

Made for Miracles

10 Steps to Manifesting A Miracle in any area of
your life

Kathy Forest

Where this book came from...

I think all of us have experienced those times when we just go to a place of fear. There may be no reason for it, or there may be a big reason. We may blame it on some outside circumstance, or it just may come over us...unwarranted. When it does, it doesn't matter if what caused it is real or imagined, ***we are in it.***

Depending on its magnitude, some might call this "the dark night of the soul."

One thing I know is that when it takes you, it takes you. It is no respecter of persons. Once its singled you out, you are going down. You can feel it coming. That sense of unrest, unsettledness. Like something is not quite right. You try to stave it off by ignoring it, or thinking positive thoughts, or doing all the myriads self-care remedies you know. But still it follows you, stalking you, until eventually it takes you down.



When this happened to me most recently, I decided to up the anxiety level and add to the mix the one thing that frightens me the most: a fear of a lack. I created a situation (mostly in my mind) that caused me to believe that I was going to fail financially. I had a class not make, and a couple of healings canceled, and just like that, I was behind. Not that this hasn't happened before, but for some reason, this time it was producing tons of anxiety. It was like a mini-life review of every time in my life I had ever experienced this kind of fear all the way back to childhood. And I was freaking out! And I was frozen. I couldn't seem to shake the fear long enough to do the things I ordinarily do to get myself back to my right state of mind and back to a financially stable position.

Luckily, in the midst of all of my chaos, I had some good healer friends who sustained me with some excellent healing techniques as well as a place to vent. And, I had lots of tools, that in spite of my total state of freaked-out-ness, I was able to use. One of those tools that compelled me to pick it up was ***A Course in Miracles***. I had tried to read it years ago and didn't get very far. But it had stayed on my bookshelf, and when I began to read it, it was as if I was starving for what it was feeding me. I knew I was definitely in need of a miracle and it was promising me that they were pretty much simple. Here are some of the things that compelled me...

“You are a miracle, capable of creating in the likeness of the Divine. Everything else is your own nightmare and does not exist. Only the creations of light are real.”

“A miracle is a universal blessing from the Divine through me to all my brothers and sisters.”

“Miracles are a healing because they supply a lack: they are performed by those who temporarily have more for those who temporarily have less.”

“A major contribution of miracles is their strength in releasing you from your false sense of isolation, deprivation and lack.”

“To change is to attain a state unlike the one in which you found yourself before.”

“There is no order of difficulty in miracles. One is not “harder” or “bigger” than another. They are all the same. All expressions of love are maximal.”

“Miracles occur naturally as expressions of love. The real miracle is the love that inspires them. In this sense everything that comes from love is a miracle.”

“Miracles are natural. When they do not occur, something has gone wrong.”

“Miracles are a kind of exchange. Like all expressions of love, which are always miraculous in the true sense, the exchange reverses the physical laws. They bring more love to both the giver and the receiver.”

“Miracles are both beginnings and endings, and so they alter the temporal order... They undo the past in the present, and thus release the future.”

“Miracles are teaching devices for demonstrating it is as blessed to give as to receive. They simultaneously increase the strength of the giver and supply strength to the receiver.”

“The power to work miracles belongs to you. You will be provided with opportunities to do them, but you must be ready and willing. Doing them will bring conviction in your ability, because conviction comes through accomplishment. The ability is the potential, the achievement is its expression, and the miracle–

the restoration of alignment with the Divine Wisdom within,
which is the natural profession of all children of the Divine,*IS THE PURPOSE.”*



And there it was! This giant lightbulb finally went off. Every difficulty that we have is a call for a miracle! That is why we came to a physical planet. When you live in the physical it is only natural to believe what you see. If you find yourself in a particular circumstance, and you have been conditioned to believe that is your likely outcome, your subconscious mind will reinforce that belief. Add fear to the mix and you have a nice ripe combination for disaster that will continue to perpetuate itself in your life over and over again. It's the perfect set-up for miracles. **SO**, if you can trick yourself into remembering the truth of who you are and replace what you see on the outside with what your Spirit knows on the inside, you set yourself up to create a miracle. And not only do you do that for yourself, but you literally expand that knowing to all of those around you. Just as negativity can be contagious, Miracles are more contagious.

If you are truly ready to end the struggle, then it is time to commit to releasing MONEY, or HEALTH, or LOVE, or whatever it is you are up against, as an adversary, and letting IT be your friend...you teacher. So do it, right now. Take a deep breath and let go. Let go of trying to figure it out. Let go of doing it all yourself. Let go of beating yourself up when you don't do it right, or don't have enough, when the books don't balance, or the paycheck is not big enough. Surrender and let MONEY be your friend and ally. Feel this viscerally in your body. Drop the struggle. Even if just for a moment.

Say out loud: ***Ok, I surrender. What, "in God's name" have you been trying to teach me? I surrender. Show me. I am willing to see differently.*** Then write down everything that comes in your journal.

