



MIRACLES GROUP GUIDELINES

Here are your Miracles Group guidelines so you'll have the most miraculous results possible:

1. MEET TWICE EACH MONTH

You'll meet with your groups twice each month at a time of your choice. You can decide on the meeting time by communicating in your group room in NING. Once you have made your initial contact in NING, you can then decide to communicate via e-mail if you prefer and meet via SKYPE or phone. That choice is up to your group.

Skype.com is the only service provider we can find that in fact, allows you to connect by voice internationally for free with up to 25 people!! If you want to connect by video, there is a \$10/month charge per user for up to 10 people. If you don't already have SKYPE on your computer, you can open a free account by going to SKYPE.COM.

2. SHARE YOUR 3 MIRACLE INTENTIONS

Before your first group meeting, share all 3 of your Miracle Intentions with your group by posting them in your NING room. For each meeting, you'll choose one of your 3 Miracle Intentions as the miracle you want the rest of the group to supercharge for you during the next 2-week period. Each session you'll rotate which Miracle Intention you want your group to focus on.

3. ROTATE GROUP LEADER

Your group will have a leader that rotates every month. The leader is assigned alphabetically based on the first letter of your first name. So Alice would be the group leader for February, then Betty for March, then Gail for April, then Linda for May, etc.

The group leader is in charge of sending out reminders through email of NING about the meetings as well as timing the meeting (more on this below). They will also share a short inspirational quote to close the session.

4. MEETINGS ARE 30 MINUTES LONG WITH THE FOLLOWING 4-PART STRUCTURE:

Part 1: BEGIN WITH EACH PERSON SHARING HIS OR HER MIRACLES FROM THE PAST 2 WEEKS

Each person takes 2 minutes to share his or her miracles -- large and small -- from the previous 2 weeks (so bring your miracles journals to the meeting!). We love this part because what you put your attention on grows stronger in your life and this creates an opportunity to put your attention on your miracles!! You can cheer and clap for your fellow members but don't comment or say anything while others are sharing. The focus needs to be kept entirely on the group member who is sharing his or her miracles. The group leader is in charge of timing and when the 2 minutes are up, they'll give everyone a few seconds to clap in celebration of that person's miracles and then the next person begins.

Part 2: PLUG INTO A GREATER ENERGY

After one round of sharing your miracles large and small, you'll move on to part 2, which is taking two minutes to consciously plug into the greater energy of the universe – whatever that is for you. (You might call that energy God or the Creator or the Divine...) Feel yourself connecting to this cosmic power source and then feel your connection to the entire universe. Once you feel very expanded, imagine yourselves as a group connected together in a unified bubble – and then drop into your heart space.

Part 3: SHARE YOUR MIRACLE INTENTION

One by one each person then shares out loud with the group what their Miracle Intention is for that 2-week period. As each person shares his or her Miracle Intention, the other group members take one minute to put their attention on the desired outcome for that member's Intention. Allow your support of their Intention to come from your heart space with love. Powerful intentioning doesn't come from the mental realm but from the heart. After one minute is up, the group leader will begin and together everyone will say the following out loud in unison:

"(Insert person's name), we feel and know that your highest good is now coming to you. We hold your Miracle Intention with love in our hearts and see it manifested in your life in perfect timing."

You then go through the same process for the next person until everyone has said their intention and had the group support that intention.

Part 4: END WITH A QUOTE

After each person has shared his or her Miracle Intention and the group has supercharged it with their attention, the group leader ends with an inspirational quote of their choice and your session is complete.

If any members want to stay on the line to get additional support, input, or mastermind, you can choose to do so but that is not mandatory and is at each member's discretion.

We'd like to emphasize:

- It's important that you rotate your leader every month and that no individual dominates that position.
- When someone is sharing her/his miracles from the past weeks or her/his Miracle Intentions for the coming weeks, it is a time to focus on that member's intentions. No one should comment or give advice at that time. When the member is finished, everyone can simply offer a big "Yay" and a round of applause. At the end of the session if someone wants input, or to provide input they can request that at the end of the session. It is up to each member's discretion if they wish to stay on the line after the session is over.
- This is not the time to psychoanalyze, counsel or coach. It is only the time to listen, celebrate and support.
- It is also not the time to offer your services or self-promote.
- When stating your Miracle Intentions, remember you want to use only positive words and images. For example, instead of saying, "I am free of my tumors" you would say, "I enjoy radiant good health." It's important what images your intentions evoke in the minds of the other group members.

5. PUT YOUR ATTENTION DAILY ON EACH MEMBER'S MIRACLE INTENTION

Each day between your Miracles Group sessions, take 2 minutes to look at the list of Miracle Intentions for your other group members—the ones they've chosen for that 2 week period. Put your powerful attention on the manifestation of each one individually. Remember to first drop into your heart. While this takes only 2 minutes, it's a powerful part of the miracles manifestation process and an important component of the YOM program. Imagine for the full year, you'll have your entire group supercharging your intentions daily. Talk about an intention experiment!

*In the deepest depths of you and me
In the deepest depths of we
Lies the love and wisdom
Of all Eternity*

-Fred Burkes