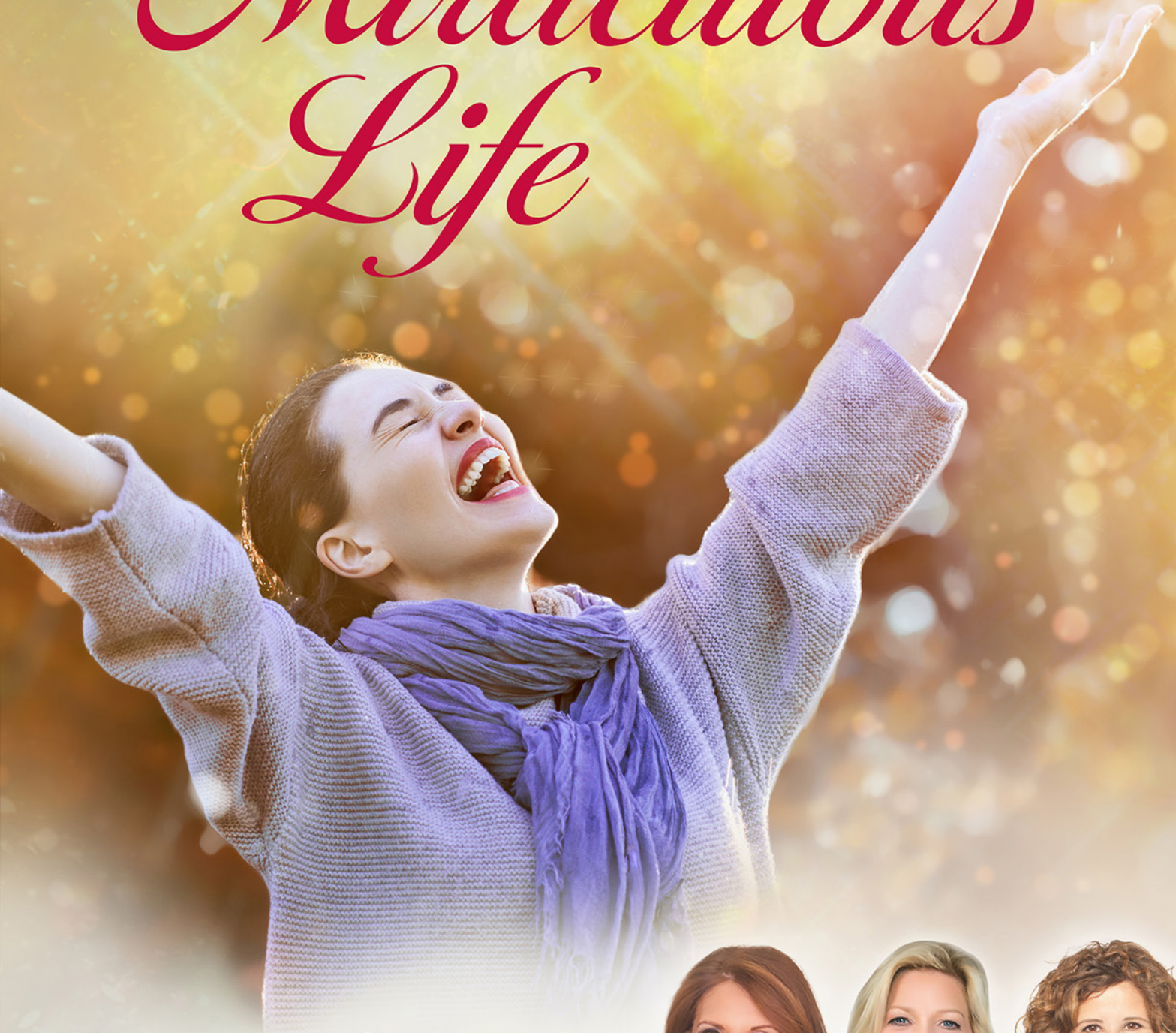


The 4 Biggest Mistakes

That Keep You From Living A

Miraculous Life



Marci Dr. Sue Lisa
SHIMOFF • MORTER • GARR
International Best-Selling Authors



About the *Authors*

You may not realize it, but there's an incredible opportunity in front of you today—the chance to live a life filled with miracles.

I'm Marci Shimoff, author of the *NY Times* bestselling *Chicken Soup for the Woman's Soul* series as well as the *NY Times* bestsellers *Happy for No Reason* and *Love for No Reason*.

I'm also a teacher in the hit film and book *The Secret*. Over the last three decades, I've had the honor of teaching millions of people around the world through my books and seminars how to manifest happiness.

You see, because I'd grown up very unhappy (I was born depressed), I'd been on a quest for years to learn the true secrets to happiness. Once I discovered those and used them in my life, I looked around and realized that not only was my life happy—it was, in fact, miraculous.

I was enjoying overflowing material wealth, deep spiritual fulfillment, and profound love with “the one,” as well as an abundance of those magical synchronicities that make you feel like everything is working in your favor. I was truly living in what I call the “Miracle Zone.”

I also realized that my miracle-filled life didn't happen by accident, but that there is a formula for creating a life you love—and that formula can be learned.

I knew this formula and decided I wanted to share it with others and asked myself, “Who else do I know who lives a miraculous life?”