STEP 2: GETTING CLEAR

Once you have figured out why the Universe is trying to get your attention, it's time to get really clear on what you want. What equals RICH to you? So this may not be a money issue for you at all. In fact, you can use this strategy for anything...any place where your life is jerking your chain. So it might not be a money crisis. It could be a time crunch, a relationship dilemma or heaven forbid, a health crisis...or a myriad of other things. Whatever it is, it has your attention and it is distracting you from what you came here to do. If that is the case, then it is time to do something about it.

IN LIFE, YOU GET WHAT YOU HAVE THE COURAGE TO ASK FOR!

In order to move forward, we have to understand this fundamental rule:

WE WERE MADE FOR MIRACLES! We are here to perform them...EVERYDAY!

Every dream and desire that you have was placed in your heart for a reason, and everything in heaven and earth wants to conspire to make it happen. If you desire it, you were meant to have it. A miracle is just a shift in perception. Once you change your mind, the physical form has to manifest. So the question in this step is:

And if you have picked up this book, I bet you have felt it too''...that feeling of dread, fear, exhaustion, frustration. Have you ever just wanted to say, "Enough, already! I am tired of the struggle. I am tired of this rat race. This is not supposed to be this hard! I am here to complete my sacred purpose! I've done all the classes! I know what it is! I am moving steadily toward those goals. So why is it that I never seem to have the resources to do the things I am here to do? Why has this been so difficult? Why does it continue to be so difficult? Will this ever end?"

When you get to this point, it is a Golden Moment...an extraordinary opportunity. This, my friend, is the point of surrender...the point where you are willing to do just about anything to end the struggle. This is where you can finally surrender to MONEY or LOVE or HEALTH or (whatever it is you are up against) as your teacher.

So catch it. Stop right there and catch it...that feeling that came up when you read those words. This is actually the beginning of **STEP 1: SURRENDER**. So stop right here and write down everything you felt and thought when you heard that this OBSTACLE is your teacher.

What did you come up with? Lots of stuffs, I bet. Stuff that was all over the map, from “Of course it is,” to “No way. It’s not about the money,” to blablabla. Embedded within your answer are all the reasons, the history, the blocks and the blessings...all the lessons that THIS THING has been striving to teach you throughout the years, and all your reactions to those teachings. And this is where we begin. Because if you are struggling with MONEY or lack in any area of your life, there is something awry in your relationship with and to it.

So, I know what you are thinking: This sounds an awful lot like Law of Attraction mumbo-jumbo and I’ve tried all that stuff and it didn’t work and I just want to pay my rent at the end of the month! That’s where I was too. But I knew I had other tools that had worked for me before, and so now, armed with the knowledge that this could actually be a thing, I put myself through the following process. And it worked. And it kept working. And the more I did it consistently, the more it worked.

So now I humbly offer it to you. Our world is in desperate need of miracles right now. The planet is crying out for us to step up and be the miracle-workers we were intended to be. I am sure you have miracles in your own life that you would like to perform. “Conviction comes through accomplishment” and I am convinced that this process can work for all of us. It is with the deepest respect and gratitude for your willingness to be on the planet at this time, that I humbly offer it to you...

The “Made for Miracles” Protocol

Sometimes...You just have to get hungry.

If you had told me that this was the first book I was going to write, I would have said you were crazy. I would have told you that this was not my area. It's certainly not what I appear to excel in. In fact, this is the one thing that I have chased all my life and has always seemed to elude me. But, because I have “chased” it, I have studied it in depth. I know what every other person on the planet, most of them masters of it, says about the topic. I have a wealth of information at my fingertips. And yet...even though I am in such a better place than I have ever been, when I think about my MONEY, it's still there—that feeling of uneasiness, of not quite there yet, precariousness.

STEP 1: SURRENDER

In a perfect world, if you could have anything you wanted, the life of your dreams, your perfect end to whatever existential crisis you are experiencing right now, what would it be?

Let yourself relax and really dream big with this one. You don't want crumbs. You want to get really clear and you want to feel it. The best way I know I am on the right track, is if I feel an overwhelming sense of relief, just writing it down. This may entail a little ranting...getting out your frustrations about why it hasn't happened and all the work you have done to no avail. That is ok, and in fact preferable. This is a mind dump. There could be lots of emotion as you finally let yourself express exactly what is in your heart. As you do this, don't be surprised if other things come up that you didn't know were there. This just means that you have kept a lot buried and it is time to uncover all of it...every desire that was placed there that you haven't had or taken the time to notice.

Once you have answered this question as thoroughly and deeply as you can its time to answer part two:

Why? Why do you want it?

This can get a little freaky for folks. We may want to say, “I don’t know, I just do.” Remember, no desire is wrong! If you want it, you want it for a reason. Really did in here. And by now, you may already know what’s coming next: Be prepared for “the stuff.” You know. The lies. Instead of all the reasons why you want and need this thing in your life, what may come up is all the reasons you have been telling yourself why you should not have it. If this happens to you, it is a good thing...a very good thing! These weird, funky thoughts are the very reason you are doing this exercise in the first place. So write them down too. (You may want to write them in a different color or put them in a different notebook or on a different page. We are going to address them next.) They are the reason we are doing this. These are the very thoughts we need to change. So get them out. Then, go back to the original question: ***Why do I desire what I desire? What purpose is it going to serve in my life? Why do I absolutely NEED it?***

Once you are really clear, come up with a clear and concise intention of what you want to create. You know the drill: measurable, future oriented, positive and concise. Write it down! (If you are utilizing this in the workshop, use this for your CCT (Crystalline Consciousness Technique) session. It is important to know that this was one of the tools I used in my process. I had someone do a CCT Chart for me to bring in cash quickly. It happened within a week.)

