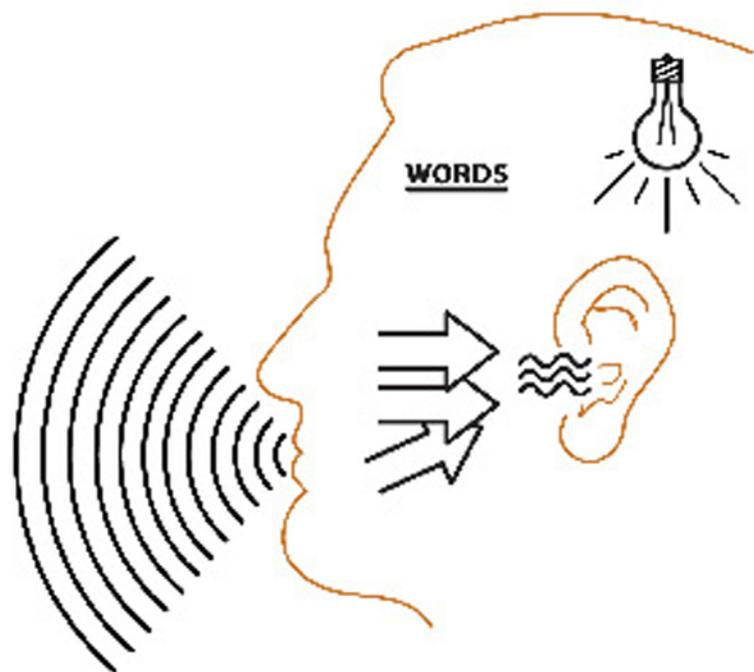


THE MAGIC LOOP

Using your WORDS to HEAL yourself!



Roy Cage, C.Ht.

*The Magic Loop—
Using Your Words
to Heal Yourself!*

by
Roy Cage



Strategic Book Publishing
New York, New York

Copyright © 2008
All rights reserved — Roy Cage

No part of this book may be reproduced or transmitted in any form or by any means, graphic, electronic, or mechanical, including photocopying, recording, taping, or by any information storage retrieval system, without the permission, in writing, from the publisher.

Strategic Book Publishing
An imprint of AEG Publishing Group
845 Third Avenue, 6th Floor – 6016
New York, NY 10022
www.eloquentbooks.com

ISBN: 978-1-60976-993-2, 1-60693-184-9

Printed in the United States of America

Cover Design: Jacquie Hotchkin, Dedicated Business Solutions, Inc

Book Design: Denise Johnson, Dedicated Business Solutions, Inc.

DEDICATION

This book is dedicated to the memory of two of my heroes:

To Marine Pvt. Robert Henry. The first story told in this book is that of Bob Henry's Korean Conflict service and his later life. Pvt. Henry's earthly body died in August of 2008, at age 74, after this book was already written. He is sorely missed by all of us who were privileged to know him

To Army Staff Sgt. Ray Singleton. Ray was my uncle. He was my mother's brother. A member of the famed "Lost Battalion," Uncle Ray was a prisoner of the Japanese for forty-two months during the Second World War. My uncle's earthly body died on Christmas Day, 1978. His widow and his children live in Central Texas, still, and are successful, contributing members of their communities, honoring his legacy.

Both of these men lost limbs and suffered long-term pain and recurring illnesses as a result of their service to our country. They both loved God, their families, and their country, and I never heard either of them complain or ask "Why me?"

They are two of my heroes, and I pray that they will never be forgotten. They did their part, and more, to secure our freedoms and our safety.

They put me in mind of Rudyard Kipling's classic poem, "IF," which ends like this: "If you can fill the unforgiving minute, with sixty seconds worth of distance run, yours is the Earth, and everything that's in it, and which is more, *you'll be a man my son!*"

Ray Singleton and Robert Henry were MEN! God bless their memory.

