

# Manifest A Life of Miracles:

*4 Steps to Living in the Miracle Zone*



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INTERNATIONAL BEST-SELLING AUTHORS

# *Welcome!*

## Congratulations for saying “YES” to manifesting a life of miracles.

The fact that you’re reading this book tells us that you’re someone who’s ready for a life of greater joy, fulfillment, ease, abundance, love, and miracles. In other words, you’re ready to live in what we call the Miracle Zone!

We’re thrilled to share with you these four steps that we took to manifest miracles beyond what we ever thought was possible.

But it wasn’t always this way. We (Marci, Dr. Sue and Lisa) have been through challenges that include anxiety, depression, financial breakdowns, burnout, and relationship woes... just to mention a few.

We each learned how to move into the Miracle Zone, and that has made all the difference. In this book, we tell you all about how we moved beyond those challenges to manifest lives filled with miracles, and how you can too!

Whether you want to find your soulmate, strengthen an existing relationship, uplevel your work, open to greater abundance, experience vibrant health, deepen your self-love, or manifest whatever miracle your heart calls, you’re in the right place!

As you read these pages, imagine us with you, holding the vision for your miracles and cheering you on.

So, are you ready to take the first step to living in the Miracle Zone? Let’s get started...

## About the *Authors*

You may not realize it, but there's an incredible opportunity in front of you today—the chance to live a life filled with miracles.

I'm Marci Shimoff, author of the *NY Times* bestselling *Chicken Soup for the Woman's Soul* series as well as the *NY Times* bestsellers *Happy for No Reason* and *Love for No Reason*. I'm also a teacher in the hit film and book *The Secret*. Over the last three decades, I've had the honor of teaching millions of people around the world through my books and seminars how to manifest happiness.

You see, because I'd grown up very unhappy (I was born depressed), I'd been on a quest for years to learn the true secrets to happiness. Once I discovered those and used them in my life, I looked around and realized that not only was my life happy—it was, in fact, full of miracles.

I was enjoying overflowing material wealth, deep spiritual fulfillment, and profound love with “the one,” as well as an abundance of those magical synchronicities that make you feel like everything is working in your favor. I was truly living in what I call the “Miracle Zone.”

I also realized that my miracle-filled life didn't happen by accident, but that there is a formula for manifesting miracles and creating a life you love—and that formula can be learned.

I knew this formula and decided I wanted to share it with others and asked myself, “Who else do I know who lives a miracle-filled life?”

The answer was clear. I invited two of my dear friends and colleagues to join me in sharing this formula with you: Dr. Sue Morter – Master of Bioenergetic Medicine and Quantum Field Visionary and Lisa Nichols – Acclaimed Motivational Expert and one of my fellow teachers from *The Secret* and a fellow *Chicken Soup for the Soul* co-author.



Dr. Sue has been teaching her powerful methods to activate full human potential for decades as a pioneer and leader in the field of energy medicine. In fact, about 24 years ago, Dr. Sue had an awakening experience that put her pretty much full-time in the “Miracle Zone.” Since then, she’s devoted her life to decoding what it takes for each of us to live from our essence, which allows us to manifest a miracle-filled life. Dr. Sue wrote the brilliant book *The Energy Codes*, and people all over the planet are having remarkable results from her practical and ground-breaking work.

Lisa has been sharing her powerful methods for manifestation and abundance with millions of people for decades. She is a *New York Times* bestselling author of *No Matter What: 9 Steps to Living the Life You Love* and *Abundance Now*, and in December 2024, Lisa is debuting her original one-woman show on Broadway! From a struggling single mom on public assistance to a millionaire entrepreneur, Lisa’s courage and determination has inspired fans worldwide and helped countless audiences breakthrough to discover their own untapped talents and infinite potential.

Dr. Sue, Lisa and I always said that one day we would come together and teach our most powerful tools and techniques for manifesting miracles—and that day has arrived.

If you really want to tap into the flow of miracles, we invite you to join us for our free miracles training, “3 Keys to Manifesting Everyday Miracles”. Together, we’ll walk you through some easy things you can do right away to make manifesting miracles a breeze. Go to [ManifestingEverydayMiracles.com](https://ManifestingEverydayMiracles.com) to sign up.

***“You can't create miracles. They are a gift from the Divine. What you can do is put yourself in the Miracle Zone...that place where miracles are happening every day.”***

—Marci Shimoff

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# Introduction

## Our (Not-Always-Easy) Road to the Miracle Zone

One glorious morning just a few short years ago, we woke up in a beautiful resort in Costa Rica. Our day overflowed with miracles. We were there at a meeting of the Transformational Leadership Council, a group of 125 of the top transformational leaders in the world founded by Jack Canfield—a group that we’re honored to be a part of.