STEP 3: OBSERVATION

As I alluded to in the last step, once you get real with yourself, everything that you have ever thought about why you don't deserve to have what you want is going to reveal itself. If it doesn't happen during the above exercise, just wait for it. It will. You may find you need to carry a little notebook around with you so you can jot them down. You want to ferret out every last one. If you need a question to prompt you for this step it would be:

Why don't I believe I can have what I say I desire? Why don't I think I deserve it? What is the story I have been telling myself? Where does it come from?

Beware, most of these ideas may sound really valid to you. After all, you have been letting them keep you stuck up to now. So you may have them rooted really deeply. This is where you begin to look at where they came from. ***What were the stories you grew up with?*** Where did they come from? What events around money or love or health or whatever your difficulty is, are still emblazoned in your mind? What emotions come up around those stories? What did they cause you to believe about yourself? Which of these belief systems are still running and how do they cause you to behave? What do they trigger in you, and what actions do you respond with? Get all this down on paper. Write the story of your life with Money.....or Love.....or relationships.....or health.....or weight.....whatever miracle you want to work on!

As you write it, and you remember the stories, lots of people, events, places, things you did, will come up that you know you need to let go of and do forgiveness work around. Make a list of them. Then begin your work...FORGIVE.

STEP 4: FORGIVE OTHERS AND FORGIVE YOURSELF

“Miracles are everyone’s right, but purification is necessary first.” –A Course in Miracles

As you are going through the list of all the reasons why you should not have what you desire, you, no doubt have come across memories of events that have caused you to feel this way. Maybe you grew up poor. Or there was co-dependency or alcoholism, or abuse, or negativity, or food addictions, or....I could go on, but you get the idea. These stories usually involve other people. In order to get this mindset totally out of your system, the first step is to make peace with those who helped you embrace these faulty beliefs. Then you need to make peace with yourself, holding them so long and making yourself miserable in the process.

This step may not be as easy as it sounds. In fact, it might not even sound easy to you. But I have two invaluable tools that can help you do it and I advise you to use them both!

EFT & Ho'oponopono – The Magic Keys to freedom!

First of all, let me say that I was introduced to both of these practices many years ago. Apparently, they were too powerful for me because I picked them up and put them right back down. Several times! For whatever reason, they did not resonate with me. I realize now that I wasn't ready for them. I wasn't ready for the kind of shifts they were going to bring on...what I would have to give up...The literal physical changes that would have to take place in my life. My ego self still had a lot of attachment to those belief systems we uncovered. Even though consciously, I didn't want them and knew they weren't true, subconsciously, they had a very deep foothold. They were keeping some very big FEARS at bay. FEARS I wasn't ready to face.

But remember that part about “getting hungry?” When you are hungry... desperate...you will do just about anything to change your situation. In that position, that place of SURRENDER, Spirit can truly work with you. When I finally found myself there, these tools suddenly lit up for me and I was able to see their value very quickly. Below are explanations and “how-to's for both. I recommend that you take all the items on your list of why you don't deserve what you want and do both techniques with them. Do the Ho'oponopono for both other people and yourself. Then any place you find that you have been harboring a false belief, thinking ill of yourself, or making bad choices, use EFT to “tap” it out.

Ho'oponopono

“Miracles are natural signs of forgiveness. Through miracles you accept Divine forgiveness by extending it to others.” -A Course in Miracles

Ho'oponopono is a Hawaiian practice of reconciliation and forgiveness. The Hawaiian word translates into English simply as *correction*, with the synonyms *manage* or *supervise*, and the antonym *careless*. This practice has its roots in the Huna tradition. It has been made popular among healing circles because of the powerful transformation it can create. One of the stories that really has brought it attention is offered here with excerpts from Joe Vitale:

It is the story of a therapist in Hawaii who cured a complete ward of criminally insane patients – without ever seeing any of them. **The psychologist would study an inmate's chart and then look within himself to see how he created that person's illness.** As he improved himself, the patient improved. His name is Dr. Ihaleakala Hew Len. He worked at Hawaii State Hospital for four years. The ward where they kept the criminally insane was dangerous. Psychologists quit on a monthly basis. The staff called in sick a lot or simply quit. People would walk through that ward with their backs against the wall, afraid of being attacked by patients. It was not a pleasant place to live, work, or visit.

After a few months, patients that had to be shackled were being allowed to walk freely. Others who had to be heavily medicated were getting off their medications. And those who had no chance of ever being released were being freed.

Not only that, but the staff began to enjoy coming to work. Absenteeism and turnover disappeared. They ended up with more staff than they needed because patients were being released, and all the staff was showing up to work."

Dr. Len never saw patients. He agreed to have an office and to review their files. While he looked at those files, he would work on himself by using the technique described below. As he worked on himself, patients began to heal.

