

How to Receive Miracles With Ease

A WORKSHOP INTENSIVE



REFLECTION WORKBOOK

Before You Begin...

Before you begin each writing session, close your eyes, take some deep breaths, and drop down from your head into your heart and soul. Spend a few minutes centering yourself within and when you feel ready, open your eyes and begin writing. If at any point you feel like you're starting to get too much into your thoughts, critical self, or self-analysis, pause, take a few deep breaths, drop back in and continue writing. It's okay to include your thoughts, and opinions, but make sure you're also including your feelings and intuition or senses in this process. Stay curious!

A SIMPLE CENTERING RHYTHM

- 1 Close your eyes and take a few deep breaths.
- 2 Drop down from your head into your heart and soul.
- 3 Pause whenever self-analysis takes over.
- 4 Return to your feelings, intuition, and senses.

Part 1: Clearing the Way

1. Do you believe, within your innermost self, that there is a Divine Presence personal to you? Something that is for you, in your corner, cheering you on, supporting you unconditionally? Write about why or why not.

2. What qualities do you believe this Divine Presence needs to possess in order for you to feel safe and loved? Do you believe these qualities exist in this Divine Presence and that they're specifically for you?

3. Do you find that you sometimes pass on the grace that comes from this Divine Presence to others before fully receiving the gift and integrating it for yourself first? If so, describe one or two current examples and how they felt.

4. Are there any habits or cycles of behavior that have been with you so long that they feel chronic? Do any of these behaviors feel compulsive — meaning that you want to stop engaging in them but you’ve been unable to do so, no matter how hard or how many things you’ve tried, with the full knowledge and experience that the behaviors cause serious problems in your life? Some examples of compulsive/addictive behavior might be: over or under eating, debting and/or overspending, under earning, co-dependency, drinking, recreational drug use, gambling, participating in abusive relationships (both giving and receiving), overworking, creating clutter. It’s important to note that the frequency and/or amount in which you engage isn’t the issue, but rather the desire to stop but the inability to do so on your own.

5. If you answered yes, how does it feel to admit it on paper to yourself? Write about what may have prevented your admission in the past.

6. Can you now admit all this to the Divine Presence that is personal to you? Can you ask this Divine Presence to help support you in seeking help with this compulsion?

7. Are there any beliefs you hold that feel rigid or inflexible to you? They could even be perceived as positive, such as around health, spirituality, relationships, or behaviors for self and others.

8. Are there reactions/actions that stem from these types of beliefs that prevent you from getting the support you require for your mental, emotional, physical, and spiritual well-being? If so, what does that look and feel like?

9. Can you start to explore, accept, and take action on these behaviors with as little shame as possible and accept this is simply what is, through no fault of your own?

10. Can you let it be okay that you may need to make effort to keep the way clear for greater ease in co-creating miracles with the Divine?

Part 2: Recognizing Miracles

1. What does a miracle feel like to you? What qualities must a miracle have in order for you to believe you experienced one?

2. Give some examples of what felt like a miracle to you, no matter how big or small.

3. Do you take the time to acknowledge and accept a miracle when you become conscious of one?

4. Are there times when your mind shies away from acknowledgment because you struggle with deservability? If so, what actions are you taking or have taken in the past that have strengthened your self-confidence and the knowing that you deserve good things?

5. In order to embrace a miracle, you have to acknowledge and accept it first. What are the necessary elements that come together inside you, so that you feel you're embracing something or someone? Start with deep acceptance and add on from there.

6. What actions have you taken before to bring these elements together inside you, so that you know you're embracing something or someone? Is it a matter of focused intention and/or actions that nurture the process?

7. Would slowing down help you to embrace miracles as they unfold in your life? If so, how would that look and feel?

Part 3: Co-Creating Miracles with the Divine

1. What’s the difference in results you experience between thinking, wishing, and taking actions?

2. What happens when those actions feel right and that rightness comes from within? Is there a difference in the results you experience?

3. Have you ever noticed that there may be parts of your shadow that have become adept at imitating a Divine voice or the voice of your intuition?

4. Have you noticed a difference in rushing through the inner exploration of rightness and taking your time for the right action to be revealed? Do outer events sometimes need time to align or unfold before you have everything you need to take right action?

5. Give some examples of rushing through vs. taking your time. Which one most often results in miracles? There is no right or wrong answer, only your answer.

6. Do you feel ready, willing, and able to co-create miracles with the Divine? Can you embrace what efforts you're responsible for and leave the rest to the Divine?

7. What happens for you when you want a specific miracle from the Divine? What parts of your shadow and light can get involved in that wanting?

8. Can you accept that in order for that miracle to take place you may need to make considerable effort in the form of actions? Not to fix yourself, because you're not broken even if it sometimes feels that way, but rather to clear the way, embrace the creation of the miracle and then make effort to co-create it with the Divine? Can you accept that some miracles take months or years to co-create with the Divine because you may fear certain aspects of the whole process?

9. What about the co-creating of miracles with the Divine feels exciting, joyful, and hopeful? Does any of this feel scary right now, or are you experiencing the habit of projecting into the future that doesn't yet exist?

10. In the space below, commune with the Divine by expressing how all this feels to you, what actions you're willing to take, and what you feel you need help, support, and Divine Power with in order to welcome, co-create, and manifest the abundance of miracles in your life, as you are today. Keep it simple. Try not to pile on so many actions that you get overwhelmed and abandon the process. Let it come from deeper within rather than just your thoughts.
