



Meditations. Affirmations. Devotions.

Miracle Minded Manifestation Guide
for Magnificent and Divine Transformaion



Meditations Affirmations Devotions

Miracle Minded Manifestation Guide

For Magnificent and Divine Transformation

By

Jaaz Jones

Copyright © 2021 by G'ena Jaaz Jones

All Rights Reserved. First Printing 2012

No part of this publication may be reproduced, stored in a retrieval system, or transmitted in any form or by any means – electronic, mechanical, photocopying, recording, or otherwise – without the prior written permission from the author.

Table of Contents

Acknowledgements.....	3
FOREWORD	4
Introduction	5
Instruction Guide	6
Love the YOU in the Mirror.....	7
AWAKENING.....	8
Awakening Meditation Affirmation Devotion	9
FORGIVING.....	10
Forgiving Meditation Affirmation Devotion	11
LIVING	12
Living Meditation Affirmation Devotion	13
NURTURING	14
Nurturing Meditation Affirmation Devotion.....	15
EMBRACING	16
Embracing Meditation Affirmation Devotion	17
RESPECTING	18
Respecting Meditation Affirmation Devotion.....	19
RELEASING	20
Releasing Meditation Affirmation Devotion.....	21
LISTENING	22
Listening Meditation Affirmation Devotion.....	23
ACCEPTING.....	24
Accepting Meditation Affirmation Devotion	25
GIVING.....	26
Giving Meditation Affirmation Devotion	27
BEING	28
Being Meditation Affirmation Devotion	29
BELIEVING	30
Believing Meditation Affirmation Devotion.....	31

Acknowledgements

A million thanks to Genia, my favorite daughter, best friend and phenomenal business partner, wrapped in a MaDnificent package of love. Your contribution to this project has been invaluable and the writings contained herein are an expression of our shared journey and vision together. To my son GeMon, thank you for always being an inspiration of joy in love, to my grandson Ge'Micah, you continue to wow me with your brilliance and creativity. My son-in-law Donny, you are an amazing individual and I appreciate your devotion to our family. Nadir, your wisdom and generous spirit fills my heart with love and gratitude, you continually remind there is: (KMNMJU!). Genord, you are forever and a lifetime a source of grace and truth.

To my MaD sista'girls and love circle Erica P, Angela H, Nyokabi N, Mark P, Makasala, Kevin K, Kevin J, Aesha and Lo thank you for holding me to the highest standard of authenticity and shining your love light on my life!

To Dr. Mark Armstrong and my Ahimki Healing Institute Family, you are my constant reminder that our healing is always a breath away and a thought in present mind. You keep me accountable to my greatest gifts and I honor this shared journey of the power of our minds as the healing instrument. Dr. Mark, you are a true example of what it looks like to stand in your truth and soar in your purpose...thank you for your phenomenal healing guidance.

To my Mama Celeste who was the first to teach me to, "Love the YOU in the Mirror." This is the gift of gratitude that multiplies in a joyous fold keep us forever present to our truth. The truth and nothing but the truth is I AM.... You are, We are...LOVE! So look yourself in the mirror and say it like you mean it – "Hello Beautiful! I Love You" (Yes men too. Because the truth is our love is our beauty and we are Be You ti FULLY!

I love you Mama, Happy 81st beginnings. May you continue to soar! Thank you for the inspiration, the insights and love without limits!!!

Foreward

I attended a workshop recently at one of the major University's here in Georgia. I witnessed a process of life transformation taking place through the conversation of focused attention and meditation. I observed college students shift past their day to day worries of the world and shift into the possibilities of being their best self.

They were given tools on how to focus their attention, how to meditate and how to reflect and gain insight into their lives. Many of those ideas came from this book "MAD Transformational Guidebook: Meditations, Affirmations, Devotions" by Jaaz Jones.

I realized Jaaz had created a daily meditation tool kit that works. This tool kit is comprised of daily meditations, personal affirmations and devotions. It's also a journal which allows one to integrate all of the exercises in the book.

After reading this book I too had extraordinary insights which left me empowered and clear. In my personal process I took myself on this journey to go deeper and closer to my true self. It reminded me of what I teach in my classes. There is a thinker, observer and then there is you, the witness. You are the real one with all the talents and abilities. When you sort through the illusions and blockages and find your truth - you grow.