As we ate our breakfast sitting on the veranda overlooking the crystal blue ocean, attended our meetings filled with profound wisdom, joyous laughter, and deep connection with our fellow Leadership Council members, and ended the day with a glorious sunset dinner cruise, we looked at each other and said, “It doesn’t get much better than this.”

And we go to these meetings two times every year at magical and exotic locations around the world...



***Yes, our lives are miraculous—but they weren’t always this way.  
Not by a long shot.***

In fact, if you had told us that we would be together in the most beautiful places in the world surrounded by people who are loving and open-hearted and actual living legends, and having our wildest dreams come true, we would have said you were crazy.

And to us, the most exciting part of our lives is not just strolling on a white sand beach, *it’s that we get to share our secrets with you.*

## *From Marci*

As I mentioned earlier, to be honest with you...I was born depressed. Even though I was blessed with a great family and wonderful circumstances growing up, I was not a happy camper throughout my childhood and teen years. I had low self-esteem and lived with an underlying feeling of fear and anxiety.

In my 20s, I had the idea that maybe if I became successful, I would like myself more. So I set my goal to be a superstar. My plan was to speak to big audiences and to write and sell tons of books and make lots of money. I wanted to prove my own worth and feel important.

Over time, I reached those goals. I conceived of the idea for “specialty” books in the *Chicken Soup for the Soul* Series, and wrote 6 *Chicken Soup for the Woman’s Soul* books that soared to the top of the *NY Times* Bestseller List. In fact, they were on that list for a total of 121 weeks (yes, more than two years). I was featured in more national magazines and on so many TV shows that I lost count.

I had made the big time. I’d reached my goal of being an author rock star!



**“And then one day in June 1998,  
it all came crashing down.”**

At the height of the *Chicken Soup for the Soul* phenomenon, I was in Chicago giving a speech to over 8,000 women. I'd just autographed 5,432 books. The event planner had even hired a massage therapist to massage my hand every 30 minutes so I could continue to write.

I remember signing that last book and, deeply exhausted, going up to my hotel room—the penthouse suite that the event planner had gotten for me.

I also remember walking into that room and looking out the window at the beautiful panoramic view of Lake Michigan and the twinkling Chicago skyline—and collapsing on the bed drowning in tears.

***I had gotten everything I thought I needed to be happy, and I still wasn't.***

I felt empty. My life was hard, I was totally drained, and I had little joy inside of me.

That's when I knew that I was looking in the wrong place for real happiness and deep satisfaction.

But what was the right place? I had no idea, but I was going to find out.

And I did.

I spent the next decade immersed in the study of what makes people happy. I researched the biology of happiness and what happens in the brains of happy people. I interviewed unconditionally happy men and women from every corner of the world.

***“Based on my findings,  
I developed a formula for happiness.”***

And when I implemented that formula in my own life, I became deeply happy. Profound inner peace and a subtle, pervasive feeling of bliss replaced the existential angst of my childhood.

Over the years, this happiness has deepened and I now find myself waking up each morning to a life that's not only happy but truly miracle-filled. Amazing synchronicities happen each day, and I feel as though I'm in a sacred flow.

I love sharing the formula for manifesting a happy and miraculous life and I can't believe that since I began this journey more than 11 years ago, nearly one million people from all walks of life and from all over the world have soaked up these teachings. I feel truly blessed! And I love watching as others who'd once believed that happiness or love or miracles were not for them begin to experience a deep and profound transformation to a life they love.

## *From Dr. Sue*

When I was a child, I was completely intimidated by life. I was the kind of kid that if an adult even tried talking to me, I would hide behind my mom's skirt and if they persisted, I would burst into tears. I just wanted to be invisible. Life was completely terrifying to me.

I played by myself all the time. I even slept on the floor of my closet at night for years because it was the only place I felt safe since there was only one direction I had to watch and be cautious of. The only thing that felt calming to me was being out in nature.

As I grew up, in order to survive, I became a perfectionist. I did everything I could to try and control my world to make sure that I would be accepted. It was all based in fear and I thought I could soothe my fear by becoming excellent at everything I did.

I worked really hard and built a very successful healthcare practice. I was teaching seminars to doctors all over the country and being asked regularly to speak at various conferences. But my perfectionism and fears were running my life and affecting me in every way. I was getting severe migraines regularly. A few days every week, I couldn't go to work from the debilitating pain, and I'd have to cancel all my patients.

And then, about 25 years ago, I began to practice meditation just to get some kind of relief from the pain I continued to experience in my life. Surprisingly, I not only got relief, but within the first month my life began to change in unexpected ways... until that day, two years later, that I had the awakening that literally changed the course of my life.