*Roy Cage
September, 2008*

TABLE OF CONTENTS

Preface	vii
Chapter 1 Just Suppose	3
Chapter 2 How Ideas Become Reality; Beginning to Understand.....	9
Chapter 3 Behold the Blush!	13
Chapter 4 The Beat Goes On	16
Chapter 5 And Now, You Begin to Believe!	20
Chapter 6 Don't Just Take MY Word for It!	25
Chapter 7 Flip the Switch and Make It Go!	29
Chapter 8 It's the Law!	31
Chapter 9 Imagining Wellness	36
Chapter 10 The Translation	42
Chapter 11 A Very Short Chapter for the Hearing or Speech Impaired.....	49
Chapter 12 Some Positive Scripts for Wellness	50
Chapter 13 Habits and Other Compulsive Behaviors	56
Chapter 14 The Things Around Us.....	61
Chapter 15 Breaking Bad Habits.....	66
Chapter 16 The Sum of the Matter.....	68
Chapter 17 Scripts to Help You in Creating Imaginations and Words for Some Commonly Seen Complaints	71
The Last Word.....	76

PREFACE

by the Author (Nov. 2007):

Welcome to what I believe will be the most remarkably healing and life-affirming book you will ever read with the possible exception of the Bible. To set the tone and get started, let's take a journey back in time! Go back through the years with me. In fact, let's go all the way back to the 1950s. Now use that wonderful mind of yours to imagine the following, true story:

It's the height of the Korean War. A young American Marine from Texas, Private Bob Henry, found himself fighting behind enemy lines. The air around him was full of shrapnel and shells. He had multiple severe injuries and his life hung by a thread. His company was under intense fire and needed to pull back, but they weren't going to leave Private Henry there to die. They had to get him out quickly.

Five men were sent to bring him out. Those five strong, determined young Marines picked him up, pulled him out of the danger zone, and got him to safety. Everything went well except for one horrific, startling fact: his right foot had been entangled in the roots of a large tree and there was no time to free it; no time to work the foot loose from the roots, so they pulled him out *leaving his foot and part of his leg in the roots of the tree!* They pulled his foot and part of his leg off, and left them where they were! They got him to a place of relative safety, where he received emergency care before being sent back to a hospital for further treatment, and he survived. After his return to the states and more surgery, he was fitted with a prosthetic foot and leg. That worked out well and Pfc. Bob Henry is living today. But that missing foot continued to hurt him with crippling pain for about fifty years, until we met.

As we noted Pvt. Henry was and is a Marine. (Ask any marine and they will tell you "there's no such thing as an EX-marine!")

Two doors up the hall from my office, in Fort Worth, there's a lawyer who was and is a marine. He became acquainted with Bob and knowing his story, had a great admiration and appreciation for him.

He thought I might be able to help Bob to relieve this persistent phantom pain (That's what physicians call this type of pain. I insist that all pain is real if it hurts!) He introduced Bob to me, and I agreed to help him stop feeling the pain from the missing foot. I agreed that we could use hypnotherapy to change the way his brain/mind complex interprets the signals from the nerves between the remainder of that leg and that complex. After one session his pain was significantly relieved!

A week later we had a second session. I recorded an audio-cassette, approximately eighteen minutes long, for him to play at home nightly. Now he no longer needs pain medication to sleep at night or for most of his ordinary daily activities!

Once in a while he calls me on the telephone. He calls me "buddy" and says that I am his hero. I correct him by pointing out that I'm a hypnotherapist and author; he is the hero! But he argues that "You are my hero, buddy, because you made my whole life better when you got rid of that pain!" All seemed well.

About seven months ago, he called and told me the terrible news that he had been diagnosed with an aggressive form of cancer and wasn't expected to live much longer! He wondered if there was anything I could do to help.

He came to the office, where I taught him how to use his Magic Loop, (covered in this book). I made another audiocassette for him to use to help him do the Magic Loop technique for about fifteen minutes a day. It also caused his brain/mind complex to regulate his body's systems and organs to attempt to defeat the cancer.

He said, "I'll tell you what, buddy; you tell me what to do and I'll do it! When God made me He didn't put in any quit at all. I'll do it exactly like you tell me!" And he did so daily without fail.