Nothing ever just happens. There is some divine design behind every pain and every laughter; the unique truth is you are growing all the time the universe always conspires to assist you. You just need to release the old and live in the now. This daily meditation will assist you in realizing it.

The author has shared her life experience and put it in a book so that it's practical for daily use by everyone. She has attended and facilitated many workshops, meditations training and completed many hours of her own personal growth work.

This book is a wonderful evolutionary guide for the growth of your soul. It provides an x-ray or snapshot into the deeper questions of the human spirit to be explored and nurtured.

In conclusion, I believe this book by Jaaz Jones will help, inspire and transform anyone who wants to change. This book puts the man or woman in the mirror who wants to change their ways. No message could be any clearer.

Mark Armstrong ND
Director/Founder
Ahimki Center for Wholeness
Roswell, Georgia

Introduction

Have you ever felt unloved, unsure of yourself or uncertain about the purpose for your life? Have you ever been so overwhelmed by your feelings that you couldn't think straight? You now have before you a tiny little tool to bust those depleting doubts and nagging fears. This MAD (Meditations-Affirmations-Devotions) Miracle Minded guide will aid you in transforming your mind which is the threshold to transforming your life. This little gem does not negate your feelings, yet it is a reminder that your feelings matter however, your thinking makes the difference.

The act of becoming Miracle Minded is an act of self-love. A Miracle Minded approach to living means engaging the mind with critical thinking, connecting deeply with emotional intellect, surrendering wholly to spiritual intuitiveness and experiencing completely the physical derivatives of a fully engaged state of being.

By applying the following Meditations, Affirmations and Devotions of the, ***“Love the You in the Mirror”*** pledge you will come away knowing that you are love, you need look no further than the image in your own mirror and the spirit in your own being. Remove the seeds of doubt that plaque you with affirmations that affirm your true power—the truth in love. Learn to manage your emotions by developing a stronger focused attention on the best that is within you rather than the worst that's happened to you.

Use this guide book to transform your madness into the Magnificent Miracle you were created to be.

This is not a twelve week challenge to see what you can change into because wherever you are is perfect, so be present to your truth - it's your brilliance! This is however, a twelve-week invitation to practice the, ***“Love the You in the Mirror”*** pledge within this MAD Miracle Minded Guide, one pledge at a time, each week. Then simply experience the unfolding of the marvelous, define and splendid being that is you.

My wish for you is the fullness of your define truth in your Love's presence magnified by sublime joy!

Thank you for blessing me with the chance to share my love gift with you. I appreciate you, I honor you and I am grateful for you.

Make Yours a MaDnificent Life!

In Joy!

Jaaz

Instruction Guide

Breathing Techniques

Utilize the deep breathing techniques for cleansing and clearing your mind. Begin your practice by inhaling for a count of five and exhaling for a count of six. Allow your breath to flow rhythmically and fully. Once rhythm is established replace your count with the 'word' instructions throughout the book. Breath is the most powerful tool to create presence and focus, let it be your guide and become fully attentive to the breath of life flowing through you and with you.

Len So My (Pure Love)



Vertical/Horizontal Figure 8 running together

Figure 8 (Len So My) Breath

This breath is an advanced breathing technique to center you, protect you and draw you present. It is excellent for engaging instant focused attention, releasing and clearing your mind of clutter and distraction.

Example 1

Begin with eyes closed. Imagine a gold thread of light beginning at the bottom back of your heels. See the light run out from the bottom of your feet, up and around to your naval. At the naval see the light go through your core center, out your back, up, around your head, down back to naval, through core center and back then down back to your feet to complete the (8). As you (inhale,) see the light coming up and around to your crown. When you begin to drop the stream of light in front of your face begin (exhale). Exhale should continue until the light is back to your heels. Once you have run three times see the same figure 8 running horizontally through your core center.

Example 2

Run the same figure 8 as though it were facing you and running around you again, crossing through your core center. Begin with (8) running from the outside of your right bottom foot at the center through your left foot, out, around and up your body. Then cross to make your (8) at your core. Bring up, around and over your head (this is all done on the inhale). Exhale as you descend down your left side, cross through core center, around, down and back to feet.