I began living an amazingly different life experience. And I started manifesting miracle after miracle into my life. Now I travel around the world, speaking in front of huge audiences. I recently spoke on a live stream event to over 90,000 people from NASA with no fear. In fact, all the fear and anxiety in my life is gone!

Since that awakening experience, I've focused on uncovering the specific ways that anyone can make living in this way an everyday reality. I'm inspired by and grateful for what I've discovered and the amazing ways in which it has changed my life and the lives of the people I've shared this with.

I now know how to build the energy circuits for the miraculous so that we can all live in the Miracle Zone each and every day of our lives.



***“I’m inspired by and grateful for what I’ve discovered and the amazing ways in which it has changed my life and the lives of the people I’ve shared this with.”***

## *From Lisa*

I grew up in “South Central,” a rough, gang-filled, low-income neighborhood in Los Angeles.

By the time I was in my late twenties, my life had morphed into something I hadn’t signed up for. I got pregnant unexpectedly and ended up as a single mom on government assistance. Then, when my son was 8 months old, I got a call from my son’s father who said to me, “Lisa, I’m in jail.” I was devastated and ashamed – and on my own, emotionally and financially. One day, I went to the ATM to get \$20 out of the bank to buy Pampers, but all I had was \$11.42. I came home and wrapped my son in a towel and for the next two days, I just changed his towel.



Again and again, I said to myself, *I can’t keep living like this*. But I didn’t know the steps to get out. Growing up, we’d go to church every Sunday and pray, and then hope to survive Monday through Saturday to get back to church on Sunday again. Even so, my grandmother always said to me: “Lisa, it’s your birthright to be happy and to have love. You’ve got to figure out how to get it, but it’s your birthright.”

In my neighborhood, no one had abundance. No one looked like they were living a great life. But I held onto the words that “it’s your birthright.” And that was enough for me to dream.

Now, looking at my son, wrapped in his towel, all I saw was a flicker of light at the end of the tunnel. As an African American male child with a single mom and a dad in prison, he had a 66% chance of going to prison himself. I told myself, *not on my watch*. With tears streaming down my face, I promised my baby boy, “Your life will not always be like this. I don’t know the how, but I know the what. I want to transform your life.”

After that moment, I became willing to do the things that I’d never done before, to become the woman I was born to be. I knew I had a talent and a purpose, but I wasn’t sure what it was. Deep inside, I knew I wanted to be a speaker and a writer. Even though when I was at school, my speech teacher suggested I get a desk job when I grow up and avoid speaking in public, and my English teacher said, “You are the weakest writer I’ve ever met.”

And so with my grandmother’s encouragement to pursue my dream of being a speaker, I quit my job and moved to San Diego. I rented an office space the size of a walk-in closet to start my business. I took one step after another towards my dream to end up where I am today, a *New York Times* bestselling author, one of the world’s most-requested motivational speakers, and the CEO of Motivating the Masses, a multi-million-dollar business that has served more than 80 million people.

My non-profit foundation, Motivating the Teen Spirit, has touched the lives of over 270,000 teens, prevented over 3,800 teen suicides, supported 2,500 dropouts in returning to school, and has helped thousands reunite with families. And I’ve manifested another miracle beyond my wildest dreams – performing my own one-woman show on Broadway!

Sometimes you have to disrupt your patterns—dig up your soil that has been planted for years in order to plant a new seed and grow a new fruit. I stopped asking for permission and gave notice. I realized that I am my own rescue. I became unrecognizable to myself. I didn't do it to impress anyone else. I did it for me. I'm so grateful that I'm living life in the Miracle Zone.

And now I love sharing with others how they can claim their birthright and manifest their most miraculous life too!



*Enjoying life and sisterhood*



*At the Transformational Leadership Council*

***If we can do it, so can you.***

As you can see, we didn't start living in the Miracle Zone by accident.

There is a formula for living in the Miracle Zone, and we're going to share it in this e-book.

***While we can't create miracles, we can create the conditions for miracles to flow in our lives. Living in that flow is what we call Living in the Miracle Zone.***

So if you...

- Have been working hard, but just can't seem to manifest the success or abundance you see in the lives of others around you...
- Long for deep and fulfilling relationships with your partner or your friends or with "the one" who hasn't shown up yet, and you feel isolated and empty...
- Continue to experience health challenges, fatigue, or stress, despite having made changes to your diet, lifestyle habits, and exercise routine...
- Have been searching for your true life's purpose, but it seems to be outside your reach...
- Simply feel hopeless because the happiness you've longed for continues to elude you...

*Or maybe you feel like your life is good but you want to take it to miraculous...*

***And when you make the decision to embrace miracles and take the steps to live in the Miracle Zone... everything can change.***

***Your life really can shift in an instant.***

It's not an accident that you're reading this right now. Your soul led you here.

You're primed for a life full of miracles.