Dr. Len believed that he was healing these individual by simply healing the part of himself that created them. He explains that **total responsibility for your life means that everything in your life – simply because it is in your life – is your responsibility. In a literal sense the entire world is your creation.**

“A miracle is a service. It is the maximal service you can render to another. It is a way of loving your neighbor as yourself. You recognize your own and your neighbor’s worth simultaneously.” –A Course in Miracles

I know this is tough to grasp, let alone accept or actually live. Blame is far easier than total responsibility, for Dr. Len, healing for him and in Ho‘oponopono means loving yourself. If you want to improve your life, you have to heal your life. If you want to cure anyone – even a mentally ill criminal – you do it by healing you.

Turns out that loving yourself is the greatest way to improve yourself. And as you improve yourself, you improve your world. “Let me give you a quick example of how this works: One day, someone sent me an email that upset me. In the past I would have handled it by working on my emotional hot buttons or by trying to reason with the person who sent the nasty message. This time, I decided to try Dr. Len's method. I kept silently saying, "I'm sorry" and "I love you." I didn't say it to anyone in particular. I was simply evoking the spirit of love to heal within me what was creating the outer circumstance.

Within an hour I got an e-mail from the same person. He apologized for his previous message. Keep in mind that I didn't take any outward action to get that apology. I didn't even write him back. Yet, by saying "I love you," I somehow healed within me what was creating him.

In short, Dr. Len says there is no “out there.” It would take a whole book to explain this advanced technique with the depth it deserves. **Suffice it to say that whenever you want to improve anything in your life, there's only one place to look: inside you.**

And when you look, do it with love.”

Here's the process:

Whenever a place for healing presents itself in your life, open to the place where the hurt resides within you. After identifying this place, with as much feeling as you can, say the below four statements:

*I'm Sorry.

*Please Forgive Me.

*Thank you.

*I love you.

This process is greatly enhanced when you write it down as if you are having a conversation with the other person. For instance:

“Mom, I am sorry that you had to grow up in poverty and had to experience so much fear from not having a mom all your life, Please forgive me for judging you and the way you raised me because you never had a healthy example of a parent. Thank you for all you gave me and how hard you worked to support me and give me life experience that has made me the person I am. I love you.”

When you do this, its like emotional surgery. You can literally feel the shift inside of you. Things start to untangle. Things begin to move. Then the next step is to move the energy and retrain the negative thought patterns with **EFT: Emotional Freedom Technique**.

Emotional Freedom Technique (EFT)

Emotional Freedom Technique (EFT) is a revolutionary treatment method that offers healing from physical and emotional pain and disease. Without the use of needles, this form of acupuncture uses the fingertips to stimulate energy points on the body. Developed by Gary Craig, this is an easily mastered technique that can be performed virtually anywhere. This treatment sprang from the idea that, "The cause of all negative emotions is a disruption in the body's energy system."

TAPPING GIVES YOU THE POWER TO HEAL YOURSELF, PUTTING THE CONTROL OVER YOUR DESTINY BACK INTO YOUR OWN HANDS.

The practice consists of tapping with your fingertips on specific meridian points while talking through traumatic memories and a wide range of emotions. Meridian points are certain points that can be mapped throughout the body. Energy circulates through your body along this specific network of channels. You can tap into this energy at any point along the system.

All negative emotions are felt through a disruption of the body's energy. The body, like everything in the universe, is composed of energy. Restore balance to the body's energy, and you will mend the negative emotions and physical symptoms that stem from the energy disruption. Tapping restores the body's energy balance, and negative emotions are conquered.

How does it work?

The basic technique requires you to focus on the negative emotion at hand: a fear or anxiety, a bad memory, an unresolved problem, or anything that's bothering you. While maintaining your mental focus on this issue, use your fingertips to tap 5-7 times each on 9 of the body's meridian points. Tapping on these meridian points – while concentrating on accepting and resolving the negative emotion – will access your body's energy, restoring it to a balanced state.

According to Dr. Dawson Church, “Acupoint tapping sends signals directly to the stress centers of the mid-brain, not mediated by the frontal lobes (the thinking part, active in talk therapy).” Because EFT simultaneously accesses stress on physical and emotional levels, he adds, “EFT gives you the best of both worlds, body and mind.” In fact, it's EFT's ability to access the amygdala, an almond-shaped part of your brain that initiates your body's negative reaction to fear, a process we often refer to as the “fight or flight” response, that makes it so powerful.

Think of your amygdala as a personal alarm system. When you experience trauma or fear, the amygdala is triggered and your body is flooded with cortisol, commonly known as the “stress hormone.” This intricate chain reaction – your stress response – significantly influences and sometimes even causes whatever it is that troubles you, whether that's an illness, injury, emotion, or even an external problem such as an issue with a friendship.