Now...Breathe and let flow!

Love the YOU in the Mirror

Today I, _____ pledge to love myself by...
(your first name)

1. Awakening with gratitude & thankfulness
2. Forgiving myself & others
3. Living in the now, not in the past
4. Nurturing my body, mind & spirit with goodness
5. Embracing myself just as I am
6. Respecting myself
7. Releasing all judgment of myself and others
8. Listening to understand
9. Accepting help from others
10. Giving my very best
11. Being joyful
12. Believing in myself

AWAKENING

Awakening is the beginning of consciousness. To awaken is to become aware, attuned to our inner and outer state of being. When you awaken with gratitude and thankfulness you deepen your experience with the presence of your pure self.

Soul Journaling: Make a list of what you are grateful for. Use for a point of reflection.

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and extend across the width of the page. There are no margins, text, or other markings on the paper.

Awakening Meditation Affirmation Devotion

MEDITATION

Take a deep breath. As you breathe in, in your mind say, "THANK" as you breathe out, in your mind say, "YOU". Do this 5 times consecutively. As you are breathing in feel your breath deep within your diaphragm. Close your eyes and see your entire body filled with light. Feel your breath flowing through your body from the top of your head to the tip of your toes. Thank every part of your body for functioning fully. Send love to your entire being from within. Close your meditation with 5 more deep breaths of "THANK" "YOU"

You just experienced the miracle of life. Don't just breathe...Be the presence of breath.

AFFIRMATION

I am awakened to my breath of light that is filled with LOVE's presence. I am thankful for all that I am all that I have and the perfected love of Spirit from which I AM, created me. And so it is.

DEVOTION: Make the opportunity to say, "Thank you" to everyone you encounter today.

Thank a stranger for sharing a warm hello. Thank the drivers on the road for sharing the space with you in a kind and safe manner (yes, even the rubberneckers). Consciously look for opportunities to express gratitude. Ask yourself, "How many ways can I express my gratitude today?" At the end of the day note your experience. How did you feel? What did you notice? What were your gains?

FORGIVING

Many times forgiveness is viewed as excusing the actions of others or even ourselves. Quite the contrary, forgiving is not excusing, it is acknowledging the errors in judgment of others and in us. You can forgive someone without them being present. You can forgive others for acts they have not yet committed. You can forgive yourself and the trespasses of others .Why? Because forgiveness has nothing to do with how you feel about what someone did to you or what you may have done to yourself or someone else. A Course In Miracles implies, *"Forgiveness is seeing one another blameless and holding a space of love."* With that thought in mind ask yourself, "what is forgiveness for?" Many say forgiveness is for the forgiver not the forgiven. Christ last words as He cried out from the cross, *"Father, forgive them for they know not what they do."* Then He exalted, *"it is finished."*

Place your attention (thoughts and actions) on your intention (hopes and desires) and you will Manifest Divine Miracles! Play boldly and have fun!

[illegible]

Forgiving Meditation Affirmation Devotion

MEDITATION

Take 3 deep cleansing breaths. Close your eyes and as you breathe in say "FOR" as you breathe out say "GIVE". Imagine a bright light filling you up as you breathe in "FOR" light. Feel the light and let the light fill you up. In your exhale as you breathe out see your pain (person, thought, deed...etc.) that you wish to release. Exhale as you "GIVE" the fullness of that light to that dark place. Repeat 3 times.

AFFIRMATION:

I give light to the darkness and extinguish its existence. I am here For Giving love and light to the world. In me there is no darkness. I For-Give myself to love. I For-Give others to love. And so it is.

DEVOTION

Write in your journal. (If you don't have one it is highly recommended for documenting healing) I remove the walls of fear from: list those areas in your life where you are resisting, "forgiveness" at the end write:

I replace my walls of fear with a welcome mat to loves presence. Select one of the items from your journal and place your attention on the person, incident or thing and say, I forgive myself for holding onto the darkness about _____ I remove the walls of fear from _____ and replace it with a welcome mat to loves presence.