The answer was clear. I invited two of my dear friends and colleagues to join me in sharing this formula with you: World-renowned Master of Bioenergetic Medicine and Quantum Field Visionary, Dr. Sue Morter, and Acclaimed Transformational TV and Radio Host and Teacher, Lisa Garr.

Dr. Sue also lives a miraculous life and has been teaching her powerful methods to activate full human potential for decades as a pioneer and leader in the field of energy medicine. In fact, about 18 years ago, Sue had an awakening experience that put her pretty much full-time in the “Miracle Zone.” Since then, she has devoted her life to decoding what it takes for each of us to live from our essence, which allows us to live a most miraculous life.



Sue has written the brilliant book *The Energy Codes* and has been sharing this knowledge with her patients, clients, and students to master the flow of energy in their bodies and in their lives so that they live the life their hearts yearn for. Not only have they been healing faster and staying healthier for longer, they're happier and more resilient and creative. People are having remarkable results from her practical and ground-breaking work.

Lisa is the creator and host of *The Aware Show*, a transformational show about natural health, cutting-edge science, personal growth and spirituality airing for two decades. She is also the weekend host of Coast to Coast AM radio, syndicated on over 600 stations, the host of *Inspirations* on Gaia TV, and host on KPFK, WBAI and Hay House Radio. Millions of people throughout the world have listened to Lisa and her transformational messages.

A few decades ago, Lisa had a tragic accident and near-death experience. In that experience, she had a dramatic shift in awareness and through her own recovery, she discovered ways to repattern her brain and revitalize her life. She has become a champion for teaching and sharing these methods to help everyone live more miraculous lives. Through that experience, Lisa found her voice and became a voice of change for the world.

Sue, Lisa and I always said that one day we would come together and teach our most powerful tools and techniques—and that day has arrived.

In this e-book, we're sharing with you what we know will put you in the Miracle Zone. It's your guidebook for creating a miracle-filled life—and avoiding the mistakes other people make that keep them in stress and struggle.

Living in the Miracle Zone isn't always easy—if it were, then everyone's lives would already be miraculous. But once you incorporate our four simple steps, *it can be easy for YOU.*

“You can't create miracles. They are a gift from the Divine. What you can do is put yourself in the Miracle Zone...that place where miracles are happening every day.”

—Marci Shimoff

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Introduction

Our (Not-Always-Easy) Road to Living Miraculous Lives

One glorious morning just a few short years ago, we woke up in a beautiful resort in Costa Rica. Our day overflowed with miracles. We were there at a meeting of the Transformational Leadership Council, a group of 125 of the top transformational leaders in the world founded by Jack Canfield—a group that we’re honored to be a part of.

As we ate our breakfast sitting on the veranda overlooking the crystal blue ocean, attended our meetings filled with profound wisdom, joyous laughter, and deep connection with our fellow Leadership Council members, and ended the day with a glorious sunset dinner cruise, we looked at each other and said, “It doesn’t get much better than this.”

And we go to these meetings two times every year at magical and exotic locations around the world...



***Yes, our lives are miraculous—but they weren’t always this way.
Not by a long shot.***

In fact, if you had told us that we would be together in the most beautiful places in the world surrounded by people who are loving and open-hearted and actual living legends, and having our wildest dreams come true, we would have said you were crazy.

And to us, the most exciting part of our lives is not just strolling on a white sand beach, *it’s that we get to share our secrets with you.*

From Marci

As I mentioned earlier, to be honest with you...I was born depressed. Even though I was blessed with a great family and wonderful circumstances growing up, I was not a happy camper throughout my childhood and teen years. I had low self-esteem and lived with an underlying feeling of fear and anxiety.

In my 20s, I had the idea that maybe if I became successful, I would like myself more. So I set my goal to be a superstar. My plan was speak to big audiences and to write and sell tons of books and make lots of money. I wanted to prove my own worth and feel important.

Over time, I reached those goals. I conceived of the idea for “specialty” books in the *Chicken Soup for the Soul* Series, and wrote 6 *Chicken Soup for the Woman’s Soul* books that soared to the top of the *NY Times* Bestseller List. In fact, they were on that list for a total of 121 weeks (yes, more than two years). I was featured in more national magazines and on so many TV shows that I lost count.

I had made the big time. I’d reached my goal of being an author rock star!



*“And then one day in June 1998,
it all came crashing down.”*

At the height of the *Chicken Soup for the Soul* phenomenon, I was in Chicago giving a speech to over 8,000 women. I'd just autographed 5,432 books. The event planner had even hired a massage therapist to massage my hand every 30 minutes so I could continue to write.

I remember signing that last book and, deeply exhausted, going up to my hotel room—the penthouse suite that the event planner had gotten for me.

I also remember walking into that room and looking out the window at the beautiful panoramic view of Lake Michigan and the twinkling Chicago skyline—and collapsing on the bed drowning in tears.

I had gotten everything I thought I needed to be happy, and I still wasn't.

I felt empty. My life was hard, I was totally drained, and I had little joy inside of me.

That's when I knew that I was looking in the wrong place for real happiness and deep satisfaction.

But what was the right place? I had no idea, but I was going to find out.

And I did.

I spent the next decade immersed in the study of what makes people happy. I researched the biology of happiness and what happens in the brains of happy people. I interviewed unconditionally happy men and women from every corner of the world.