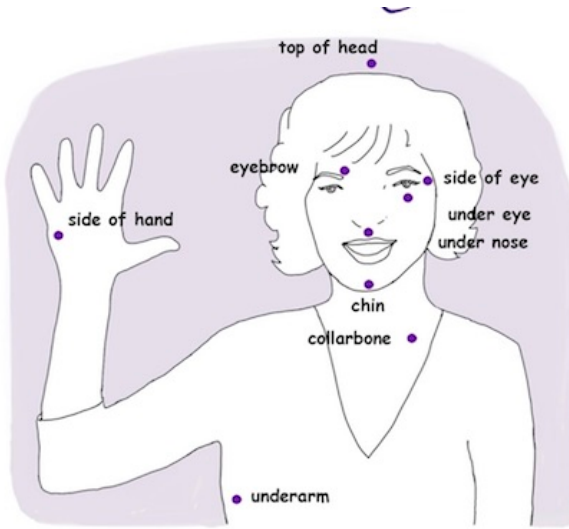
So this literally allows us to REPROGRAM our brains! Consider, the above Ho'oponopono example.

This was a girl who grew up in a home where the parents grew up in the depression. Her mother's mother died of a stroke when her mother was two. There was a lot of "lack consciousness" in this home. I am sure many of you can relate. So as this girl grew up, every time she would experience a "lack situation" she would be flooded with feelings: frustration, anger, guilt, shame, all of it...These were not all her emotions. They were ones she learned and inherited from her family of origin, as well as her own, usually over choices she had made that had resulted in less than favorable outcomes...habits she had also inherited. These emotions would lead her to thoughts of self-loathing, which she would immediately cover up with the addiction of choice, be it food, alcohol, rage, anger at others, judgement, gossip, sleep, tv binging....etc. Then this emotion and thoughtform would be buried and embedded in her system until the next time it was reinforced. And so goes our cycle. Right?

But now consider that instead of repeating the cycle endlessly, we disrupt it with Ho'oponopono. Then, instead of the self-depreciating thoughts, she reprograms those with the phrase, "Even though I have made poor money decisions, I deeply love and completely accept myself," or something like that. This will literally move the toxic energy out of the body via our energy meridian AND reprogram the mind with a new thought of love and acceptance.

THIS IS THE WAY WE MOVE ENERGY! THIS IS THE WAY WE WORK MIRACLES!

So, I know that some of you will experience resistance when you try both of these. I highly encourage you to do your best to push forward and try the techniques for a day or two at least, to see if you can move the resistance. You can even do an EFT session for the resistance itself. “Even though I am experiencing resistance to the EFT process, I deeply love and completely accept myself.” Our goal will be to get ourselves so clear that we can do the whole process as part of a short morning practice to keep ourselves clear on any issue we are up against. Remember, every place we feel stuck is a call for a miracle. This is the practical way we begin to create them in our own lives and in our world.



STEP 5: RECOGNIZE AND REFRAME

“Miracles bear witness to the truth. They are convincing because they arise from conviction.”—A Course in Miracles

EFT HOW-TO CHART

Focus on the distress you want to resolve. If you have several issues you want to work on, focus on the one that's most stressful right now.

Assign a Subjective Units of Distress (SUD) to the problem. On a scale of 1 (lowest) to 10 (highest), rate how intense the distress is.

Create a setup statement. “Even though I [state the problem], I deeply love and completely accept myself.” Repeat the statement aloud 3 times while tapping on the fleshy part of the outside of the hand with the four fingers of the other hand.

Tap around the points. Tap lightly about five to seven times on each point in the illustration, starting at the top of the head and ending at the underarm point.

While tapping on the points, say aloud to yourself a short reminder phrase to keep the focus on the issue you're tapping on.

Remeasure your SUD level. After you complete a round or two of tapping, re-visit your initial distress. What SUD number would you give it now? If you're not yet at 0, begin the process again. The goal is to get your SUD to 0.

The information in this EFT Chart is not intended to replace qualified medical or psychological advice or treatment. Marcella encourages you to always make your own health decisions with a qualified medical or psychological professional.

Once you have done the above exercises, you will have removed much of the emotional baggage around these false beliefs. You will also have begun to let go of them and reprogram your mind to embrace your value and worth. This will make this next step much easier. Once again, you want to get that list of false beliefs and ask this question:

“Is it true? Is it really true that I don’t deserve...?”

Obviously, the answer is going to be “no.” But if it isn’t true, ***“What is the truth?”***

You want to begin to have a new outlook...to begin to see things differently. So as you are pondering these truths, a helpful prayer to pray is this:

“I humbly ask for a miracle. Please, help me to see things differently. I am willing to see differently.”

Once you have prayed that prayer, just begin writing. You will be amazed at what will flow out on the paper. This is your new mindset. Your new way of thinking and being. Write your new story of how your life will unfold. And if nothing comes, then move on to the next step. It will. For now, you have cleared a ton of room and it is time to put some more positive energy in its place.

STEP 6: THINK AND BELIEVE THE NEW THOUGHT

“Miracles restore the mind to its fullness. By atoning for lack, they establish perfect protection...Miracles are examples of right thinking, aligning your perceptions with truth as Divinely created.”

—A Course in Miracles

This is the real work. Once we have cleared the debris it is time to begin to reprogram that thought into our brain. I like to really go deep and program my subconscious for success. The golden rule about this is repetition. Obviously when you begin, you may experience resistance. But just commit, to reading the following every day for the next six weeks. In the morning when you do your work and in the evening before bed. See if you don't see some positive changes.