LIVING LIVING

*“Today I love myself by...**Living** in the now, not in the past”*

Being present is a much talked about idea. Presence is where your power is and the presence is now. So, what does it mean to LIVE in the NOW? Actually there's no other place you can live but in the N.O.W. (No Other Way) You may allow your thoughts to dwell in the past and you may fantasize and forebode about the future. However, all living is in the here and now, where your Power of Presence (P.O.P.) is. In his book, ***The Way of the Peaceful Warrior***, Dan Milman references a wise old Indian who always snaps him back into the present moment when his mind begins to wander off into the distance. He would ask, "where are you?" "RIGHT HERE!" "what time is it?" "RIGHT NOW!" Right here right now, that's all there is. The question is not rather you are living in the now, rather how are you living in the now. Now has dominion and magic in it. Heed the clues, hear your guides presented in your now moment. Regardless of what mistakes you've made or what your present circumstance is, you have this present moment and that's all there is - revel in it. The beautiful thing about being human is...YOU GET TO CHOOSE again and again, as long as you have breath. You may not get everything you want but you do manifest everything you get and everything you are. In a split second you can go from sorrow to joy, when you choose to. Your life is not about your circumstances it's clearly about your choices. You choose: LIVING or EXISTING THRIVING or SURVIVING. Living is an inside job not an outside acquisition. Living is igniting all of your senses! if you are eating a meal take a moment to simply smell the aroma. If you're driving in traffic see the beauty beyond the crowded cars. See the trees, the billowy clouds, birds flying by. NOW is your gift. What are you giving to your life right NOW? Feel the presence of now in every fiber of your being and be...ALIVE!

Soul Journaling: Write a 'bless and release' mantra (reinforcing reminder) for something you want to let go of.

Living Meditation Affirmation Devotion

MEDITATION

Take 3 deep cleansing breaths. Close your eyes and as you breathe in say "I AM" as you breathe out say "ALIVE". Start with wiggling your toes, feel their movement. Continue from your toes and as you go up your body wiggle, flex, contract and release each muscle. While continuing your deep breathing stretch your arms above your head, then roll your head slowly. Notice every sensation as you continue breathing and repeating, "I AM ALIVE." Focus in on all of your senses while sitting quietly in breath. Note what you are feeling, the smells around you, your taste, and the sounds, open your eyes and look around. Let your eyes fix on an object. See the variations, nuances, character. Then release it. Most importantly, evoke your sixth sense. Close your eyes. Taking three final cleansing breaths, feel the warmth of love filling you up. Feel the blossoming of joy, peace and abundance blooming within you.

AFFIRMATION

I AM alive NOW. I AM wholly present to life because I AM life and what I AM flows through me and to the world around me. I choose to thrive and be alive.

DEVOTION

Today consciously evoke all of your senses. Practice being wholly present to your environment. Experience the presence of being in conversation, the beauty of the day, take a moment to sit and feel your heart beat. When you experience your mind wandering ask yourself, "Where am I?" and "What time is it?" "Right here, Right NOW" is your only answer. Journal your experiences this evening on, your experience of, "NOW".

Let your past propel you; let the future lift you, let NOW be your holy ground of today. Play boldly and have fun!

NURTURING

Balance is so essential to wholeness and wellness. What is crucial to having a holistic based life is aligning every aspect of your being - body, mind and spirit. Begin your day with the intention of aligning your desires with your actions to set your day on an even keel. Take the time to stretch when you awaken. Feel your entire body, every muscle, and remember your first lesson on breathing. Take a moment to read something inspiring to feed your mind and spirit. Use your MAD Minded guide to direct you through a meditation. Use these 12 daily meditations to direct your attention toward nurturing your whole being into balance. The key is consistency.

Soul Journaling: What can you do to nurture yourself more?

[illegible]

Nurturing Meditation Affirmation Devotion

MEDITATION

Take 3 deep cleansing breaths. Close your eyes and as you breathe in say "I AM" as you breathe out say "Aligned" Envision yourself walking on a beach. Feel the sun warming your body, feel the breeze kissing your skin. Continue your walk and allow yourself to wander up a mountain. With each step your body becomes stronger more attuned. Feel your inner wisdom guiding you. Your higher intelligence is opening as you walk bringing forth all of the answers you seek. Take 3 final cleansing breaths and feel the balance of goodness throughout your fully nurtured beings.

AFFIRMATION

I AM well now. My body, mind and spirit are in alignment. I AM rightly guided to my highest and greatest good.