***“Based on my findings,
I developed a formula for happiness.”***

And when I implemented that formula in my own life, I became deeply happy. Profound inner peace and a subtle, pervasive feeling of bliss replaced the existential angst of my childhood.

Over the years, this happiness has deepened and I now find myself waking up each morning to a life that's not only happy but truly miraculous. Amazing synchronicities happen each day, and I feel as though I'm in a sacred flow.

I love sharing the formula for a happy and miraculous life. And I love watching as others who also believed that happiness or love or certainly miracles were not for them begin to experience a deep and profound transformation to a life they love.

From Sue

When I was a child, I was completely intimidated by life. I was the kind of kid that if an adult even tried talking to me, I would hide behind my mom's skirt and if they persisted, I would burst into tears. I just wanted to be invisible. Life was completely terrifying to me.

I played by myself all the time. I even slept on the floor of my closet at night for years because it was the only place I felt safe since there was only one direction I had to watch and be cautious of. The only thing that felt calming to me was being out in nature.

As I grew up, in order to survive, I became a perfectionist. I did everything I could to try and control my world to make sure that I would be accepted. It was all based in fear and I thought I could soothe my fear by becoming excellent at everything I did.

I worked really hard and built a very successful healthcare practice. I was teaching seminars to doctors all over the country and being asked regularly to speak at various conferences. But my perfectionism and fears were running my life and affecting me in every way. I was getting severe migraines regularly. A few days every week, I couldn't go to work from the debilitating pain, and I'd have to cancel all my patients.

And then, about 20 years ago, I began to practice meditation just to get some kind of relief from the pain I continued to experience in my life. Surprisingly, I not only got relief, but within the first month my life began to change in unexpected ways...until that day, two years later, that I had the awakening that literally changed the course of my life.

I began living an amazingly different life experience. And I started attracting miracle after miracle into my life. Now I travel around the world, speaking in front of huge audiences. I recently spoke on a live stream event to over 90,000 people from NASA with no fear. In fact, all the fear and anxiety in my life is gone!

Since that awakening experience, I've focused on uncovering the specific ways that anyone can make living in this way an everyday reality. I'm inspired by and grateful for what I've discovered and the amazing ways in which it has changed my life and the lives of the people I've shared this with.

I now know how to build the energy circuits for the miraculous so that we can all live in the Miracle Zone each and every day of our lives.



“I'm inspired by and grateful for what I've discovered and the amazing ways in which it has changed my life and the lives of the people I've shared this with.”

From Lisa

In my 20's, I was a workaholic. I worked in television production during the day while starting my own company at night. Many nights I slept on the floor of my office because I didn't have enough time to drive home after I finished working late and be back very early the next day. I was an over-achiever and very off purpose.



Burning the candle at both ends, I decided to get into mountain biking with a group of production friends from work. I really loved mountain biking and thought it was a great chance to get away with friends. They eventually talked me into mountain bike racing, which I also loved. One day, I ended up in a series final race of the California State Championship. It was 108 degrees that day. The race was 27 miles long with 5,000 feet of climbing, and I was in second place overall. When I was almost at the finish line, I passed out on the bike while still riding.

During that almost fatal accident, I had a near death experience that changed my life forever. That was the wake-up call I needed because I was clearly going in the wrong direction. I had ignored the warnings life had been trying to give me, but this time I had no choice but to listen.

As I was passed out on the side of the mountain, I had the most transformative and peaceful experience imaginable. I floated above my body into a boundaryless state of pure consciousness where everything was connected. In that moment, I realized how disconnected I had been for years. Most importantly I saw how everything comes from one state of Universal consciousness, and how anything is possible in that state of pure connection. Before the medics airlifted my body out of a ravine, I was able to etch that feeling in my awareness so it would always be with me.

However, my journey to recovery was long. I'd sustained a traumatic brain injury from hitting my head on a rock during my fall. I suffered major memory loss and even lost my ability to speak. I had to learn how to talk all over again. I knew I needed a miracle to pull me through.

I started meditating and through that, I was able to quiet my mind and listen to my inner voice. The inner guidance I received led me to an amazing neurofeedback specialist who helped me recover from the brain injury.

During that time, I had a dream about a radio show that would transform the lives of millions of people. *The Aware Show* was born, miraculously created out of those circumstances.

Every day, I recreate and re-experience the feeling of connection and peace through my daily practices and my transformational interviews. I'm so grateful to be able to use my voice for change in the world because I know what it feels like to not have a voice.

Truthfully, I still like achieving, but now I do it with passion and purpose—I truly love my life. I'm living my mission to be my highest self and to communicate messages that inspire positive growth and change to millions of people throughout the world every year. This is my version of living in the miracle zone.



If we can do it, so can you.

As you can see, we didn't create our miraculous lives by accident.

There is a formula for living in the Miracle Zone, and we're going to share it in this e-book.

While we can't create miracles, we can create the conditions for miracles to flow in our lives. Living in that flow is what we call Living in the Miracle Zone.

So if you...