(Note: Substitute whatever word resonates for you with regard to Divine Source. It could be God's Wealth or Creator's Wealth or Universal Wealth or the Goddess's Wealth, Mother Earth's Wealth, Divine Source's Wealth or even LOVE. Just make sure it feels good and true for you.)

“I am now writing into my subconscious mind the idea of Love's Wealth.”

“I know that God-Goddess is the Source of my supply. I know that God-Goddess is the Life Principle within me and I know that I am alive, and all my needs are met in every moment of time and in every point of space. God-Goddess's wealth flows freely, joyously and ceaselessly into my experience and I give thanks for God/Goddess's riches forever circulating in my experience. God-Goddess is my instant supply, meeting all of my needs right now.”

“I am born to succeed. I am born to create miracles. The infinite wisdom within me cannot fail. Divine law and order govern my life. Divine peace fills my soul. Divine Love saturates my mind. Infinite intelligence guides me in all ways. Divine Creator’s riches flow to me freely, joyously, endlessly, and ceaselessly. I am moving forward in all ways, spiritually, financially, physically, mentally and emotionally.”

“I know these truths are sinking into my subconscious mind and I know and believe they will grow. Divine Source is my supply. I am infinitely guided in all ways. The Goddess always opens a new door.”

“A miracle is a correction introduced into false thinking...It acts as a catalyst, breaking up erroneous perception and reorganizing it properly.” – A Course in Miracles

You can also support yourself with short simple affirmations that you can recite throughout the day whenever you think about it. What to supercharge your practice? Do these on a mala!

Here are some examples:

I am worthy of receiving every desire in my heart.

I am here to do sacred work, and that work is always supported.

The Universe is conspiring to manifest my desires always.

I am ready for the next step.

I know that I am always supported.

I am worthy of my every desire.

I know I am being guided.

I was made for miracles.

I create miracles every day.

There is always more coming in than going out.

I deserve all the health, wealth and abundance the world has to offer.

I am enough.

Making money comes easy to me.

My divine right partner is with me now.

I deserve love.

This is my time.

I joyfully receive money into my life.

I love money and money loves me.

I always have more than I need.

My work is of high service and worthy of massive compensation.

I am offering my gifts to the world and being generously rewarded.

It is helpful to pick a few of these and write them every day. Commit some of them to memory and repeat them as many times a day as you can. Notice when you say them, if there is any “pull back” internally. That will simply mean that there is still a place where you don’t believe it. Take it back through the EFT and Ho’oponopono again.

Step 7: Believe and Vibrate with the New Thought

We have to KNOW that whatever our goal or intention is, whatever miracle we are working to create, IT IS DONE. IT IS HAPPENING!

This is the step where we through everything we have got at it. We meditate on it. We imagine ourselves as if what we desire has already happened. We think about it and feel it every day! This step will also begin to show you where your vibration needs to raise. You may begin to raise your vibration, and people or events may cross your path that are just the opposite of what you are holding. For instance, a random bill comes in the mail or a sudden accident happens that requires funds to fix. This is where we become hyper-vigilant at moving the energy quickly. Once we have cleared out as much as we have cleared, our ego will try to throw things at us to put us back to what we are used to. We need to get efficient of recognizing what is happening and getting ourselves back to our high vibe.

Here are some things that can help:

When something happens and you feel yourself start to freak out, repeat the following:

“Divine Source is my instant and abundant supply and is meeting this need right now. Everything is in Divine and Perfect Order.”

Ask yourself: Is this the truth? What is the truth? Help me see things differently. Then repeat your affirmation as many times as you need to, to get yourself back to knowing. A good one:

“My work is of HIGH SERVICE and worthy of massive compensation. I am offering my gifts to the world and being MASSIVELY compensated.”

Use all the tools you know:

Put yourself in HIGH VIBE places and hand out with HIGH VIBE people. Avoid negativity at all costs. Whether the adage: “Your income is the average of the 5 peeps you hang out with,” is true or not, pretend it is. You vibe with your tribe! Up-level whenever you can.

Affirmations: We have listed some, but you can always add more of your own and also be on the lookout for more. Create a list of them in your notebook and refer to them regularly. ***It is now time to UP your game!*** Set an alarm on your phone to go off at least 3 times a day or up to every hour. When it goes off, state the affirmation of your choice or read our long affirmation. As you do, let yourself feel what it will feel like when you reach your goal.

Speaking of Goals, set some! It is now time to take your manifestation to the next level. You have the clearing process down. Keep it up, and begin to set your sights on regular concrete goals. I like to do this at least once a month, at the new moon. Then you vibe with the earth and as she is building her energy with another moon cycle, you can build your energy with her. Make the goals positive and specific, with a time and date for their completion. For instance: I am manifesting \$7,000 or more in September, 2019; or I am manifesting 5 new clients this week.