DEVOTION

Today take a 15 minute walk even if you workout. Add 15 minutes to walk outside. Feel the briskness of the air. Move powerfully and deliberately. Go to the bookstore, or better yet your own library. Spend 30 minutes reading up on a subject of interest that you know little or nothing about. Spend 15 minutes meditating on all you are thankful for. Journal your experience. Your hour of devotion can be spread throughout the day. In the 24 hours of each day. Take one of those hours to fill your cup with balanced wellness. You have the option of using more time or arranging your increments in a different manner. But, do take at least one hour just for you.

EMBRACING

Being freed from the trapped doors of self-imposed limitations begins with Embracing yourself right where you are, just as you are. Recognize you are perfect just as you are -WHEN? "RIGHT HERE, RIGHT NOW!" Not when you lose the weight, not if you get the promotion, not because you aced the test...but NOW. Embracing everything about yourself right where you are is the greatest gift of unconditional love you can show yourself. The moment of acceptance always precedes the moment of transformation. Whatever your state of being, all conditions in life come to teach us. When you accept your presence (today's lesson from yesterday's experience), you surrender to the natural flow of the universe and can redirect your current from a place of love. Recognize we are all apart of the same SOURCE. Let your source flow freely through you rather than trying to impede the flow. Embrace your oneness to all of Creation.

Soul Journaling: Stand in the mirror naked, see yourself head to toe. Embrace your uniqueness and write what you experience; the easy and the challenging. Love the challenge and let go.

[illegible]

Embracing Meditation Affirmation Devotion

MEDITATION

Take 3 deep cleansing breaths. Close your eyes and as you breathe in say "I" as you breathe out say "EMBRACE ME." Continue the mantra in your mind while breathing, "I Embrace Me." As you are repeating the mantra feel the warmth of your arms enfolding you. Imagine yourself wrapped in a cozy blanket. The blanket is filled with voices whispering your accolades, your brilliance, and the magnificence of your divine gifts. Continue breathing and embracing yourself until you feel the warmth of your arms penetrate your soul. Take 3 final cleansing breaths and say, "I EMBRACE ME."

AFFIRMATION

I AM open to a deeper and greater understanding of myself. I accept all of my life choices knowing they have brought me to my present power of understanding. My understanding leads me to make improved choices for my life. I seek to understand the people, experiences and exposures I've attracted into my life.

DEVOTION

Take time today to acknowledge your gifts, talents and achievements. Make a list of your most valued life lessons and accomplishments. Wrap your arms around yourself periodically throughout the day and bask in knowing that you are wonderfully and magnificently made. Stand in the mirror naked (without judgment) and take a moment to love each part of your body from head to toe. Allow the beauty of your individual uniqueness speak to you. Let this be a liberation moment from what you think you should be and stand firmly and loving in the embrace of the one and only you.

RESPECTING

"Respect yourself, respect yourself, if you don't respect yourself ain't nobody gonna give a good cahoot..." That's a line from Staple Singers song of the early 70's, "Respect Yourself." What does it mean to respect yourself? It is to set a standard of operation and invitation for and to yourself. You may not determine who comes in your life however; you do determine who stays in your life. You choose your influences based on your standard of acceptance. EVERYONE has influence. What type of influence is the question? Ask yourself do my influences infect me or affect me? What example of influence are you establishing? Nadir Muwakkil, leadership coach and author poses the question, "are you being on your own side?" What a great question to ponder to set ones standard for self-respect! That question applies to every choice, no exception. "Am I being on my own side?" It's a simple yes or no, not a debate. The more clear you become about what is in your own best interest, the firmer your foundation of self-respect is. Respect comes from the Latin word *re* - + *specere* which is to look. So, self-respect is to look at self. Does what you see, match up with what you desire? Don't lower your desire. Raise your vision. You set the bar of your expectation and live into it not out of obligation but, out of love because you go with the flow of what is on your own side. If you don't like how you are being treated, treat yourself better to show others the way to treat you. They will meet you there or move on. As Mama Celeste would put it, *"Water rises to meet its own level."*

Soul Journaling: Where in your life can you raise your level of self-respect?