He called me about six weeks ago and said “I just want to tell you how I’m doing. I’m doing great! I’m feeling good, and I think I’m getting well!”

We talked for a few minutes, and I told him how happy I was about the good news.

The day before yesterday he called again. When I returned his call, I heard real concern in his voice, as he said “Hi, buddy! Hey, I need help!”

I asked, “What’s the matter, Bob? What’s going on?”

He replied, “Well, I’m doing real good but my tape messed up and won’t work. I haven’t missed a night playing it since I got it but it quit last night and won’t turn. I need help!”

I said “Well, Bob; I can’t do anything about it this afternoon, but by now you should be fine if you don’t play it every night, and...” He interrupted and said “Yeah, but I don’t want to take chances. I’m doing too good.” He continued, “Hey, I can drive again. So I could bring it by there.”

I said “Bring it by, this afternoon, and leave it with the receptionist. Come back tomorrow about 1:30 and I’ll either have it working, or I’ll find a way to copy it. Maybe I’ll make you a new one on a CD. You have a CD player don’t you?” He said, “Yes. That’s great. I’ll bring it by.” I assured him that he should not have any problems as a result of missing that one night.

Sure enough, when I got in here yesterday his tape was here. It was jammed and twisted up in its case.

I spent about an hour very carefully getting it to turn. Then I put it into the tape recorder/player and copied it. Then I went one step further and copied it to a CD.

At 1:30, he walked into my office and he looked really, truly well! Surprisingly so! We went into the session room to visit. I gave him the tape and the CD so that he has backup and he said, “Hey, buddy, I want to tell you what’s going on. I went to those doctors last week. They did all the tests and images and came back and said, “Pvt. Henry, we don’t have any explanation for this, but you are getting better! This just doesn’t happen in this

kind of cancer. Even with aggressive treatment, it's only a matter of extending life a little, not of getting better, but you are definitely getting better, and we don't know why!"

They went on to say, "Your hair should just about be all gone, but you haven't lost any hair. You should be as yellow as a ripe banana, but your color is great! You should be too sick to sit up, and probably should be throwing up several times a day, but you are obviously not feeling sick. And you should have diarrhea . . . and you say you've had none of that.

But you are better. The cancer is diminishing and we have no explanation."

Bob said he tried to tell them about me but, like others who are so smart that they can't believe anybody can know anything they don't already know, he said, "They just rolled their eyes back and changed the subject. But they admit that THEY didn't make me better!"

Then he started cracking jokes and funny stories telling one after another for about thirty minutes while we laughed. After he left my office on his way out he saw some of the lawyer's clients sitting in the waiting room and started joking and having fun with them! Our receptionist said, "Boy, is he ever different than the first time he was here. He's having fun, today!"

Just before he left my office, he remarked "Like I said, buddy, when God made me He didn't put in any 'Quit.' I told those doctors 'I'm human and someday I'll die, but this piddly-assed cancer won't kill me. I'm killing it!'" And I think he is!

You can imagine my elation at such a wonderful story? One that is right here and right now, just when this manuscript is ready to send to the publisher! It is a continuing story of victory against odds. It's exciting and fulfilling!

I can't get Pvt. Henry's right foot back for him. But together we have stopped the pain from that foot and leg. And we demonstrated that we can defeat this cancer, too. I doubt if it is going to get much better than that, at least until more

people learn and use their own Magic Loop and get this kind of results.

Whatever is ailing you, if you will learn to use your Magic Loop and do so regularly, I believe that in time you can get well. Not just manage your illness but actually get well. If you think its worth a try, read this book carefully and learn what it teaches and do what you've learned! I think you'll be very glad that you did.

Roy Cage

***The Magic Loop—
Using Your Words
to Heal Yourself!***

The Magic Loop— Using Your Words To Heal Yourself!

by Roy E. Cage, C.Ht.

First Things First!

This book does not offer, is not intended to offer and does not contain medical or psychological instruction or advice. If you are ill or incapacitated now or if you become ill or incapacitated any time in the future you should promptly seek competent medical and/or psychological advice and treatment as a first step.