Imagination: Use it! Spend some time every day, imagining what it will feel like when you accomplish your goal. If you can't imagine that, then try remembering a time, when "IT WORKED," when you were working with a great client and getting paid, or when you were living authentically the way you want to, a time when you were "in the pocket!" You have to convince your subconscious mind that the life you want is already here. If you want to go on a vacation, start packing and planning. If you want more money, create a dream budget, or play money games like the "checkbook game." (Using an old, unused, checkbook record, put \$5000 in the amount column, and "write checks" to "spend it." Your subconscious doesn't know the difference. It will begin to think you have the money...and soon you will!)

Vision boards: This is another practice that I like to do at the New Moon. You can use a poster board for a long-term vision, or an art notebook for monthly small vision boards. Cut pictures from magazines or get pictures online that represent what you are manifesting this month, and motivate you. There are also apps that you can put on your phone and/or computer to create virtual vision boards. You can also print these out. It is helpful to put them somewhere you will see them and look at them often.

Essential oils, & flower essences: When I said use everything, I meant it. All high-quality essential oils and flower essences raise your vibration immediately! There are also blends that are specific for different topics like abundance & prosperity, health, wealth, love, and overall well-being. They now come in sprays, roll-ons and bath salts. Find some you like.

Mind Movies: This is an awesome manifestation tool. You can get 6 free ones just for giving them your email address. You can sign up for a program that lets you make your own with your own pics. They are like little 2-3 minute commercials for your brain that remind you of what you are manifesting. You can load them on your phone and watch them first thing in the morning and last thing before you sleep. Go to www.mindmovies.com and sign up.

Meditation: This is always an excellent tool to tone the mind and body. I have included a quantum field mind meditation for you on the classroom page. You can also go to YouTube and find the guided mediation of your choice. Subliminal meditations with affirmations on your chosen topic are also available. You can go to YouTube and type in “Subliminal Money Meditation” or “Subliminal Love Mediation” and lists will pop up. Find one that sings to you and use it until you tire of it. Then find another one. You will know it is right for you because it will feel really good and you will want to do it. When you no longer desire to do it, it means you have reached that particular vibrational frequency and it is time to up-level. Go back and find another one.

Exercise: If you are not moving, MOVE. Do anything, walk, swim, hike, bike. Get your heart pumping. This works for every intention, I promise!

Healthy food and more water: Yes, this works too! Everything that will improve your vibe will increase the potential for your intention to manifest because you feel better! When you feel better, you attract more high vibrations to you!

Chanting/Sound Vibration: The esoteric practice of chanting (using sound vibration) to move energy WORKS! The beauty of it is that you don't need to "believe" in any tradition for it to work, you just have to engage the sound practice. There are also specific chants for specific needs. For instance, you can chant "Lakshmi" chants for abundance, or "Saraswati" chants for creativity in writing and music. There is a specific chant for just about everything you can think of, from physical ailments, depression, love, you name it, there's a chant for it. Two books that can get you started are Shakti Mantras and Healing Mantras by Thomas Ashley-Farrand. And sound vibration doesn't end there! Listening to certain vibrational tones raises your vibration immediately. Check out Power-thoughts Meditation Club: 432HZ Miracle Tone! It is what is used in the meditation included on the classroom page!

Dirt Time and Energy Work: You have got to create a flow of energy to and through your body! If and when you feel stuck, go outside and make yourself magnetic. Take your shoes off and re-charge! If that is not enough, get some Reiki or Energy work to get the energy flowing through your body!

Feed Your Mind: Read High Vibrational Books on the Topic you are working on. If you like to listen, utilize Audible! If you don't have it let me know and I will send you a book of your choice from my library and you can listen for free for 30 days! I have tons of favorites! Below are just a few...

A Course in Miracles by Dr. Helen Schucman

A Return to Love or Anything by Marrianne Williamson

The Bhagavad Gita

Lamb by Christopher Moore

Sacred Success by Barbara Stanny

Get Rich Lucky Bitch by Denise Thomas

The Sacred Science by Nick Polizzi

Becoming Supernatural or anything by Joe Dispenza

Big Magic: Creative Living beyond Fear by Elizabeth Gilbert

Leaders Eat Last: Why Some Teams Pull together and Others Don't by Simon Sinek

You are a Badass at Making Money by Jen Sincero

Mindset: The New Psychology of Success by Carol Dweck

Rich Dad, Poor Dad or anything by Robert Kiyosaki

Worthy: Boost Your Self-Worth to Grow your Net Worth by Nancy Levin

Gratitude

Focusing on all the abundance, love and health that is already flowing all around you is the best way to keep your vibration high. The best place I know to do this is outside. Every morning during my sit spot I take the time to look around and see the abundance all around me and really feel it. Send love to the Earth and feel her love come back. Put your bare feet and hands on the earth and really feel her. Talk to her. There is no way you cannot feel truly grateful when you do this.

If you dip for whatever reason, **call a friend** that will get you back on track. Reach out to someone in the Facebook group. You are in the process of shifting years of false programing. Use all the tools at your disposal and be on the lookout for more that will cross your path as you continue your journey of miracles.

You have to KNOW that Spirit has your back. Everything is in divine and perfect order. Everything is working out for your good. This or something better.