- Have been working hard, but just can't seem to create the success or abundance you see in the lives of others around you...
- Long for deep and fulfilling relationships with your partner or your friends or with "the one" who hasn't shown up yet, and you feel isolated and empty...
- Continue to experience health challenges, fatigue, or stress, despite having made changes to your diet, lifestyle habits, and exercise routine...
- Have been searching for your true life's purpose, but it seems to be outside your reach...
- Simply feel hopeless because the happiness you've longed for continues to elude you...

Or maybe you feel like your life is good but you want to take it to miraculous...

And when you make the decision to embrace miracles and stop making those mistakes that keep your miraculous life away... everything can change.

Your life really can shift in an instant.

It's not an accident that you're reading this right now. Your soul led you here.

You're primed for a miraculous life.

And at any moment in time, you can choose your next step. You can choose to continue down the path you're on or you can set your life up for miracles.

What will you choose, right now, in this moment?

You're always just one choice away from a completely different life.

We hope you choose miracles.

You're so ready.

How This Book Works

This book is broken down into four chapters. In each chapter we discuss another mistake that we see people make that have kept miracles from flowing in their lives. In each chapter we also provide a way to turn that mistake around so that you can start living more and more in the Miracle Zone!

Mistake #1: Holding On When It's Time To Let Go

You'll learn why letting go on the physical level creates space for your miracles to appear in every area of life. Then we'll share with you an ancient Chinese decluttering technique to make the process simple and fun.

Mistake #2: Not Thinking You're Worthy of Miracles

If you think you don't deserve to live a miraculous life, it's time to put that idea to rest. The fact of the matter is, the miracles you most desire are desiring you.

Mistake #3: Using the Power of Your Mind to Visualize What You Don't Want

If you want to manifest anything in your life, seeing it clearly in your mind's eye helps anchor the feeling in your body and begins the process of manifestation. But this law of visualization can work against you if you make the mistake of visualizing what you *don't* want to happen or the person that you *don't* want to be.

Mistake #4: Surrounding Yourself with the Wrong People

What if you're doing everything "right" and your miracles are still not manifesting like you know they could be. Is there something else holding you back?

Mistake #1: Holding On When It's Time To
Let Go

Mistake #1:

Holding On When It's Time To Let Go

At some point in your life, you have to simply let go of the past...whether it's letting go of a job where you feel like you're dying a slow death, a business that no longer brings you any kind of fulfillment, a relationship that was really over years ago, or an expensive piece of jewelry that was given to you by your former mother-in-law.

When you let go, you create space for something infinitely better to come into your life.

So why is it that we make the mistake of holding on?

There is only one reason: fear.

We think to ourselves things like...

"What if I let go of this job and then the management change happens that turns this company into a wonderful place to work?"

"I know I hate this business but at least I have a roof over my head."

"What if he leaves that husband stealer and comes back to me, and he's upset that I got rid of the necklace that his mother gave me?"

Really? Is that how you want to live your life?

You hold on out of fear that there won't be something to take the place of what you have now. We're here to tell you that there will be something. And you know what that something is?

Miracles.

In order to allow miracles into your life, you have to make space for them by letting go of what no longer serves you. You have to clear the clutter.

What we've found is that the way to start the energy moving is to get rid of the physical clutter. Once that physical stuff starts to move, letting go of the bigger things like stale relationships becomes infinitely easier.

When we release the old energy, it makes space for the new.

We have a friend who met her current husband at a party literally the day after she finally gave her deceased husband's clothes to Goodwill. He had died six-and-a-half years earlier.

When we let go of the old, we're basically saying to the Universe, "I know you have my back, so I'm going to let go and trust that there's something better on its way for me."

Everything we own carries an energy with it. It's amazing how letting go of something as seemingly innocuous as old pots and pans can help start the momentum that allows us to get a whole new kitchen, or house, or partner!

In order to "clear the decks" and open ourselves to a miraculous future, we use a simple feng shui ritual based on letting go.

If you're really ready to start this momentum going and you want a fresh start in any area of your life, we invite you to try this:

“Each day for nine days in a row give away, throw away, or somehow eliminate from your home or office 27 items—that's right, 27 items a day for nine days...”



These items can be clothes that have been in your closet for years in case you get back to a size 4, dishes that have big chips in them, spoons that have been eaten up by the garbage disposal, knickknacks that you don't even like that sit around accumulating dust—whatever no longer serves you and you don't want to carry into the future.

Here are some guidelines:

Once you start, you have to let go of at least 27 items a day.

If you skip a day you have to start over with day 1 because the energy is cumulative.

If you're not sure about an item, hold it to your heart and ask if you want to bring the energy of the item into your future. Ask, "Does it represent the 'me' as I see my ideal self in the future?"

Get rid of books, tapes, and CDs with messages that no longer speak to you.

Get rid of outdated food or vitamins, and dispose of old medicines that may remind you of a previous illness (it's not a great idea to hold on to these just in case the illness comes back!).

Throw away items in your kitchen that are cracked or unusable. Get rid of broken appliances that you know you'll never get fixed. It's usually cheaper to get a new one anyway.

Throw away items in your office like dried-up markers, broken pens, expired passports, and old magazines you'll never read.

Give away anything that holds an unpleasant memory or binds you to the past that is never coming back.

As you let go, thank the item warmly for its previous usefulness, and then say goodbye to it with gratitude in your heart. This makes the process joyful and deeply fulfilling.

After the nine days are over, take one final look around and see if what's left represents who you are now and who you intend to be in the future.