And at any moment in time, you can choose your next step. You can choose to continue down the path you're on or you can set your life up for miracles.

***What will you choose, right now, in this moment?***

You're always just one choice away from a completely different life.

***We hope you choose miracles.***

You're so ready.

## ***How This Book Works***

This book is broken down into four chapters. In each chapter, we share a key step to living in the Miracle Zone so that you can manifest the life of miracles you're calling in.

### **Step #1: Let Go and Create Space for Miracles**

A big mistake people make is holding on when it's time to let go. You'll learn why letting go on the physical level creates space for your miracles to appear in every area of life. Then we'll share with you an ancient Chinese decluttering technique to make the process simple and fun.

### **Step #2: Own Your Worthiness for Miracles**

If you think you don't deserve to manifest a miracle-filled life, it's time to put that idea to rest. The fact of the matter is, the miracles you're most seeking are seeking you.

### **Step #3: Trust the Power of Your Get-Up Muscle**

Most people wait to take action until they have clarity. The secret is, clarity comes with action. And when you trust your "get-up muscle," you can take action with courage instead of holding back because of fear.

### **Step #4: Surround Yourself with the Right People**

What if you're doing everything "right" and your miracles are still not manifesting like you wish they would be? It might be because you don't have the right people in your life. While some people's negativity can drag you down, the right people can lift you up and support you to manifest the miracles you want.

A woman in silhouette stands in a field of tall grass at sunset, with her arms raised and birds flying in the sky. The scene is bathed in the warm, golden light of the setting sun, creating a peaceful and hopeful atmosphere. The woman's arms are raised in a gesture of reaching or releasing, and several birds are captured in flight against the bright sky.

Step #1: Let Go and Create Space for

*Miracles*

## Step #1: Let Go and Create Space for Miracles

At some point in your life, you have to simply let go of the past...whether it's letting go of a job where you feel like you're dying a slow death, a business that no longer brings you any kind of fulfillment, a relationship that was really over years ago, or an expensive piece of jewelry that was given to you by your former mother-in-law.

When you let go, you create space for something infinitely better to come into your life.

So why is it that we hold on even when it's time to let go?

There is only one reason: fear.

We think to ourselves things like...

“What if I let go of this job and then the management change happens that turns this company into a wonderful place to work?”

“I know I hate this business but at least I have a roof over my head.”

“What if he leaves that husband stealer and comes back to me, and he's upset that I got rid of the necklace that his mother gave me?”

### ***Really? Is that how you want to live your life?***

You hold on out of fear that there won't be something to take the place of what you have now. We're here to tell you that there will be something. And you know what that something is?

Miracles.

In order to allow miracles into your life, you have to make space for them by letting go of what no longer serves you. You have to clear the clutter.

What we've found is that the way to start the energy moving is to get rid of the physical clutter. Once that physical stuff starts to move, letting go of the bigger things like stale relationships becomes infinitely easier.

When we release the old energy, it makes space for the new.

We have a friend who met her current husband at a party literally the day after she finally gave her deceased husband's clothes to Goodwill. He had died six-and-a-half years earlier.

When we let go of the old, we're basically saying to the Universe, "I know you have my back, so I'm going to let go and trust that there's something better on its way for me."

Everything we own carries an energy with it. It's amazing how letting go of something as seemingly innocuous as old pots and pans can help start the momentum that allows us to get a whole new kitchen, or house, or partner!

In order to "clear the decks" and open ourselves to manifesting miracles, we use a simple feng shui ritual based on letting go.

If you're really ready to start this momentum going and you want a fresh start in any area of your life, we invite you to try this:

***“Each day for nine days in a row give away, throw away, or somehow eliminate from your home or office 27 items—that's right, 27 items a day for nine days...”***



These items can be clothes that have been in your closet for years in case you get back to a size 4, dishes that have big chips in them, spoons that have been eaten up by the garbage disposal, knickknacks that you don't even like that sit around accumulating dust—whatever no longer serves you and you don't want to carry into the future.

*Here are some guidelines:*

Once you start, you have to let go of at least 27 items a day.

If you skip a day you have to start over with day 1 because the energy is cumulative.

If you're not sure about an item, hold it to your heart and ask if you want to bring the energy of the item into your future. Ask, "Does it represent the 'me' as I see my ideal self in the future?"

Get rid of books, tapes, and CDs with messages that no longer speak to you.

Get rid of outdated food or vitamins, and dispose of old medicines that may remind you of a previous illness (it's not a great idea to hold on to these just in case the illness comes back!).

Throw away items in your kitchen that are cracked or unusable. Get rid of broken appliances that you know you'll never get fixed. It's usually cheaper to get a new one anyway.

Throw away items in your office like dried-up markers, broken pens, expired passports, and old magazines you'll never read.

