

Create Your Own Miracles: A Seven Step Phenomenon

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"You are so amazing! Just breathe... Be careful! Your mind is listening... it's the biggest quantum search engine on the planet!" Yvonne Oswald, author, *Every Word Has Power*

To speak to the above quotation, I now ask you do you ever wonder why miracles only happen to some people, but not to you? The answer to that question has something to do with your conscious and unconscious mind. Your conscious mind is the programmer who sends out the request for the miracle to manifest. Your unconscious mind is programmed to bring you results based on the strength of the emotions attached to the request.

To understand this phenomenon, ask yourself these questions:

- o How powerful was your intention for making that miracle?
- o Were you really ready to receive that miracle?
- o Did you truly expect within your heart and soul for that miracle to happen?

In other words, did you create the miracle within your mind, heart and soul?

So what can hold us back from receiving the changes of miracles? It's simply the chatter of low energy thoughts and beliefs that condition our mind not to conceive, accept and receive miracles. Your outer reality is the manifestation of your inner reality and your inner reality depends on the way you talk to yourself.

To rewire and re-condition the mind, dream of the miracle as if it is really happening now, and be gracious and grateful beforehand for whatever it manifests. After all, when you ask a family member for a glass of water, you are so certain that you will receive that water that you offer thanks with your request before you even receive it.

You have to have the same frame of mind if you want miracles to happen to you. I have designed a seven step phenomenon:

- o Dream IT
- o Speak Out
- o Expect IT
- o Ask for IT
- o Prepare for IT
- o Thank IT
- o Balance Life Style

Let us explore the following frame work to bring about miracles in your life:

1. Dream it:

Conceive the miracle and meditate on why you want it. The stronger the reason for the miracle, the easier will be its manifestation. Now, you should be able to visualize in detail the miracle (focus on what and not on "how" - give it to the universe to figure out how).

2. Speak out:

Positive affirmations are more powerful if you speak to yourself while simultaneously looking in the mirror. Similarly speak loudly of that miracle as if you are announcing to the universe to physically and spiritually manifest it. Can you convince yourself that miracle is happening in the present tense

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and not in the future!

3. Expect it:

If doubt enters then your goal is not clear and the unconscious mind may take longer to get the miracle to you! The law of attraction, simply stated, says that we attract what we expect to receive, which goes for both positive and negative expectations. Doubt and fear are also the result of negative self-worth, so do not doubt that you are not worthy of the miracle. You are unconsciously wired to receive the miracle but your perception of negative self-worth and negative emotions, such as fear are blocking the miracle. So, prepare yourself to receive the best.

4. Ask for it:

Meditate. Before you send out those positive vibes make sure you are in "alpha state" of your mind by being full of empathy and compassion. Ask with complete expectation. Allama Iqbal, known as philosopher of East said "Elevate your Khudi (worth, dignity and will so high that the Khuda (Creator) will ask you what is your wish". In my opinion it implies that we are the co-creator of that miracle. We are wired for miracles. All we have to do is learn how to help them unfold. Just like in many cultures, you can rid yourself of negative emotions by letting the universe take care of it. Similarly you put your trust in Universe to give the miracle to you.

5. Prepare for it:

Expect it and receive it from all types of channels and manifestations. Keep your options and mind open for all types of possibilities. I have met many people unexpectedly, thereby confirming my belief that it was not an accident. I truly believe in Serendipity. Universe channels in mysterious ways. So focus on what you desire and not on what "you don't want". Can you see yourself enjoying the desired miracle! The universe will provide you with choices and options to fulfill your miracle. Exercise your option with an open mind and without fear.

6. Thank it:

Express gratitude for its forthcoming blessings. Of course, you will be grateful when you receive it but send out this gratitude assuming that you have *already* received it. The positive energy and vibes you are sending out will return with your miracles.

7. Balance Life Style:

Last but not least, cultivate a healthy life style and holistic approach to food, environment and living. If your mind, body and soul in not well, then it will affect your ability to continue in achieving your dreams. Remember the act of giving prepare you to receive miracles in your life. Celebrate both giving and receiving.

It is simple and not impossible but not easy. You play your role according to Universal laws. Your role is your attitude, your belief; and your belief is the result of your thinking.

Remember and meditate on this fact...Your sub-conscious mind is way ahead of your conscious mind and it knows how to navigate you and your conscious to its destiny. Depending on your conviction and faith in their manifestations, miracles can and will happen to you if you believe wholeheartedly in mind and spirit and follow these actions.

We, at the Life-Transformation-Institute.org, discuss and practice this framework (and other topics related of mind, body and soul) guided by therapists, healers, and life coaches every month.

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To you and your inspiration

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Life Transformation Institute (merging of Friends of Heart and Inspirational Book Club) is a collaborative group of kindred spirits that empowers life by sharing our cumulative knowledge and wisdom. Our focus is the body/mind/soul entity and raising awareness.

Join us online:

<http://www.meetup.com/Life-Transformation-Institute>

About the Author



Max Haroon is a social entrepreneur and founder of the Society of Internet Professionals and Life-Transformation-Institute.org. He has been involved in the Information Technology (IT) industry in various sectors, including the Internet and IT Training for over 35 years. He has completed many consulting assignments, forging alliances, as well as initiating various entrepreneurial enterprises. His work has spanned many countries and resides in Toronto (Canada). He evangelizes leveraging the Internet and speaks at conferences and symposiums.

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