It's a law of physics that "Nature abhors a vacuum." In other words, Nature doesn't like it when things are empty! So when you create space, the Universe rushes in to fill it up. This is why when you release old relationships that no longer work, new and more wonderful ones have space to come in. When you let go of old resentments, more loving energy can enter. When you let go of the items throughout your home that carry old energy, more appropriate things will come in. You'll also notice a much greater ease when letting go of old ideas, feelings, positions, relationships, or anything that no longer serves you...and you'll also notice that miracles will fill those empty spaces faster than you can say, "I love living in the Miracle Zone."



Mistake # 2: Not Thinking You're Worthy of

Miracles

Mistake #2: Not Thinking You're Worthy of Miracles

Maybe you don't think you deserve to live a miraculous life. Well, the truth is that the miracles you most want also want you. They're just waiting around for you to love yourself enough to feel worthy of them.

The bottom line is that living a miraculous life is really a function of your willingness to just let the miracles in.

And your willingness to let miracles in is based on your feelings of your own inherent worthiness. And we can't feel worthy of miracles without self-love.

We're sure you've heard it said that no one can love you more than you love yourself...and people can only give you what you're willing to give yourself. It's the same with the universe - the universe will only give you what you feel worthy of. Until you develop deep self-love, it's going to be hard for those miracles to show up.

So how do you know when you have self-love? Well, one way to tell is that you feel content and at peace regardless of outside circumstances. You don't depend on someone else's love in order to feel good about yourself. When you have self-love, you're open to letting love in and you're open to letting miracles in. So if you find it easy to let others love you, you probably have a good amount of self-love.

And self-love is different than self-esteem. Self-esteem is conditional. Self-esteem is, "I love myself because..." and you can fill in the blank. For example: "I love myself because I'm smart. I love myself because I'm attractive, because I'm a caring person." But all of those "because's" make the love conditional. Self-esteem is something that you earn.

But self-love is an unconditional experience of love for yourself no matter what's going on. It doesn't depend on you being smart or pretty or talented or even a loving person. It doesn't depend on you being anything. It's about an unconditional acceptance of yourself, no matter what!

Self-esteem is great, but it's really self-love you need in order to live in the Miracle Zone. When you don't have self-love, you block the miracles because you don't feel worthy so you energetically push them away.

No matter who we are, all of us were wounded in some way or another when we were children. Some of us were abused physically and some of us were abused emotionally. Maybe you were neglected. Maybe your parents inadvertently and unknowingly hurt you by minimizing the sadness or fear you tried to express.

Something happened to all of us. In fact, multiple things happened to all of us. And we created false beliefs around those incidents by interpreting them through the mind of our childhood self.

In reality, what happened may have had little or nothing to do with our interpretation of those events, yet we've been living our lives as if those false beliefs were true. They may be things like "I am alone" or "I'm bad" or "I'm never enough" or "I'm too much" or "I'm not wanted" or "I'm not safe."

I (Marci) would like to share a very personal story from my own life that created a core belief that I'm not wanted.

My mother, in all innocence, loved to tell this story frequently because she felt it was actually a wonderful tale with a positive ending. But it had the opposite effect on me.

My brother and sister are 10 and 11 years older than I am, respectively. From what I understand, they were a total handful growing up, often at each other's throats, and my mother used to say that it was too much for her. She would tell her friends that if she ever got pregnant again, she would just drive off into the ocean.

Well, sure enough, she did get pregnant again—with me—and the way she told the story is that she was so happy she didn't drive off into the ocean. She would add just how wonderful I am and end the story with, "Honey, you may not have been wanted, but you were always loved."

Well, it's a lovely message, but what I heard above all else is that *I may not have been wanted*—and I could not own the part that I was always loved. Every time my mother told the story, which was regularly (even the week before she passed away at the age of 88), all I could hear was that I wasn't wanted.

