

Prayer & Positive Thinking Results

'If you want something, believe that you have it without any inner doubt'

To anyone I can get to listen I have always advocated the use of prayer and positive thinking. Quite simply, I believe that they enable us to bring about the type of life that we want. Certainly that is true in my own case - part of which would be working with people on their requests. Truthfully I can say that I have had the privilege of playing a part in more successful results than anyone else I know. It all started for me when as a boy on reading the Gospels I came across Jesus' words which said in essence:

'If you want something, believe that you have it without any inner doubt and I give you my word that it will come about.'

This statement by Jesus had a profound effect on me and was a turning point in my life. There to me was the answer to living the perfect life in one simple formula. To my boyish mind all that was necessary was for this formula to be taken up by everyone on the planet and we would soon have the life and the world that we wanted. I resolved from then on that that would be my philosophy of life and have endeavoured to apply it ever since.

When, as a boy, I attempted to explain the formula to adults they would laugh good-naturedly and say that unfortunately life wasn't as simple as that. Even the most religious of people laughed. I couldn't understand it and I

foundation of my life and work. If you attended some of my seminars and you were impressed by the results I am always quick to point out that they are as a result of the practice of the formula.

You may get the impression on reading this that I think I know something that other people don't. How right you are! I know that this formula is the

little box that it says 'Where necessary these letters can be inspected.' And, of course, they have been on more than one occasion by those in authority and found to be genuine. Again it is amazing to me that it is easier for most people to think that the results are a lie than that they are true. Because if they are true then maybe these people would have to examine



Your Postal Request Team: Tony Quinn and Aileen Cosman.

still can't. Yet, for most of these people who laughed their lives were in a mess and even at that time it seemed obvious to me that their lives and the state of the world were intertwined. This simple but profound philosophy has become the

answer. Most people I meet say that it is nonsense but I have a very simple answer: 'How come it gets so many results for me?' Then, of course, they say that the letters I get from people are lies. If you look at the bottom of the next page you will see in a

their own approach to living and the world they formed as a result. I have always been only too willing to give anyone that wished this formula for free. Here, in so far as I know, are the rules for its successful application:

1. Belief

I believe in Jesus and God. When I read the formula as a child the fact that Jesus said it was good enough for me. You need that flat-out conviction for best results. You may say that you don't believe in either - then you will have to believe in the formula itself. It is not enough to believe with your mind, you have to believe with your heart also. That is the difference between wishing for something and believing for something. Everyone wishes they were successful but can they really believe it in their heart? If all of you don't want your request then you mustn't really want it.

2. Prayer and positive thinking are the same

The simplest way of understanding this is that God is listening to every word that you say. In fact, if you don't believe in God let us just say that every word that you say counts. Therefore, make it a rule to only say what you want to happen. The prayer part is where you deliberately set aside a time each day to work on your requests.

3. No negative praying or negative thinking

If you keep on talking negatively all day remember that something is listening and accepting that that is what you want - your request. No praying for recessions, famines, earthquakes etc.

4. Prayer

Write down your requests clearly on a piece of paper. Then, at the same time every day (I do it late at night) hold this piece of paper between your two hands and believe, visualise, imagine, picture only the positive end results that you want. A few minutes

should be enough. If you follow all of the above instructions you may be surprised to find that when you are working on your requests in this manner you feel an energy coming from inside yourself - generally from your tummy area - and going throughout your body, into your hands and into the requests, then going out from you. If this happens you will know that you are a true believer. Frankly, at this stage you are in business.

5. Some people experience difficulty with requests that they desperately want

Be very careful that you are not praying with the viewpoint, 'I want this to happen but I don't believe that it will.' If this is your problem get someone else to work on the requests for you who is not so personally involved - quite simply, someone who can believe in a positive outcome. During the years I have given this formula to so many people and I continually receive letters telling of the positive outcomes - approximately 300 per week. Please believe me as one human being to another - this formula works.

Tony Quinn

Special Note

Under no circumstances are we suggesting or implying that this approach should take the place of medical advice or, where necessary, medical treatment. However, we do believe that it is a useful addition to any form of therapy. All letters on this page are genuine. The originals are retained on our files and can be inspected where necessary.

Multi Family Benefit

I first heard of the Postal Requests system while attending the courses in Eccles St. and when my father-in-law was hospitalised I felt I wanted to do something for him. I put him on the requests and within a few days he was released from hospital - no treatment was necessary and he came home in great health for a man in his mid 80's. I decided to use the system again when my father became very ill. It was first thought

he had terminal cancer. After being examined by numerous experts in various hospital departments no cancer was diagnosed. Another health problem which he had suffered from for years was correctly diagnosed and treated at the same time. The most amazing aspect is that he went from a negative mental outlook to a very positive one. He is now very enthusiastic about life. He has gone back to using his favourite creative talents -

his great lifelong hobby which he had lost interest in. I would like to add that through using the system for other members of my family I got a lot of other perfect results. I have learned from using the system that worrying does not help problems and to simply hand them over to Tony to look after. The results speak for themselves.
B.C. Kildare.

From heart attack to healthy living

My brother suffered a heart attack some months ago. The whole family was naturally very concerned about him so I immediately put him on Postal Requests. This took all the worry away from us as

one of the Postal Requests team told me he would be OK. He was a heavy smoker and had some unhealthy eating habits. He has now given up smoking and has altered his lifestyle. It turned

out he didn't need a heart bypass and he is now in very good health. Without the Postal Requests I would not know where to turn. Thank you Tony and team.
Breandan Melody (Dublin)

EYE INFECTION CLEARED

I have been putting relations and friends on the Postal Requests regularly over the last sixteen years as it has always proved effective. The conditions these people were suffering from ranged from depression, exam stress, glaucoma, relationship problems to cancer. Just to illustrate how effective the healing can be: the latest result I had was early this year when my two year old daughter caught an eye infection which was causing her to lie down with pain over a twenty four hour period. I phoned the request in and the result was dramatic. Within twelve minutes the little 'un' was standing up with a smile on her face. So there was a holistic result and no need for antibiotics with such a young child. I have always been amazed at



Siobhán Clifford with her daughter Anna.

how fast Postal Requests work for me. It certainly has increased my faith as to what it is possible to bring about through prayer and positive thinking. I now find myself using the approach more and

more - though in emotionally difficult circumstances where I am personally involved the Postal Requests are a great resource.
Siobhán Clifford,
Howth, Co. Dublin.

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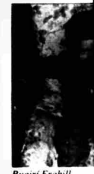
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Ruairi Frahill