

Learning to Look For and Create Miracles In Your Life

By Justin Donie

Sometimes in life we encounter challenges and situations so far beyond our ability to resolve, it seems only a miracle can right what's wrong or bring our dreams to life. But are miracles real? Can we really learn to use their power to create what we desire?

I first realized I was experiencing a miracle one night in the early '90s when I was awakened with severe stomach pains that then mysteriously and suddenly disappeared, never to return. Over the next several years, I began experiencing the quick and complete reversal of many painful and/or difficult situations in ways that I could only describe as miraculous. As more and more of these incredible experiences took place in my life, I've become

driven to understand what miracles are and how they work.

Spiritual creativity

As humans, we all know how to create the things and situations we desire using our body and mind. But most of us know very little about creating what we want or need with the power of Spirit. Miracles are nothing more than our capacity as spiritual beings to create things and situations with the unseen power of Spirit. Having experienced miracles over and over again, I have no doubt of their reality or power. And while there are many daily practices that can help move us to a place from which we can access the power of miracles, my personal experience has taught me that to create miracles requires that we make four key choices in

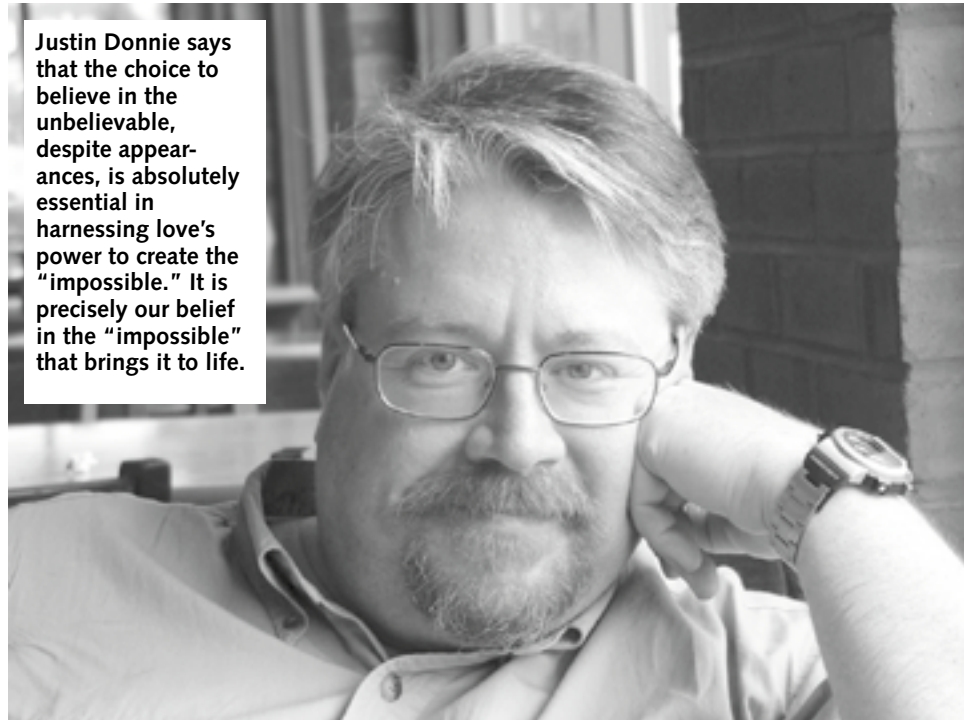
the way we live the moments of our lives.

Choose kindness

Love is the fabric of life and the power behind all miracles. At its heart, love is sincere kindness, a passion to experience and share only good, for ourselves and with all creation, no strings attached. This universal kindness recognizes that while we may not understand or enjoy all people, creatures, things or situations equally, we can learn to sincerely desire only the best for all creation, and that includes ourselves. Sometimes we assume that love must be self-sacrificing. I certainly grew up with this belief. But I've since learned that love creates benefits for everyone involved, including ourselves.

Learning to be truly kind, to ourselves and others, all the time, isn't easy, and it isn't something we can learn to do all at once. But it's only necessary that we do our best in the moment. When I experienced my first miracle of suddenly stopping the pain in my stomach, I was certainly no expert in unconditional

Justin Donie says that the choice to believe in the unbelievable, despite appearances, is absolutely essential in harnessing love's power to create the "impossible." It is precisely our belief in the "impossible" that brings it to life.



kindness. But I did make a choice to love myself in that moment, just the way I was. And it was this choice that healed me.

Find clarity

To experience a miracle, we must be clear about the essence of what we want. If we're either unsure about what we want or have mixed feelings about having it, miracles lie beyond our reach. It isn't necessary to work out all the details of what we want. When I set out to create the perfect soulmate relationship, I had no idea what type of person I'd meet. But I *did* know the essence of the relationship I wanted. And just weeks after I turned to my spiritual creative power, clear about what I wanted, I met my soulmate Natalia.

Choose to expect good things

There's a wonderful Russian movie, *Ordinary Miracle*, in which a young bear is made human by a wizard

who tells the bear/man that he can remain human so long as he never kisses the princess with whom he is destined to fall in love. The bear/man no sooner protests this arrangement than he meets and falls in love with the princess. Though human, he now faces a horrible dilemma. If he kisses the princess, he turns back into a bear and loses her forever. But if he doesn't kiss her, he lives a tortured half life of seeing his love every day, knowing he can never kiss her.

This story isn't just a silly fairy tale. It contains a powerful insight into the nature of miracles. As humans, we face situations where all our best efforts leave us in what seems a no-win situation. And it may seem crazy to believe in the possibility of a miracle solution. It can be extremely difficult to choose between accepting unacceptable pain or believing in an unbelievable miracle. But the choice to believe in the unbelievable,

despite appearances, is absolutely essential in harnessing love's power to create the "impossible." It is precisely our belief in the "impossible" that brings it to life.

Ignore obstacles

In another wonderful Russian movie, *Wizards*, a seasoned wizard teaches an ordinary human how to do magic: Be clear about what you want; believe in yourself; and ignore all obstacles. I was amazed by the simple power of this formula, especially the part about obstacles. At the time, I was facing what seemed an endless string of obstacles, and I wasn't sure what to do. But as I watched this fairy tale, everything suddenly became clear.

Obstacles appear not to stop us but to help us intensify the focus of our intentions. Obstacles ask the question "what's more important to you, what you're creating, or something else?"

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