



Made for Miracles

Module 2

As you continue to do the process, you may get to the point where you (mistakenly) think that you have worked through everything. You have reviewed all your stories and there is nothing left to clear. If you get to this point, here are some prompts adapted from Barbara Stanny's book Sacred Success, that can help you dig deeper...

- What are the rules you have been living by? Where did they come from? Which ones served you? Which ones don't? Which of these rules need breaking?
- If you asked my father about me achieving greatness, he'd say...
- If you asked my father what he thought about _____ (money, love, health – insert whatever your miracle manifestation of choice is), he'd say...
- If you asked my mother about me achieving greatness, she'd say...
- If you asked my mother what he thought about _____ (money, love, health – insert whatever your miracle manifestation of choice is), she'd say...
- If I manifest this miracle, I worry I will...
- I want to manifest this miracle, but...
- To me, manifesting this miracle means I have to...
- What terrifies me about manifesting this miracle is...
- What excites me about manifesting this miracle is...
- In my family, I wasn't supposed to...
- I'd say the one thing that I was never supposed to allow myself to have or achieve is...
- Growing up I knew better than to...
- As a child, I would get punished if I...
- Even now, I know I shouldn't...
- My biggest fear around success is...
- If I let myself get to big, I will...
- Write down all the things in your life that are troublesome and calling out for a miracle. Is there a theme? Do they reflect any rules that may need breaking? *

STEP 4: FORGIVE OTHERS AND FORGIVE YOURSELF

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

Make a list of the things you have come up with that you need to forgive. You can get there by asking the question: *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!

Begin to list them here:

Ho’oponopono

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

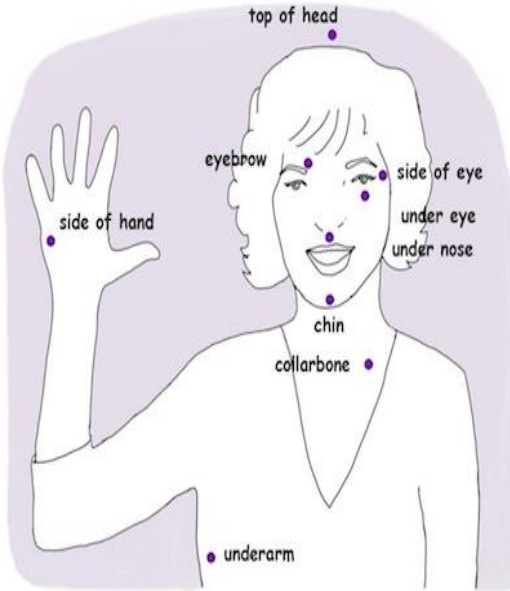
Whenever a place for healing presents itself in your life, open to the place where the hurt resides within you. After identifying this place, take it through the Ho’oponopono process. With as much feeling as you can, say the below four statements:

- I’m sorry
- Please forgive me.
- Thank you
- I Love you

EFT: Emotional Freedom Technique

Take your same issue through EFT as outlined below. I like to write out what I say, so I can remember what I did. It also helps on those days when you don't have time to go through the whole process you can reuse one you have already done. The key is just to keep doing something everyday!

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.

Re-measure 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.