Give away anything that holds an unpleasant memory or binds you to the past that is never coming back.

As you let go, thank the item warmly for its previous usefulness, and then say goodbye to it with gratitude in your heart. This makes the process joyful and deeply fulfilling.

After the nine days are over, take one final look around and see if what's left represents who you are now and who you intend to be in the future.

It's a law of physics that "Nature abhors a vacuum." In other words, Nature doesn't like it when things are empty! So when you create space, the Universe rushes in to fill it up. This is why when you release old relationships that no longer work, new and more wonderful ones have space to come in. When you let go of old resentments, more loving energy can enter. When you let go of the items throughout your home that carry old energy, more appropriate things will come in. You'll also notice a much greater ease when letting go of old ideas, feelings, positions, relationships, or anything that no longer serves you...and you'll also notice that miracles will fill those empty spaces faster than you can say, "I love living in the Miracle Zone."

Step #2: Own Your Worthiness for

*Miracles*



## Step #2: Own Your Worthiness for Miracles

Maybe you don't think you deserve to manifest a life of miracles. Well, the truth is that the miracles you most want also want you. They're just waiting around for you to love yourself enough to feel worthy of them.

The bottom line is that living in the Miracle Zone is really a function of your willingness to just let the miracles in.

And your willingness to let miracles in is based on your feelings of your own inherent worthiness. And we can't feel worthy of miracles without self-love.

We're sure you've heard it said that no one can love you more than you love yourself...and people can only give you what you're willing to give yourself. It's the same with the universe—the universe will only give you what you feel worthy of. Until you develop deep self-love, it's going to be hard for those miracles to show up.

So how do you know when you have self-love? Well, one way to tell is that you feel content and at peace regardless of outside circumstances. You don't depend on someone else's love in order to feel good about yourself. When you have self-love, you're open to letting love in and you're open to letting miracles in. So if you find it easy to let others love you, you probably have a good amount of self-love.

And self-love is different than self-esteem. Self-esteem is conditional. Self-esteem is, "I love myself because..." and you can fill in the blank. For example: "I love myself because I'm smart. I love myself because I'm attractive, because I'm a caring person." But all of those "because's" make the love conditional. Self-esteem is something that you earn.

But self-love is an unconditional experience of love for yourself no matter what's going on. It doesn't depend on you being smart or pretty or talented or even a loving person. It doesn't depend on you being anything. It's about an unconditional acceptance of yourself, no matter what!

Self-esteem is great, but it's really self-love you need in order to live in the Miracle Zone. When you don't have self-love, you block the miracles because you don't feel worthy so you energetically push them away.

No matter who we are, all of us were wounded in some way or another when we were children. Some of us were abused physically and some of us were abused emotionally. Maybe you were neglected. Maybe your parents inadvertently and unknowingly hurt you by minimizing the sadness or fear you tried to express.

Something happened to all of us. In fact, multiple things happened to all of us. And we created false beliefs around those incidents by interpreting them through the mind of our childhood self.

In reality, what happened may have had little or nothing to do with our interpretation of those events, yet we've been living our lives as if those false beliefs were true. They may be things like "I am alone" or "I'm bad" or "I'm never enough" or "I'm too much" or "I'm not wanted" or "I'm not safe."

I (Marci) would like to share a very personal story from my own life that created a core belief that I'm not wanted.

My mother, in all innocence, loved to tell this story frequently because she felt it was actually a wonderful tale with a positive ending. But it had the opposite effect on me.

My brother and sister are 10 and 11 years older than I am, respectively. From what I understand, they were a total handful growing up, often at each other's throats, and my mother used to say that it was too much for her. She would tell her friends that if she ever got pregnant again, she would just drive off into the ocean.

Well, sure enough, she did get pregnant again—with me—and the way she told the story is that she was so happy she didn't drive off into the ocean. She would add just how wonderful I am and end the story with, "Honey, you may not have been wanted, but you were always loved."

Well, it's a lovely message, but what I heard above all else is that *I may not have been wanted*—and I could not own the part that I was always loved. Every time my mother told the story, which was regularly (even the week before she passed away at the age of 88), all I could hear was that I wasn't wanted.

That's how I developed a false core belief about myself, and it's shown up in many ways in my life — in my personal relationships, in my relationship with myself, in my work. For most of my life, I felt that I had to prove myself because, inherently, I didn't feel wanted for who I was. That meant I had to create some amazing value for people to want me. As I've become more aware of this pattern and done healing processes (one of which we're about to share with you), I've been able to dissolve that limiting belief. I no longer believe it's true and releasing it has freed up my life.

I'm willing to put myself out there much more because I feel wanted for me, for who I am, and, most importantly, I want me!! I don't have to prove myself any more.