Step 8: Release

Let go and Let Goddess. All that we have been doing up to this point has felt like work. If you feel in your body, you can feel that we have been building a lot of energy. This is the point where you simply release it to the will of Heaven. You truly begin to trust that the Universe has your back. You let your body, your heart, and your mind relax. You repeat to yourself, “This or something better,” and you truly mean it. You allow yourself the luxury of being in a total state of trust.

You may have to have mini conversations with yourself. You may have to allow yourself to realize that you have made it this far. You are still alive. You are still breathing. You may have to give yourself “relax appointments” where you say, “Ok. For the next 30 minutes I am not going to worry about this problem. I am not going to think about how to solve it. I’m not even going to do affirmations. I am just going to breath and trust that all is well. Then extend the time to an hour.

Step 9: Be led.

“Prayer is the medium of miracles. It is a means of communication...Through prayer love is received, and through miracles, love is expressed. The Divine will direct you very specifically. You will be told all you need to know.” --A Course in Miracles

When you decide that you are in the business of making miracles, the whole Universe moves to meet you. You literally become the hands and feet of the Divine. The Divine working through you, needs you here on the planet. It needs you to perform tasks in the physical in order for physical outcomes, *miracles*, to happen.

When you get to this point, it’s time to ask: What am I supposed to do? Let’s say you are working to create a certain amount of money. You may have a certain idea about how you could do it. But it is always helpful to ask the Divine, “What am I supposed to do to make this happen?” “Is this the right path or is there another that would be more beneficial and expedient?”

And then you wait, preferably with a pen and paper. Wait until you get an answer. If you don't hear one, keep moving forward and keep asking. Use a pendulum or muscle testing or a card deck or other divination tool of your choice if you need to. Stay open. Guidance can come in some of the most interesting ways. So heighten your awareness. Most importantly, be willing to be led. You may get guidance, and it may feel uncomfortable. It may mean you have to do something that is way out of your comfort zone. The Divine doesn't waste anything. It is all about growth. If it can perform a miracle and get you to grow in the process, then that will happen. Just expect it. But be willing. Be open. Be hungry!

Step 10: Open to Receive

“Each day should be devoted to miracles. This is how you use time constructively...Miracles arise from a miraculous state of mind, or a state of mind, or a state of miracle-readiness.” -- Adapted from A Course in Miracles

If you have made it this far and have done all the steps, your miracle is on the way, if it hasn't already arrived. So watch for it. You will know it when it arrives. There will be no mistaking it. The Universe loves big surprises. Allowing yourself to receive means being open. Notice all the subtle ways that the Universe is moving you toward your goal. Some of these may feel uncomfortable. But if you are honest with yourself, you will know that all of the movement is a shift toward the goal that you had at the beginning of this process.

If this process works like it is supposed to, this step will send you right back to the top to complete the process again. In a perfect world, you will feel so excited and happy that it worked that you will want to go back and try it again. If you are anything like me, once you get to the end, you may find yourself relaxing a bit, slacking on your morning practices, not focusing on your next goal, skipping yoga, or whatever. To some degree, right at first, this is normal. Your psyche is trying to stabilize itself as it has just been through a dramatic change and all this receiving may feel a bit uncomfortable. If you are not careful, you can land yourself right back where you started. Either way, it still has the same effect. You undoubtedly will move yourself right back to the top to take yourself through the process again.

So this is where I tell you that you are not finished, that you are never finished. In order for this process to work the magic that you desire, you need to keep at it. You need to do it every day. The more you do it, the quicker it gets. Once you clear, you can go through the steps in 10-15 minutes.

I promise you, if you keep doing this, if you diligently keep moving through the process, amazing things will begin to happen. Mostly because, ***YOU WILL GET BETTER AT IT!*** Right now it may feel long, cumbersome and arduous. The pile of false belief systems you have accumulated may be through the roof. But the more you do this, the faster it goes. You get skilled at getting yourself back into the vibe of your dreams. Pretty soon **THAT THING** that started your journey gets easy.

That is truly my prayer for all of you...that life gets easier, that you become a Miracle Master: That you master your physical experience and teach others to do so, as well.

Let's get busy!

Want to become a Miracle Master?

Visit www.celestialforestinstitute.com/made-for-miracles, where you can find tools, workshops and free protocols!

Kathy Forest, MS, CHt, is a master energy healer, teacher, speaker, transformational life coach, Akashic Record Reader, Reiki Master, regression therapist and wild-woman high priestess. She has been assisting women (and the men who love them) to deeply transform their lives through soul healing down to the cellular level for over 30 years. Beginning her career by transforming a small domestic violence shelter into a \$300,000, 30-bed women's wellness facility, she has been transforming lives ever since. Her life mission is to initiate, inspire and ignite a deep, healing connection to Source via the elemental forces of creation. She has a Masters degree in psychology and counseling from Central Missouri State University where she earned the coveted Tercherst Merit Award for outstanding achievement. She is a certified Money, Marketing and Soul Coach, an Alchemical Creation Coach in training, and the founder of Celestial Forest Institute of Energy Healing and Shamanic Studies. She offers women a way back to their roots through a variety of workshops and nature experiences. She lives with her two cats in Lawrence, Kansas. Contact her at www.celestialforestinstitute.com.