The self-healing techniques taught and discussed in this book are not intended to replace or to come before such professional consultation and care. The author is not a physician or clinical psychologist and makes no claim to expertise in either of those disciplines.

The author believes that before, during and after you avail yourself of the best and most competent advice and treatment from traditional professionals, you can do much to facilitate your own complete recovery by using the natural, non-invasive, imagine think and speak technique that he named The Magic Loop. It is detailed herein. He is not aware of any contra-indication. However, if your physician or licensed psychotherapist tells you that you should not use these techniques (That has not happened at the time of writing) get a clear statement of why? Consider the possible outcomes and make your decision with full consideration of that professional's advice.

Feel free to talk this over with your doctor first. If he or she doesn't say no and give you a good reason, then recognize that it's your life and use your own God-given abilities to make your life the best life that it can be.

You're worth it, aren't you? I think so!

Roy Cage

Introduction

Wellness

“WELLNESS!” Say it again: “WELLNESS!” What a wonderful word and what a wonderful meaning: Feeling well, looking well, and being well, naturally!

You were designed and made for wellness! Wellness is your natural and naturally intended state of being. Our designer and maker intended for us to live in a condition of wellness. On the other hand illness is unnatural and abnormal for us. It’s too bad that, in many cases, even those to whom we first turn for help when we are ill seem to think of something less than wellness, some level of managed illness, as okay, or normal. Illness is the opposite of wellness, and, in my opinion, illness is not ever normal.

Illness is uncomfortable, invasive, inhibiting, and expensive; especially when endured and managed over a long period of time. In my opinion, that’s not okay. It’s not normal.

I contend that regardless of the specific name that might be given to a particular type or form of illness. To just accept it and learn to live with it is not the answer. Getting well is! If it turns out that you don’t get well, I believe that at the end, life will have been much better with hope than it would have been with no hope! I’m sure you agree.

After devoting years to the development and practice of non-medical techniques for helping to restore and maintain wellness, I recognize this important fact: The human mind is superior to and in control of the human body! In an introduction for his book entitled, *The Brain* (part of the series “The Human Body,” Torstar Books, 1984), author Jack Fincher points out that every cell of the human body is ruled by the brain; including sensation, thought, movement, memory and dream. Just as every functional part of your own body is directed and controlled by your mind; regardless of what that part is called or where it is located or what its specific func-

tion is. This direction and control are achieved by your mind's use of the physical organ called brain, which is the physical or organic counterpart of mind.

At this point I feel reasonably sure that every reader agrees that overt acts such as walking across a room, shutting a door or riding a bicycle are governed by the mind. I want you to recognize that all body functions including the autonomic functions like respiration, perspiration, blood flow, and glandular secretions are subject to the mind's control.

If we limit our understanding of mind to conscious, decision-making functions, we obstinately reject the overwhelming evidence present in each of us during every moment of our lives.

Conscious awareness and conscious decision-making are a relatively small part of overall mind function and responsibility. They are no more important to living and being well than the subconscious and unconscious functions. In fact, without the constant operation of the unconscious life would cease!

Through this book, I hope to share with you a greater understanding of what your mind is and how it works with special emphasis on how it can be used along with your powers of speech to help you get well if you're sick and to help you stay well if you are well or when you become well!

This is not intended to be a technical manual or a textbook giving infinite detail concerning the mechanics of the brain or the mysteries of the mind. Instead, it is to provide enough information to pique your interest and give you an intelligent basis for confidence while sharing a practical, life-changing method of self-healing—one that you can easily prove out for yourself.

That's my goal. I believe it's worthwhile. I hope you agree and I hope you enjoy the book, too!

Chapter 1

Just Suppose

Suppose I told you that you can talk yourself well and that I can show you how? Would you believe me? Would you want to believe me?