One technique we find very powerful when we're feeling lack of self-love, unworthiness, or any kind of emotional pain is this:

1. Allow your attention to scan your body and locate where you're feeling a sensation that wants your attention. Emotional discomfort of any kind, regardless of its source, is experienced somewhere in the body. Once you've located it, whether it's tightness in the throat, pressure in the chest, or contraction in the gut, that is where your body is holding the emotion.
2. Place your hand on the part of your body where the feeling is located and take a few deep breaths into it. And then send it love. You can even say to it, "Thank you. I love you." This will allow it to begin to unwind.
3. As this process continues, the sensation will usually decrease. In some cases it might increase as it's leaving your physiology. To aid the healing process, you might want to do something physical like dancing or taking a warm bath.
4. Whatever direction the sensation takes, it has a message for you. Even a sensation that you might label as pain is really a portal to healing and wisdom.



*“Place your hand on the part of your body where the feeling is located and take a few deep breaths into it. And then send it love.”*

Ask what the message is. Sometimes it's very clear. Sometimes it might be a reminder that you have the power to heal yourself, to dissolve old wounds, to love yourself into a state of wellness, and to restore yourself into a state of wholeness.

Maybe that pain is a gift, and when you open it by putting your attention on it, you'll discover that you are not only worthy of being well and whole but you are worthy of miracles.

Step #3: Trust the Power of Your

# *Get-Up Muscle*



## Step #3: Trust the Power of Your Get-Up Muscle

I (Lisa) want to let you in on some important advice my Dad gave me that's been one of the biggest keys to my miracles...

Growing up, my Dad would often tell me that I needed to trust my "get-up muscle." He'd say, "You don't always need a plan that assures you'll fly. You need a plan that gives you permission to leap. Sometimes, you can only find out when you're in motion what your wings are made of!"

Years ago, when I was a struggling, broke, single mom, I promised myself and my son that I'd transform our lives, I didn't know how I'd do that. But I started taking one step after another, leaning in to what felt good, and I trusted that even if I fell, I could get back up again.

So, not long after, in 1997, I packed up my car with all my belongings, buckled my three-year old son, Jelani, in the passenger's seat, and drove from LA to San Diego, 105 miles down the road, the farthest I'd ever been from home. I remember being so scared for any instability, discomfort, or challenge that my son might face because of my crazy miraculous dream to start my own training business.

When I got to San Diego, the first thing I had to do was find a place to live. I saw a sign on the side of the road that said "New Apartments. Bad Credit Welcome." I thought, "Well, that's two reasons I need to go there."

We moved in right away, and my dream journey truly began. It wasn't easy. Jelani and I ate beanies and weenies four or five days every week. He watched me sit in my closet, which I'd transformed into a little mini office, putting up mirrors on the wall so that it would seem a little bigger. At the grocery store, he watched me count out my money and choose what we'd get, since we couldn't get it all. He watched me make phone call after phone call, giving my sales pitch, and he listened to the seven no's I'd hear in order to get to one maybe.

The thing that got me through that time was trusting my get-up muscle and continuing to take one step after another towards my dream – even before I fully knew what my dream would look like.

One of the first jobs I got was training people to use computer systems (this was before everyone was using them). An idea popped into my mind: I could include a 30-minute inspirational message in my training that would help people embrace using computers more. I pitched the idea to my supervisor who gave me an immediate yes!

After I delivered that 30-minute inspirational message, I realized that I didn't want to give the regular computer training anymore – I just wanted to give the inspirational piece. It was taking action that led me to that clarity.

Most people are waiting to get clear before they take action. But taking action is actually what will help you get more clear about your next steps. You can always pivot and change directions, as you go forward. My dad's wisdom to lean into my get-up muscle and take action led me to my calling: inspiring people.

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To manifest a life of miracles, you don't have to know the big picture plan of how it will all come together. And in fact, you usually won't. Instead, follow the breadcrumbs, listen to your inner nudges, and take the next step in front of you.

In the movie *The Secret*, Jack Canfield gave the analogy: "If you're driving from California to New York, you don't see the whole road—you only see 100 yards in front of you. You don't have to see how you're going to get all the way to your goal."

So here are some ways to strengthen your get-up muscle:

1. Don't wait for clarity to take action. Get into momentum by taking one small baby step every day in the direction of your dreams. The energy of your aligned commitment will bring miracles.
2. Choose to live in the "Land of All Possibilities" where anything is possible. This isn't magical thinking – it's miracle thinking. Rather than looking for reasons that your miracles won't manifest, look for all of the reasons that they will.
3. Remind yourself of who you are and how strong your get-up muscle is. You have so much evidence from your life already of what you can climb over, under, and through.

Trust that your get-up muscle will always keep you on track, taking action towards your life of miracles.

