



The Making of a Miracle – Give Yourself A Miracle Workshop  
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Are you in need of what might seem like a miracle in your life? Do you want to believe in miracles, but your faith meter is a bit low? If you could change anything you wanted to right now, what would that be? I invite you to join me in what I am calling my own "miracle workshop."

I know that I am ready for some major shifts in my life, and in anticipation of those changes I have been studying miracles. That's right. Studying them.

In a seminar I attended, Deepak Choprah said, "today's miracles are tomorrow's science." So I have been studying the history of miracles, their origins in various beliefs, and their common denominators. From quantum physics to ancient mystics, to the Bible, I have been avidly studying the parallels in what we term miracles.

"Miracles happen, not in opposition to nature, but in opposition to what we know of nature." St. Augustine

It seems miracles are simply events that occur outside our current understanding. That being so, how do we increase, change or enhance our understanding; i.e., enlightenment, so we too can experience personally these deeper mysteries that have been experienced by others? We begin by changing what we are doing.

"If you don't change what you're doing, you won't change what you're getting." (anon)

Rule #1. Interestingly enough, you don't have to believe in miracles to receive one. That's right. The laws that govern these mysteries we call miracles exist outside your approval and your understanding. So, if you were going to limit yourself from this exercise because you immediately said, "I don't believe in miracles," I encourage you to continue.

Next step. You must learn to access the Realm of Higher Knowing. The Realm that provides the laws for what we call miracles.

The keys? Prayer and meditation. Not the kind of prayer where you give God a laundry list of your earth desires or bargain for forgiveness with promises of good behavior. The kind of prayer where you are quiet and you let God talk. That's right. You get quiet.

All great masters consistently engaged in prayer and meditation AND they also got into nature where they could be in the stillness.

Silence your mind. Get out of the noise of the world. Turn off the TV, the stereo, the radio, the beeper, the cell phone, the landline phone, and the computer. How can God get through to you when you are surrounded by so much noise?

I can see it all now. God is trying to talk to Jesus, and Jesus says, "God, wait a minute, I've got a call on the other line, and my beeper just went off. You're breaking up, God. Oh man. My cell batteries are going..... God? God?"

Get quiet and silence your mind. And do it daily. Meditation, practiced consistently, opens your mind to that Higher Realm and if you persist, you will enter a world that will simply astonish you. If you do just this one thing - connecting with Source - every detail will be made available to you.

3.) Decide what miracles you believe you need, and then be willing to ALLOW them into your experience. Also be willing to allow even greater results than you are currently desiring. Use this mantra: "I now see and ALLOW my greatest good to manifest in all areas of my life." You may think your miracle should look a certain way, but one of the universal truths is that we are often spiritually myopic ... and far greater realities than we can dream of exist for us.

4.) Examine every area of lack in your life and begin GIVING whatever it is you lack. Need love? Volunteer somewhere. Tell the people in your close world how much they mean to you. Send them flowers because they are in your life and you're celebrating that. Send presents for no reason. Become a love machine.

Remember all the times you've loved, group those memories all together into a big purple bubble, then send that bubble out to the universe to burst over the ones who most need it. Light a candle at church for "the ones nobody prays for."

If you are holding love because you fear you will be hurt, you are hurting yourself. Love does not have to take the form of romantic love to be important love. Why do we close our hearts, hoping our true soul mate will come one day, and avoid exercising its need to love elsewhere?

Why do we have to limit ourselves to the FORM our love should take? How many people get pregnant after they adopt? They released the FORM they thought love should take; i.e., their own biological child, and then their original miracle manifested.

Love does not have an agenda. If you open your heart to her, she will appear in many costumes, including the ones you so desire. Personally, I think love comes to those who have a well-exercised heart. It is easier to hear the hum, and love can find us easier when we've been busy loving everywhere.

Are you experiencing lack with Money? Spend some. Give some away. Share. Give to that charity even if it's only \$20. Create the FLOW. There is a flow in the grand scheme of things. When Jesus fed the throngs, he took the loaves and fishes, and just started sharing them.

Although he had theoretically only enough to feed a handful of people, he gave away EVERYTHING he had and more was made available. I believe there is a clue in this story. Give in every area of life that you are experiencing lack, and get out of your own way.

I have experienced great abundance in my life, and great lack, and as I observe myself in both instances, I see parallels that appear to be clues.

When I was building my last business (which was very prosperous), often I would get a call from this charity or that and I would always give them something. In almost every instance, within a day or so, I would get a call from a client and a new job contract. As I watched the pattern, I began to laugh to myself. "That's God calling," I would tell my assistant. "He's sending more good our way, and he's letting us know by giving us the chance to give right now." I trusted that more was coming and proved it by participating in the flow, and more good came.

On the other hand, when I have experienced great lack, I fell into fear. The more I played over and over in my mind my dismal checking account balance, the lower it got. The more I remembered my losses, the more loss I experienced. In short, I was getting what I was focusing on: lack. I was holding so tight to my small reality, it got smaller.

The seed cannot grow if you squish it tightly in your palm. It needs soil and freedom, and water and sunlight and nourishment. We can't grow if we stay in the dark either. And the miracles we seek can hardly find us if we are so closed in our thoughts and patterns, that there isn't any room to get in. Even miracles need some space.

5.) Visualize your miracles as though they are here now. FEEL the emotions of your miracle, SEE yourself living it, HEAR what others are saying to you as they witness your new life, TASTE the nectar of your joy, SMELL the fragrance of those roses right outside your door from the place of having received your miracle.