Suppose I tell you that regardless of what ails you, your best chance of getting well is by learning to talk yourself well? Do you think that I could convince you that even though you will still consult doctors, dentists and a psychologist or counselor when you need them, if you learn to talk the right way, say the right things at the right time, your chances of winning and becoming well again are far greater? This holds even in cases where those caring professionals have determined that your problem is incurable!

Do you suppose there is any way for me to convince you that, as the Bible says, the power of life and death are in your tongue? That premature death or a life of illness is not God's will for you? That saying the wrong things at the wrong times can kill you. And saying the right things at the right times can heal you?

Will you let me try? Will you read or listen to what I have to say and give me a chance to make my case? Will you assume for the moment that what I am about to share with you is real and true and that it really works? And, while it's possible that there are some cases where a person's condition has already become so poor that it is too late to affect a cure, it is always healing and positive to say the right things at the right time?

Do not set aside your intellect! Instead, read or listen to what I say with an open mind. Use your intellect to measure it against a background of thought and reason. If you do, I believe that you will be convinced!

I am about to share with you a phenomenon that I choose to call The Magic Loop. I believe it can have a truly remarkable and beneficial impact on your life.

First, you learn to use your Magic Loop by imagining the right kinds of conditions and circumstances. You continue by putting these imaginations into words and speaking the words audibly to yourself. This completes the loop by feeding these imaginations back into the part of your brain/mind complex where they originated. By doing this repeatedly as instructed I think you will bring about your own physical and mental healing and restoration in the days and years to come. What is perhaps even better: I believe that you will establish within yourself a new, high-level wellness that can last a lifetime. Wellness in mind. Wellness in body. Wellness in interpersonal relationships. Wellness in circumstances, and wellness in the place of habits and compulsive behaviors.

I learned what I am about to share with you over approximately thirty-eight years of study and practicing the power of guided imagination and properly chosen words as a professional hypnotist and hypnotherapist.

However, none of this is based on metaphysical or esoteric conjecturing. Instead, as we go through this teaching I will provide understandable explanations based on well-known physical laws for virtually everything I share. I will use illustrations and examples as teaching tools wherever I can. I will diligently attempt not to offend you morally or intellectually. I will do my best to see to it that you don't become bored with the subject.

While I believe that faith is the single, most powerful creative force in the universe, available to mankind, I will not ask you to accept anything I say on faith alone.

Instead, I ask you to assume that it is true and correct until you learn it and try it. Then, let me know if it fails. (I won't give your money back but I will try to help you determine what you are doing wrong that's preventing your success!)

If you are ready to give me a chance and think that, if I'm right, it is worth your time and attention to learn to use this natural God-given means of getting well and staying well, let's go on!

THE MAGIC LOOP

Perhaps, if I had tried harder I could have come up with a better name for what I refer to as the Magic Loop. However, unless the word *magic* somehow offends you, I don't think so. If we think of the word *magic* as meaning the power to cause something to happen without resorting to unnatural or external substances or tools, then it IS magic!

Here comes the longest single sentence in this entire book. Please read it carefully, taking time to note the steps in the process:

The Magic Loop refers to the loop, or circuit, completed by the energy of a creative thought, or imagination, when that idea is (1.) arranged into an orderly and logical thought form and translated into words by the thinking mind, (2.) converted into audible speech by the brain and body, (3.) sent back to the brain/mind complex through the inner ears and auditory nerves (as a result of bone and eustachian tube conduction), (4.) again recreated in the inner ears and sent to the brain by direct response of the ear drums to the pressure waves of sound flowing externally around the body and, finally, (5.) reflected off of surrounding surfaces to again cause the inner ears to recreate the energy impulse and send it to the brain/mind complex.

When you imagine it, think it, say it, and hear it as you say it, then hear it reflected from outside yourself as if it were coming from an external source, you have completed The Magic Loop! Because we are designed by our designer and creator to work the way we do, I believe that it is one of the most powerful forces in the universe!

It is readily available to us!

It requires no tools or substances other than the air used to create and carry sound waves. Then, whatever objects and surfaces are around us reflect the sound waves back to us.

It WORKS!