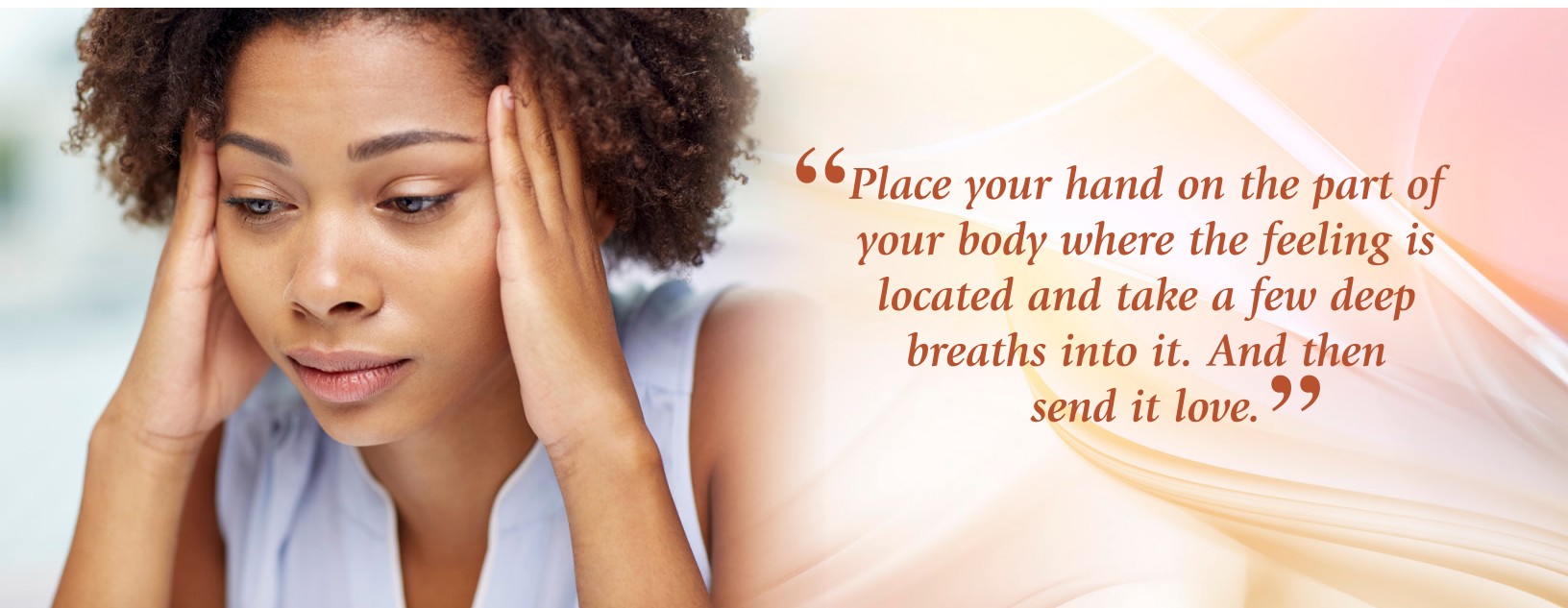
That's how I developed a false core belief about myself, and it's shown up in many ways in my life — in my personal relationships, in my relationship with myself, in my work. For most of my life, I felt that I had to prove myself because, inherently, I didn't feel wanted for who I was. That meant I had to create some amazing value for people to want me. As I've become more aware of this pattern and done healing processes (one of which we're about to share with you), I've been able to dissolve that limiting belief. I no longer believe it's true and releasing it has freed up my life.

I'm willing to put myself out there much more because I feel wanted for me, for who I am, and, most importantly, I want me!! I don't have to prove myself any more.



One technique we find very powerful when we're feeling lack of self-love, unworthiness, or any kind of emotional pain is this:

1. Allow your attention to scan your body and locate where you're feeling a sensation that wants your attention. Emotional discomfort of any kind, regardless of its source, is experienced somewhere in the body. Once you've located it, whether it's tightness in the throat, pressure in the chest, or contraction in the gut, that is where your body is holding the emotion.
2. Place your hand on the part of your body where the feeling is located and take a few deep breaths into it. And then send it love. You can even say to it, "Thank you. I love you." This will allow it to begin to unwind.
3. As this process continues, the sensation will usually decrease. In some cases it might increase as it's leaving your physiology. To aid the healing process, you might want to do something physical like dancing or taking a warm bath.
4. Whatever direction the sensation takes, it has a message for you. Even a sensation that you might label as pain is really a portal to healing and wisdom.



“Place your hand on the part of your body where the feeling is located and take a few deep breaths into it. And then send it love.”

Ask what the message is. Sometimes it's very clear. Sometimes it might be a reminder that you have the power to heal yourself, to dissolve old wounds, to love yourself into a state of wellness, and to restore yourself into a state of wholeness.

Maybe that pain is a gift, and when you open it by putting your attention on it, you'll discover that you are not only worthy of being well and whole but you are worthy of miracles.

Mistake #3: Using the Power of Your Mind
to Visualize What You

Don't Want



Mistake #3:

Using the Power of Your Mind to Visualize What You *Don't* Want

Albert Einstein once famously said, “*Imagination is the preview of life's coming attractions.*”

If we want to manifest anything in our lives, seeing it clearly in our mind's eye helps anchor the feeling in the body. In fact, research has shown that the mind can't distinguish between something real and something imagined, so the mind begins creating new neural pathways based on whatever it is we're imagining as if it's happening in the physical world.

Once the neural pathways are established, we can effortlessly do what we had imagined ourselves doing.

One famous study looking at brain patterns in weight lifters found a striking similarity between the patterns activated when the weight lifter actually lifted hundreds of pounds and when he simply imagined lifting the same amount of weight.

Guang Yue, an exercise psychologist from Cleveland Clinic Foundation in Ohio, compared people who went to the gym with people who carried out virtual workouts in their heads. He found a 30% muscle increase in the group that went to the gym. But what was really surprising is that the group that just visualized weight training also increased their muscle strength—by almost 14%! And that increased muscle mass remained for three months following the mental training.

***There are hundreds of examples of the power of visualization...
here are just a few of the most famous ones:***

- ~ Michael Jordan said that he always took that last game-winning shot in his mind before he took it on the court.
- ~ Before American Idol winner Jordin Sparks had even made it into the top 10, she cut out a picture of herself and put it on the cover of Entertainment Weekly with the headline “American Idol 2007 Jordin Sparks.”
- ~ Jim Carrey shared that as a struggling young actor, he would visualize himself doing the things that the greatest actors in the world did...like turning down major roles because they were so in demand by studios that they could pick and choose whatever roles they wanted!