***“Taking action and trusting your get-up muscle is what will help you get clear on your next steps.”***

Step #4: Surround Yourself with the

# *Right People*



## Step #4: Surround Yourself with the Right People

Now, you might be excited to start letting go and creating space, tapping into your worthiness, and trusting the power of your get-up muscle.

And we know that some of you are also thinking, “I’ve tried a lot of things to manifest miracles. What if this doesn’t work for me? And why have I gotten so stuck in the past?”

Most likely, there are numerous reasons, but we know of only one that has scientific verification to back it up: *There might be too many people in your life who don’t want you to get what you desire, and you are affected by their thoughts.*

Really?

Lynne McTaggart, a researcher, lecturer, and author of *The Intention Experiment*, has devoted years of her life to extensively investigating this phenomenon. She’s interviewed physicists and other researchers around the world and collected the most extensive data available on how our thoughts can measurably affect the people we’re focusing on. Her breakthrough work on the power of our minds to change reality has been corroborated by researchers at prestigious universities such as Princeton, MIT, Stanford, and more. The research concludes that thought generates its own palpable energy—energy that you can use to improve your life, to affect the lives of others, and, when harnessed together with an interconnected group, to change the world.

With that in mind, here are the million-dollar questions...

- Who in your life might be thinking thoughts that aren’t supporting your success and happiness?
- Are there people who for one reason or another might not want you to succeed?
- Do you have friends who believe that your success might take something away from them or might decrease their own chance for success?
- Might those people be creating a field of resistance that’s holding you back?
- Is it wise to continue having those people in your life?

Let them be who they are because they can only love you and dream with you to the degree in which they can love themselves and dream for themselves. And then go get your 32-ounce people. Go find them, without making your biological family or your home community wrong.

Let me (Sue) tell you about my own experiences that substantiate what The Intention Experiment has concluded...

When I was a little girl, I could see energy. I saw beautiful colors and shapes when people were happy, and rigid, dark energies when they were angry or upset. I would often become confused because sometimes people's energy wouldn't match what they were saying or doing.

I remember my grandfather coming to visit, and he'd give me a big hug and say he was so happy to see me. But when I looked up at him, I would see all kinds of dark, spikey energy. I didn't feel good around him and wanted to run away.

Years later, when I began practicing as a doctor, I would see how people's health was affected by the energy around them.

For example, one day I was at my clinic when one of my patients, I'll call her Nancy, walked in the door and immediately the air felt so heavy you could cut it with a knife. I could see that positive, happy energy just wasn't flowing in her life. So I asked her what was going on and she told me all about her symptoms: headaches, digestive problems, trouble sleeping, and fatigue.

What was interesting was after I did a few tests, I determined that there was nothing "medically" wrong with her so I asked her more questions. The more we talked, the more she started to open up and reveal what was going on in her life. She said that she was having trouble in her marriage and that her husband was such an incredibly negative presence that it effected her day in and day out. To him, there was little good in the world. He complained about his work, he complained about their son's grades and attitude, he complained about the world, he complained about money and he constantly said horrible things to her and about her. This was reflected in her physical health and her energy field.

Think about a time where you could feel the negative energy in a room or maybe a time when you were around family members or at work and you could sense the tension in the air.

Nancy experienced the power of other people's thoughts, specifically her husband's, and how they impacted her life and her reality.

The same is true for you. If you want to create miracles, you can do it by not only using the power of your thoughts, but I suggest that you surround yourself with people of high energetic vibration that want the best for you. It might even be time to create stronger boundaries with those who drag you down.

You can even super-charge your own desires and intentions by making use of the power of other people's positive thoughts about you and your aspirations.

You might even want to take this a step further and organize a group of friends and get together regularly, either in person or by phone, to focus your attention on the fulfillment of each other's goals and desires. In other words, do your own intention experiment!

# Conclusion

You've now discovered four steps to manifesting a life of miracles. This is a great start for getting you into the Miracle Zone.

We've also created a Free Training to go into greater depth and give you more powerful tools to supercharge your life of miracles.

And there's something else that's so important for living your life in the Miracle Zone that we included a whole section on it in our free training...and that is: how to move beyond fear. Fear is one of the biggest blocks that keeps us from living in the Miracle Zone.

If you're excited by everything we've shared in this e-book but you also feel a little bit afraid to move forward in your life, do join us for The 3 Keys to Manifesting Everyday Miracles Training.

During the Training, we'll not only share how to move beyond fear but three other simple steps you can take so that your life can truly be filled with miracles. We want you to live the life of your dreams.

We want you to wake up each morning in the flow and watch everything unfold with more ease than ever before—no matter what life throws your way. That's the promise of life in the Miracle Zone.

