

Magic, Miracles and Manifesting

By Anne Hartley

Are miracles something magical that happen to us? Or, are they signs that we are on our path? I believe miracles are confirmation that you are living your life on purpose.

Each one of us receives signs which indicate when we have strayed from our path, or not dealt with our fears. Straying from your path simply means that you are moving in a direction that does not fulfil you or your life purpose. We all try and fail many times before we learn to let go of our fears, but life never gives up on us. We just keep getting signs in different forms from money issues, or health and relationship problems, which are reminders that it's time to get back on track.

Martha Beck, life coach and author, calls the fibromyalgia that she suffers from her *bête noire*, which is a French term for black beast. Martha discovered that every time her pain flared up she was doing something which took her away from her life purpose. Nowadays, while Martha still has the disease she rarely has symptoms. She no longer views this illness as something to be afraid of but as her body's way of sending messages from her soul to her brain to remind her, "Your destiny's not here".

Over one hundred years ago now Einstein proved that everything is energy and I'm not even going to try to explain how energy works because I'm not a scientist, but I've read a lot on the subject and there certainly seems to be sufficient evidence these days that I take the experts words on it. One of those experts whose work I admire is Dr David Hawkins. David Hawkins was for many years an eminent psychiatrist before becoming a spiritual teacher. David, believed that the emotions we experience most of the time make up our individual energy vibration and the higher our energy vibration the easier life becomes. David's findings indicate that around 70% of the world's population vibrates in the field of fear

When we are afraid our energy contracts, which makes it difficult to change our lives and achieve goals. However, when we add things that make us happy into our daily lives we raise our energy vibration, making it possible for ordinary people to achieve extraordinary feats. Your energy vibration results from where you focus your attention the majority of the time. If you spend a lot of time worrying, feeling overwhelmed, looking for solutions, feeling angry or even working yourself to the point of exhaustion it's unlikely you will have a high energy vibration.

People who feel good about themselves, who can be happy wherever they are, even when doing a job they prefer not to do, experience a higher energy vibration. As a result their lives runs more smoothly and they often get what they want quite easily.

Manifestation occurs when who you are and what you want are a vibrational match. It's easy to manifest when you have everything you want, this takes no particular skill. The challenge is to learn how to manifest when you don't have what you want.

So here are my tips for creating miracles in your daily life:

1. Accept responsibility and do whatever needs to be done. If you've made mistakes own them and do what you can to correct them. If you've hurt someone else make amends.

2. Stop resisting and accept what is. Acceptance is not resignation. Resignation means giving up hope. Acceptance means trusting that there is a reason for everything that happens.

3. Do something every day that makes you happy. When you create the feeling of having your heart's desires, even on a very simple level, you automatically move into an energy field that is conducive to miracles.

4. Ensure that your thoughts, words and actions support your heart's desires. Now this is a tricky one because sometimes our thoughts are so familiar we don't even recognise when we go off track. Stop talking about what your problems.

4. Ask for guidance. During dark times in my life my prayers used to be 'please, please, please...' type of prayers, and not surprisingly, nothing changed. Now, whenever I feel stuck I surrender and ask, *How I can accept the unacceptable? How can I be happy living with this problem? How do I get my life back on track?* And I always get an answer. Now I must admit I never heard a voice say, "Anne this is what you must do" and there are times when I wish God would do just that, but that would defeat the purpose of free will. Guidance comes in different forms. Some nights, I wake in the middle of the night with a flash of insight which I have learnt to always write down. Trust me if you don't take the time to write it down you rarely remember it in the morning. At other times I have a dream with a really clear message. Sometimes, I am led to a book or someone would say just what I needed to hear. I know this guidance is open to all of us, you just need to ask and then listen.

5. Do something fun. Joy is one of the most powerful emotions you can experience and it places you into an energy field that makes manifesting easy.

6. Give thanks, as if you already have your heart's desires. This is one of the most powerful things you can do.

I have been blessed to experience countless miracles in my life and I know that life is not about what happens to you, it's about experiencing the journey. How you handle what happens, how you allow the events of your life to shape who you are, especially the tough times determines how happy and successful you will be. There is nothing wrong with being afraid and there are occasions when fear can even keep you safe. For many people though fear is their constant companion, it rules their lives and influences all of their choices even when they aren't consciously aware of it. Fear is the only thing that stops you from reaching your full potential and creating miracles. Potential for me encompasses who I can be, how much I contribute to the world and what I can have.

*Anne Hartley is the founder of Hart Life Coaching, a life coach training school, and the author of several books including Love the Life You Live and Every Choice Matters.
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