[illegible]

Respecting Meditation Affirmation Devotion

MEDITATION

Take 3 deep cleansing breaths. Close your eyes and as you breathe in and say "I SEE" breathe out and say "ME." See yourself surrounded by those you admire and respect. Rather it's an imaginary character, a public figure or someone in your immediate circle of influence. Embrace the positive characteristics about that person and see them in yourself. Feel the positive inflow and extension of admiration exchanged between you and them. See yourself extending that which you desire: happiness, joy, peace, understanding, etc. Feel yourself being elevated by each of the qualities you embrace and extend. As you extend each quality see your inner light glowing brighter and brighter.

AFFIRMATION

I set my bar of respect and joyfully extend it to those around me. I treat myself the way I desire to be treated. I AM the standard for my desired outcome. I see me as I desire to be seen and love myself to my standard of excellence.

DEVOTION

What is your standard? Remember respect is to look at, not judge. Write down what you see about how you live your life. Then make a determination of where you want to raise the bar. Spend the day making a conscious note of the activities you engage in that inspire and motivate you (that are in your own best interest). Also, recognize activities, relationships and endeavors that deplete and exhaust you (that are not in your own best interest). This exercise requires a heaping tablespoon of TRUTH. What are you willing to release that is not serving you? Start small. Make a commitment to do one small thing that you know is good for you. Don't confuse what may be good to you at the moment for what is good for you overall. Select reading material that will provide information about something you want to learn about. Take a brisk 15 minute walk. You choose your desired focus and give it your best attention. Continue this devotion as you determine those things that are in your own best interest and those that are not. Your standards will evolve and change as you continue to raise your awareness and expectation. At the end of the day note the benefit of your activity and how it made you feel.

RELEASING RELEASING

*“Today I love myself by...**Releasing** all judgment of myself and others”*

The beginning of judgment is the end of reason. Whenever judgment rises up it is merely to mask fear, ignorance and misunderstanding. It is impossible to fully judge yourself, much less another person. Whatever you judge in someone else is a judgment about yourself and how you see the world. Judgment only serves to manifest a series of negative emotions which have no value in your development or well-being. The most useless emotion self-judgment produces is guilt. Guilt neither inspires correction nor progression. Guilt becomes a ball and chain that locks your mind into the ridiculous idea that if you feel really, really, really bad, whatever you are feeling bad about that created the guilt, will go away. As my friend and life coach, Millicent St. Claire would say, *"that's simply ridiculous."* Why is judgment so useless? Because you only have partial information. The part that's missing could be the very part to shift your understanding. Understanding- let that be the goal you strive for. Steve Covey quoted in his book, "The 7 Habits of Highly Effective People" - *"Seek first to understand before being understood."* Striving to understand removes the blocks to love and opens your mind to greater possibilities. Ultimately that which you judge comes upon you and that which you understand illuminates within you.

Soul Journaling: Spend the day observing your judgments good and bad, then practice releasing them as they come up. Write your experience.

[illegible]

Releasing Meditation Affirmation Devotion

MEDITATION

Take 3 deep cleansing breaths. Close your eyes and as you breathe in say "I" as you breathe out say "RELEASE." Continue the mantra in your mind while breathing, "I Release." As you are repeating the mantra see the shackles and chains that bind you falling away. As all binding falls away see yourself being elevated. Feel yourself becoming lighter. Continue breathing and releasing until you feel yourself floating up toward a bright light. Take 3 final cleansing breaths and say, "I ACCEPT."

AFFIRMATION

I release all judgment of myself and others leaving myself as an open vessel to receive a full understanding of my encounters and experiences. I will consciously assess and evaluate seeking to increase my level of awareness of all that is around me and within me.

DEVOTION

Practice spending the day in non-judgment. When you witness judgment rising up simply become aware of its presence and release it. DON'T FIGHT IT. RELEASE IT. This is an opportunity to focus your attention. Allow yourself to be the observer in your world and see what you notice. By the way, judging something is not always, "bad". We also make "good" judgments. Examples: "That's a beautiful dress." "He is smart." "She is a nosey." My teacher is strict." "My boss is cool." These are all judgments. You have formed an opinion and made it so, based on your limited information.

Practice staying engaged in observation of yourself and others. Make note of your observations at the end of the day and jot down what you observed, how it felt, how others responded to you, how you responded to others.