But this law of visualization can work against you if you make the mistake of visualizing what you *don't* want to happen or the person that you *don't* want to be. In fact, worry is the process of actively visualizing what you don't want. And most people spend much of their day unconsciously visualizing what they don't want.

If you have the habit of thinking things like, “My partner is going to leave me—they always do,” or “I’m destined to be overweight—I’ve been this way since I was a child,” you are creating deep neural pathways that will take some effort to reverse.

I (Lisa) have had profound experiences using the practice of visualization every day to create the life I’ve dreamed of. I use it to creatively envision and open the space for miracles to flow into my life. I learned this from my mentor, Dr. Wayne Dyer, who also wrote the foreword for my book, *Becoming Aware*. Wayne said to me many times, “If you change the way you look at things, the things you look at change.” I took his advice to practice daily visualization and am so glad I listened to him.

So here’s what we suggest you do...

Visualize yourself in your future as if you were already in possession of what you desire. See yourself as if it were occurring to you right now. Imagine the scene in as much detail as possible. Who are you with? What do you see? Smell? Taste? Hear? Engage all of your senses. And, most importantly, what do you feel, not just with your hands but with your emotions?

The most effective times to visualize are first thing in the morning, before you get out of bed, when your mind is fresh and open; after your meditation practice, when your mind is in an expanded state; and before you go to bed at night so the visualization works its way into your subconscious while you sleep.

After doing this for a short time, you’ll start noticing that those things you visualized are happening for you in the most effortless and miraculous way.



“The most effective times to visualize are first thing in the morning, before you get out of bed, when your mind is fresh and open.”

Mistake #4: You're Surrounding Yourself with the

Wrong People



Mistake #4:

You're Surrounding Yourself with the Wrong People

Now that you know the power of your mind, you are probably excited to get going and start visualizing.

But we know that some of you are also thinking, “I’ve tried this already and it hasn’t worked for me.”

Well, we have some questions for you to ask yourself:

- Were you really committed?
- Did you visualize with enough consistency to actually create a new neural pathway?
- Did you have at least one visualization session every day?
- Did you add the element of “feeling” to your visualization so that you felt it in your body as though your vision had already happened?

If the answer is yes to these questions, and you want to know why it still doesn’t seem to be working for you, we have an answer.

Most likely, there are numerous reasons, but we know of only one that has scientific verification to back it up: *There might be too many people in your life who don’t want you to get what you desire, and you are affected by their thoughts.*

Really?

Lynne McTaggart, a researcher, lecturer, and author of *The Intention Experiment*, has devoted years of her life to extensively investigating this phenomenon. She’s interviewed physicists and other researchers around the world and collected the most extensive data available on how our thoughts can measurably affect the people we’re focusing on. Her breakthrough work on the power of our minds to change reality has been corroborated by researchers at prestigious universities such as Princeton, MIT, Stanford, and more. The research concludes that thought generates its own palpable energy—energy that you can use to improve your life, to affect the lives of others, and, when harnessed together with an interconnected group, to change the world.

With that in mind, here are the million-dollar questions...

- Who in your life might be thinking thoughts that aren’t supporting your success and happiness?
- Are there people who for one reason or another might not want you to succeed?
- Do you have friends who believe that your success might take something away from them or might decrease their own chance for success?
- Might those people be creating a field of resistance that’s holding you back?
- Is it wise to continue having those people in your life?

Let me (Sue) tell you about my own experiences that substantiate what The Intention Experiment has concluded...

When I was a little girl, I could see energy. I saw beautiful colors and shapes when people were happy, and rigid, dark energies when they were angry or upset. I would often become confused because sometimes people's energy wouldn't match what they were saying or doing.

I remember my grandfather coming to visit, and he'd give me a big hug and say he was so happy to see me. But when I looked up at him, I would see all kinds of dark, spikey energy. I didn't feel good around him and wanted to run away.

Years later, when I began practicing as a doctor, I would see how people's health was affected by the energy around them.

For example, one day I was at my clinic when one of my patients, I'll call her Nancy, walked in the door and immediately the air felt so heavy you could cut it with a knife. I could see that positive, happy energy just wasn't flowing in her life. So I asked her what was going on and she told me all about her symptoms: headaches, digestive problems, trouble sleeping, and fatigue.

What was interesting was after I did a few tests, I determined that there was nothing "medically" wrong with her so I asked her more questions. The more we talked, the more she started to open up and reveal what was going on in her life. She said that she was having trouble in her marriage and that her husband was such an incredibly negative presence that it effected her day in and day out. To him, there was little good in the world. He complained about his work, he complained about their son's grades and attitude, he complained about the world, he complained about money and he constantly said horrible things to her and about her. This was reflected in her physical health and her energy field.