The subconscious mind does not know the difference between a vividly imagined event and a "real" one. Quantum physics tells us that what we observe, we co-create. Therefore, what we vividly imagine we are creating! When masters manifest miracles, are they engaging in the laws from the Higher Realm and observing that there is NO LACK? And then they manifest easily? Isn't that what faith and trust is all about? Allowing a Higher Order to emerge - one that is infinite and ceaseless and ever renewing?

6.) Fast. Most mystics practice fasting and meditation. Why? If the body is not using it's miraculous mechanism to process our food, more energy is available to receive more wisdom. Silence and fasting and nature = a big open door to the Higher Realms and receiving and even understanding Higher Laws.

7.) Focus on abundance in every moment. The abundance of this universe, the abundance of the miracles that it takes to create a tree or make your heart beat. The abundance of infinite Light and love that created so many beautiful artistic works of nature. The abundance of your opportunities, including the unlimited power you have as a Creator in All Mind. Focus on the Wonder.

When I used to scuba dive, I would spend every day in awe of the wonder of the universe, the underwater world, the beautiful oceans I saw and the vastness of this planet. For seven to ten days on each trip, I felt closer to God than I have ever felt. I would often stand alone, silently on the boat or in my room after I'd returned home, tears coming down my cheeks, and I'd be saying, "Thank you God. Thank you Thank You Thank You."

Every single time I returned home, without exception, work would be waiting for me, and each contract would be bigger than the last. I did not spend one moment thinking of my business while I was on these trips. I was embraced in the wonder of God's vast offerings and my gratitude was overflowing. I was doing what many masters tell you to do - I was focusing on the Wonder of Source, God, the Is - whatever we wish to call this Vast Unified Intelligence - and in response, my earthly needs were not only taken care of - they were as lavishly uplifted as my gratitude had been for these joyous experiences.

And if your life is not abundance in any area, spend time with others whose lives ARE abundant in those areas. It will change your energy and your knowing in amazing ways.

8.) Get with someone else. "When two or more are gathered" is a powerful spiritual principle. I have a friend I walk with and we started doing prayer affirmations out loud for ourselves and each other as we walked. Two days ago, we affirmed that the way would be made for my tooth infection to be healed, without having to go to the dentist.

As we walked into her apartment after our walk, her father showed up. Sue mentioned that I had a toothache and her father went to his car and said, "I've got a bottle of antibiotics they gave me for my teeth and it has a renewal. Let me get it filled for you. It's free because of my medical coverage." One hour later I had \$50 worth of antibiotics, FREE - AND no visit to the dentist (for now. I'm going to work on natural healing so there will never have to be a visit.)

That is the only time her dad has shown up after our walk!

Years ago, I had a small class in my home in Colorado. Once a week on Saturdays, five of us would meet to energize each other's dreams, develop our intuitive abilities, and meditate together. Less than one year later, my roommate Cindy got a fabulous job with Aspen Airways and met her husband while working.

My friends Mary & Larry left Colorado and moved to Texas to open the antique business they'd always dreamed of. And me? I got a sailboat, learned to sail, met a guy, moved to California and ended up sailing with him (and world class athletes) in A Fleet in Long Beach.

All in one year!! Get with others! If there is no class, start one.

9.) Surround yourself with people of equal or higher spiritual knowing. If you're the only one in the room with any spirituality, your vibrations will eventually rescind to the norm. We must choose carefully the people and thoughts we allow into our lives.

If you happen to be in a corporation surrounded by negative energies, bless them for taking on this role in life to show you a path you would not choose, release them without judgment, but do not obsess about how they should be, what they did, how they are always so problematic.

Focus on only that which you desire. Then desire only the highest and best good for yourself and all beings everywhere. And begin changing your miracle so you can work with people of equal or higher mind who DO endorse you and who help you grow.

10.) Honor yourself. Honor your soul path, honor your journeys so far, honor your ability to get up time and time again. Honor every part of you, including the physical. Exercise your body, exercise your mind, exercise your heart (love), and exercise your deepest inner self - the Truth of who you are - by going into meditation and/or prayer daily.

You are a particle of God and you deserve the Highest and Best that is available - as do all particles of God. As you reap rewards, help others reap theirs. Send your prayers out to ALL mankind and all consciousness.

Understand that we are all One and what you do to yourself, you are doing to others. And visa versa. Honor your actions, your words, your thoughts and your intent. And as you achieve miracles in your life, you are helping others achieve them in their lives.

All soul improvement is High Soul Work - for you and for All Mind.

Know that you are engaging in High Soul Work and honor that.

What now? First, write out your desires and your most perfect life, as you think it would look.

Then, get quiet. Go into nature or just get still and talk to the God you believe in. If you don't believe in a Unified Intelligence, talk to the Source of everything that you see around you. Something created this. Talk to that.

Visualize releasing your desires to that Unified Intelligence, the Universe, God, The Is ... then simply listen.

Then be willing to accept that there might be an Intelligence so great it can create an even better picture than you've imagined and ALLOW that possibility also.

Make your mantra the word "ALLOW" -- and allow only your highest and best good.

Journal. You will see yourself changing immediately

Keep your desires SECRET! Only you and the IS need to know them. Containment is about holding energy. This is YOUR secret. It is sacred. Keep it to yourself. And God.

After your miracles have manifested (and they will)- or even greater ones - send me your story and I will share it with the newsletter recipients and put it on my site so others can begin to believe that miracles DO happen and that every one of us, as a particle of God, is entitled to unlimited good in our lives.

Namaste - and much love,  
(c) Montana Gray



Montana is a multi-dimensional being experiencing earth life as a writer, speaker, marketing whiz, business development specialist, inspirational communicator, intuitive, and practical dreamer.

Her mantra? "All things are possible."

Her favorite quote? "Love is the answer to the last question you will ask." (unknown)

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Sing the song you came to sing!