So we invite you to take what you've learned in this book to the next level and join us on our Live Training: 3 Keys to Manifesting Everyday Miracles. We know you're busy and we also know that if you've gotten this far, you're ready to take the next step.

Over 500,000 people from more than 80 countries have already attended our training—and now it's your turn.

The training is 75 minutes, but we suggest you leave more time if you want us to personally coach you or hear us personally coach others who “raise their hands” when we open up the lines.

It doesn't matter what miracles you're looking for—whether the miracle you want is for more abundance, more fulfilling relationships, finding “the one,” better health and greater vitality, success in the work you love... Our 3 Keys can put you in the zone where your miracles will begin to flow into your life!! We're here to support you to transform your life—one miracle at a time!

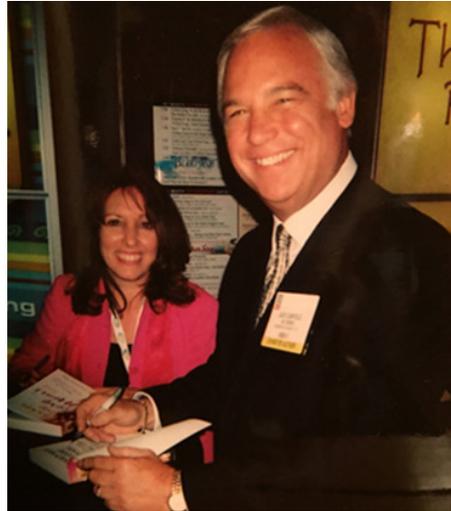
**RESERVE YOUR SPOT HERE**

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**We're here to support you to transform your life—one miracle at a time!**



*Marci with His Holiness The Dalai Lama*



*Marci with Jack Canfield*



*Dr. Sue on The Aware Show with Lisa Garr*



*Dr. Sue with Neale Donald Walsch, best-selling author of Conversations with God.*



*Lisa with Queen Latifah*



*Lisa with Dr. Phil*

## “Deep And Insightful.”

*“In my experience, Marci, Dr. Sue and Lisa are unparalleled in their ability to effectively convey deep and insightful knowledge and facilitate real growth. They are rare and precious gems among mentors who will transform your life, and support you in creating a level of success you probably can’t even imagine for yourself.”*

**Claire Zammit**

Co-Founder / [FemininePower.com](http://FemininePower.com) and [EvolvingWisdom.com](http://EvolvingWisdom.com)

## “Exceptionally Powerful And Supportive.”

*“I’ve known and admired Marci for many years both as a leader in the transformational world and as a dear friend. When I was a guest speaker for Your Year of Miracles, it was clear to me why people love her so much as a teacher. She’s co-created a fantastic program and the miracles community is exceptionally powerful and supportive of each other. It was exciting for me to hear the miracles these women shared! The energy, love, and results Marci generates through this program are genuine and abundant. I look forward to being a guest mentor again next year.”*

**Dr. John Gray**

#1 NY Times bestselling author, *Men Are From Mars, Women Are From Venus*

## “She Has the Tools.”

*“Dr. Sue Morter practicalizes and functionalizes the metaphysical insights and mystical wisdom of all the best spiritual literature of the past half-century. The Energy Codes by Dr. Sue Morter offers shockingly simple, yet wonderfully masterful, explanations that turn all the ‘What’s True’ info into a single ‘How To’ revelation that can change lives virtually overnight. Spiritual knowledge is one thing, spiritual tools are another. For those ready and willing to build a new life, Dr. Sue has the tools.”*

**Neale Donald Walsch**

Bestselling author of *Conversations with God*

“Soar to Success—no matter what!”

*“Lisa Nichols is a living example of what it takes to overcome the inevitable obstacles in your path and soar to success—no matter what!”*

**Jack Canfield**

Co-Author of the *New York Times* Bestselling *Chicken Soup for the Soul*

“She Is A Worthy Guide.”

*“Marci Shimoff has her finger on the pulse of the greatest evolutionary leap in the history of humanity—our leap out of fear into the attitudinal matrix of love. Marci is one of the most loving people I’ve ever known, and she is a worthy guide.”*

**Marianne Williamson**

Internationally renowned spiritual leader and #1 *NY Times* bestselling author of *A Return to Love*

“Gutsy and authentic.”

*Lisa Nichols is a rock star of personal growth! Gutsy and authentic, Lisa uses her charismatic and influential style to teach resilience.*

**Stephen M. R. Covey**

*New York Times* Bestselling Author, *The Speed of Trust*

“Look No Further.”

*“Of all the mentors I’ve had, my time with Marci has been the most profound and valuable. She’s intuitive, gifted, smart, practical and generous. She’s helped me earn more, impact more people, and bring more joy into my life. She has my highest endorsement.”*

**Marcia Wieder**

CEO / Dream University



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