If you can believe that your ability to use your creative imagination, accompanied by your ability to verbalize that

imagination comprise a force that has the power, over time, to affect any facet of your life to which you apply it, you can understand that *that* is what I call magic.

If you think of magic as a single word or phrase that, if spoken over any situation or circumstance, has the power to change that situation or circumstance in any way you wish, this is NOT it. In fact, it doesn't exist! But if you can accept the idea that magic can be the ability to address any situation or circumstance of your life, over a reasonable period of time, with your own words and to cause that situation or circumstance to change as you wish, the MAGIC LOOP is it. And you can learn to use it effectively for the rest of your life!

Suppose you knew a man in his mid-fifties who had become a victim of Multiple Sclerosis. It had crippled him to the point that he was forced into disability retirement and could only walk by using a walker to support himself as he laboriously inched along. A friend met this man and gave him a cassette tape that I made for the friend earlier.

Suppose this man began using the creative imagination of his mind to imagine that he was well again! Suppose that even while he could not stand or walk without support and great effort, he began to imagine several times daily, that he was totally well. He began to talk to himself, telling himself all the things he was imagining, referring to them as if they were already true. (The tape helped him to do that.)

Now, suppose that thirty days later this man put the walker into storage and was lifting his feet in a true walking fashion anytime he chose to do so with the aid of two canes with elbow supports. He did this.

Further suppose that after another thirty days he was walking with relative ease, using two regular canes for stability and support. He WAS!

Suppose another thirty days passed and he flew into my town for the specific purpose of visiting with me to say thanks for what he accomplished. He drove himself from the airport to my office, walked into the building and down the hallway to my office with one cane that he kept tossed back over his shoulder most of the time!

The man is real, as is his story. The only thing he began to do differently, to help himself, after getting instructions on tape was to practice daily using what I now call his Magic Loop!

You can learn it, too. That should excite you! It excites me!

This seems a good place to address encouraging comments to the hearing or speech impaired who might be thinking *this won't work for me!*

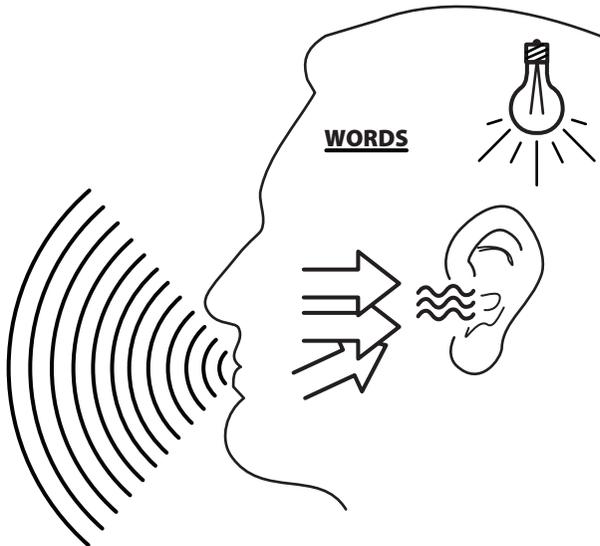
Yes, it will!

While it is easier to use the Magic Loop with audible speech, and most of the training assumes your ability to both speak and hear, before we're through I will show you how to be effective with a version of the MAGIC LOOP that works for you even if you cannot speak or hear!

WHAT I HAVE LEARNED IN CHAPTER 1

The MAGIC LOOP refers to the loop, or circuit completed by the energy of a creative thought, or _____, when that idea is arranged into an orderly thought form and translated into _____ by the mind, converted into audible speech by the brain and body, sent back to the brain/mind complex through the _____ and auditory nerves, again recreated in the _____ and sent to the brain by direct response of the ear drums to the pressure waves of sound flowing externally around the body, and , finally, reflected off of surrounding surfaces to again cause the inner ears to recreate the energy impulse and send it to the _____/_____ complex.

You _____ it, then you think it, and then you _____ it.



Buy the Kindle version at:-

<http://www.amazon.com/The-Magic-Loop-ebook/dp/B00486>

U548/ref