



CONNECTING YOUR MIND, BODY & SOUL

Three Ways You Unknowingly May Be Blocking Your Miracles

#1 PLEADING MAY BE BLOCKING MIRACLES:

Do you find yourself begging and pleading in your prayers, meditation or thoughts during the day and night, for the Universe to answer you **NOW?**

If so take a deep breath in blow out any feelings of anxiety or fear. Do this three times.

Now write down exactly what you want to happen. I personally write as if I'm writing to a friend; something like the following but use your values and beliefs:

Dear God, Angels and Universe I RELEASE the following concern to you.....

(fill in your concerns here)

At the end of this letter write:

With an open mind & heart I am NOW GRATEFUL this issue is NOW resolved!

Thank you,

(Your name here)

Now tear that letter up, throw it away or burn it - whatever helps you feel like you released it.

Now do something FUN that makes you feel like you don't have a worry in the world!!

Because FUN actually Activates Miracles!

#2 THINKING MAY BE BLOCKING MIRACLES:

Are you thinking about Plan B or any alternative outcome that IS NOT your Miracle?

If so then you're actually planning for what you do not want! You should be planning how WONDERFUL you will feel and what it looks like when your Miracle is complete!

When you catch yourself planning for what you do not want stop yourself immediately! Then start planning as if your Miracle has already been answered.

#3 TALKING MAY BE BLOCKING MIRACLES:

Are you TALKING with friends and family about your dire situation? Remember words are your WAND!

Only talk about what you want to be true! Because with every word you speak with every breath you take YOU ARE CREATING your future, which is now your present.

Instead talk about how FABULOUS it feels to have your Miracle complete!

Ready for more? Visit www.themiracle-ologist.com to purchase Bernadette's book **Believe IT to Receive IT!**