10 Ways to Reap Miracles

Miracles Happen to Those Who Believe in Them! By Joyce H. Brown, N.M.D., Ph.D., Certified Crisis Chaplain

Instructions: Would you like to manifest a miracle? If you want to reap miracles, there are three key steps to putting these principles into practice. (1.) The first key is belief. Believe that you will reap a miracle (see #1 below). And believe that the ten concepts outlined below will help you do it. You have to really feel it, and live it, until you become it. If you ever find yourself doubting, immediately replace those thoughts with thoughts of belief (see #2 below). (2.) The second key is repetition. Read over this list again and again. Read it with as much feeling and faith as you can muster. Read it aloud if possible. Get up somewhere high and shout it out! Ideally, you want to repeat this list several times throughout the day. At the very least, however, be sure to read this list every morning as soon as you wake up, and every night just before you shut off the light. (3.) The third key is action. If you want to reap miracles in your life, you must make these ideas an active part of your daily routine. Whenever you see an opportunity to put one of these principles into practice, no matter how small, take it! In fact, why not take this opportunity to get started right now? Take the next hour to read over and meditate on each one of these 10 concepts. Really let it sink in. Beware of your inner critic. Instead of telling yourself, "Oh, I've heard that before," or "I tried that and it didn't work," stay focused on more resourceful questions like, "How might this idea help me?" or "How can I apply this idea today?"



- 1. Adopt an Attitude of Gratitude: Always remember to give thanks for all of the Blessings and Miracles received before asking for more.
- 2. Replace negative thoughts with positive thoughts. Repeat the following affirmation to yourself: "I can. I will. I do receive miraculous results."
- 3. Train your brain to look for the good (in people, circumstances, etc.) instead of expecting the worst.
- 4. Develop a winning attitude: Believe in and expect Miracles.
- 5. Pray and pray again, focusing on the answer rather than the problem.
- 6. Develop faith and believe in Miracles by "nourishing" your belief with prayers and action.
- 7. Look for opportunities and Miracles in life.
- 8. Mentally picture opportunities and good things coming into your life.
- 9. Appreciate Life and its opportunities!
- 10. Ponder and realize that adversities, challenges, can develop spiritual growth with Miraculous results.

The Miracle Formula:

Your Ingenuity + Courage + Work = Luck and Opportunities. Luck + Opportunity + Faith = Miracles

"As we believe, so shall we achieve and receive.

Expect Miracles, Believe in Miracles—BE a Miracle for Someone Else."

From My Heart to Yours,

Joyce H. Brown, N.M.D., Ph.D., E.F.T. Certified Crisis Chaplain