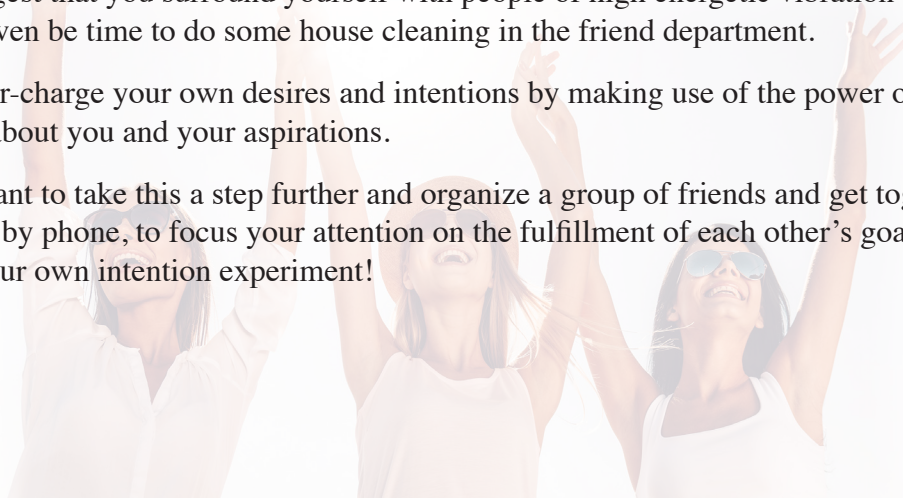
Think about a time where you could feel the negative energy in a room or maybe a time when you were around family members or at work and you could sense the tension in the air.

Nancy experienced the power of other people's thoughts, specifically her husband's, and how they impacted her life and her reality.

The same is true for you. If you want to create miracles you can do it by not only using the power of your thoughts but I suggest that you surround yourself with people of high energetic vibration that want the best for you. It might even be time to do some house cleaning in the friend department.

You can even super-charge your own desires and intentions by making use of the power of other people's positive thoughts about you and your aspirations.

You might even want to take this a step further and organize a group of friends and get together regularly, either in person or by phone, to focus your attention on the fulfillment of each other's goals and desires. In other words, do your own intention experiment!



Conclusion

You've now discovered four mistakes that are keeping you from living a life filled with miracles and how to turn them around. This is a great start for getting you into the Miracle Zone.

IT DOESN'T MATTER WHAT MIRACLES YOU'RE LOOKING FOR — WHETHER THE MIRACLE YOU WANT IS FOR MORE ABUNDANCE, MORE FULFILLING RELATIONSHIPS, FINDING “THE ONE,” BETTER HEALTH AND GREATER VITALITY, SUCCESS IN THE WORK YOU LOVE...OUR 3 SECRETS CAN PUT YOU IN THE ZONE WHERE YOUR MIRACLES WILL BEGIN TO FLOW INTO YOUR LIFE!!

We're here to support you to transform your life—one miracle at a time!



Marci with His Holiness The Dalai Lama.



*Dr. Sue with Neale Donald Walsch,
bestselling author of Conversations with God.*



*Lisa with Wayne Dyer, bestselling author of
The Power of Intention.*

“Deep And Insightful.”

“In my experience, Marci, Sue and Lisa are unparalleled in their ability to effectively convey deep and insightful knowledge and facilitate real growth. They are rare and precious gems among mentors who will transform your life, and support you in creating a level of success you probably can’t even imagine for yourself.”

Claire Zammit

Co-Founder / FemininePower.com and EvolvingWisdom.com

“Exceptionally Powerful And Supportive.”

“I’ve known and admired Marci for many years both as a leader in the transformational world and as a dear friend. When I was a guest speaker for Your Year of Miracles, it was clear to me why people love her so much as a teacher. She’s co-created a fantastic program and the miracles community is exceptionally powerful and supportive of each other. It was exciting for me to hear the miracles these women shared! The energy, love, and results Marci generates through this program are genuine and abundant. I look forward to being a guest mentor again next year.”

Dr. John Gray

#1 NY Times bestselling author, *Men Are From Mars, Women Are From Venus*

“She Has the Tools.”

“Dr. Sue Morter practicalizes and functionalizes the metaphysical insights and mystical wisdom of all the best spiritual literature of the past half-century. The Energy Codes by Dr. Sue Morter offers shockingly simple, yet wonderfully masterful, explanations that turn all the ‘What’s True’ info into a single ‘How To’ revelation that can change lives virtually overnight. Spiritual knowledge is one thing, spiritual tools are another. For those ready and willing to build a new life, Dr. Sue has the tools.”

Neale Donald Walsch

Bestselling author of *Conversations with God*

“She Is A Worthy Guide.”

“Marci Shimoff has her finger on the pulse of the greatest evolutionary leap in the history of humanity—our leap out of fear into the attitudinal matrix of love. Marci is one of the most loving people I’ve ever known, and she is a worthy guide.”

Marianne Williamson

Internationally renowned spiritual leader and #1 *NY Times* bestselling author
of *A Return to Love*

“The Best of the Best.”

“It has been several decades now that I have known and admired this remarkable woman, Lisa Garr. I have sat with many of the world’s most accomplished interviewers, and I consider Lisa to be my all-time favorite. She always brings a kind of loving energy and excitement to every subject matter. I know this woman as a peerless professional, a dedicated mother, and a personal friend. Simply put, she is the best of the best.”

Dr. Wayne Dyer

#1 *NY Times* bestselling author, *The Power of Intention*

“Look No Further.”

“Of all the mentors I’ve had, my time with Marci has been the most profound and valuable. She’s intuitive, gifted, smart, practical and generous. She’s helped me earn more, impact more people, and bring more joy into my life. She has my highest endorsement.”

Marcia Wieder

CEO / Dream University

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