The key is to relax and let go. When feeling tense....BREATHE! Play boldly and have fun!

LISTENING

LISTENING

*“Today I love myself by...**Listening** to understand”*

Listening to understand is a gift and an awesome act of love we give to ourselves and others. Listening to understand requires dispelling all preconceived notions and ideas. Listening to understand means you must be willing to surrender to, "I don't know" and "I want to learn", even when you THINK you know. As a whole human beings want to assure all other human beings we have the answers, setting the stage for listening to RESPOND rather than UNDERSTAND. How can you possibly be listening if you are busy formulating responses? You can't because thinking and listening are not complements to one another, believe it or not. Listening requires humility, willingness and caring. Listening to your still small voice beckons all of the previous requirements along with a generous amount of patience. For this reason you practiced removing judgment first so you can truly listen for the intent of the message and not shut down from an, "always, already" way of listening. *"I already know the answer to this"* or *"This always happens, I know the end result"*. Listening to understands means you want to deepen your experience, learn more completely, and engage more fully. Listening to understand leads you to put your mental chatter on mute and become completely present. A world of possibilities awaits the one willing to listen for understanding. Whatever you're seeking you will surely find. Listen to the power of your silence and you'll come to understand more of yourself than you ever knew was there. Just get to your quiet place and listen.

Soul Journaling: Listen for understanding today rather than responding. Write what you learned.

Listening Meditation Affirmation Devotion

MEDITATION

Take 3 deep cleansing breaths. Close your eyes and as you breathe in say "I AM" breathe out and say, "LISTENING." In the quiet stillness; listen. Listen to your breath, its depth, its shallowness. Listen to the quiet as you breathe in and out. No thought, no internal conversation...just breath. Let your breath be the only thing you listen for. Try and give at least five minutes to complete silence and gradually extend your time. Complete with 3 cleansing breaths.

AFFIRMATION

I listen to the still small voice of truth within. I let it guide and direct my steps. I listen when others speak and increase my understanding of myself and my world around me.

DEVOTION

Today is an extension of yesterday's release. Practice giving your full attention to each conversation you engage in. Practice multiple moments of silence in your surroundings. Listen for something new, something unexpected. Make note whenever you notice something in your daily environment that you have not noticed or paid attention to in times past. Journal the impact of silence and what shifts you may have experienced.

Shhhhhh! Quiet please. Powerful listening at play here...Play boldly and have fun!

ACCEPTING

ACCEPTING

*“Today I love myself by...**Accepting** help from others”*

My mama use to say, "*The only dumb question is the one you don't ask.*" Many times hardships are created because of ones unwillingness to except help. Like that is going to make you a stronger, better, smarter person. Pride steps in and intelligence walks right out the door. Giving and receiving are a part of the same energy flow. When you block your ability to receive assistance you also serve as a hindrance in the ability for others to give. Accepting help is a chance for you to love yourself through the generosity and kindness of others. It takes a willing student to be a prepared teacher. Allow yourself to receive help and you will be helping someone else fulfill their purpose. The key is not allowing outside assistance to become a crutch that impedes personal growth and responsibility. Let the help you receive from others be a spring board rather than a stumbling block. Once you spring up, pass the help on to someone else. After all we are in relation-SHIPS to help each other on this magnificent voyage through life.

Soul Journaling: Where have you been hesitant accepting help? Who can you reach out to for assistance?

[illegible]

Accepting Meditation Affirmation Devotion

MEDITATION

Take 3 deep cleansing breaths. Close your eyes and as you breathe in say "I" as you breathe out say "RECEIVE." See yourself with arms open wide extended outward. Envision the assistance you need being poured into you as a bright light. You extend the light back out to those around. As you see yourself surrounded by an illuminating light take 3 cleansing breaths and say "THANK" "YOU"

AFFIRMATION

All of the help I need is available to me now. I help others by allowing them to be of assistance to me. Spirit is my help and provides my every need through people He has directed in my life.

DEVOTION

What area in your life needs attention with assistance?

Identify at least one thing today where you desire improvement, understanding or increase. Write it down. Seek out someone qualified in that area to assist you in achieving your objective. Make one phone call, send one note, identify at least one person, you can ask to advise you on your next right step. Then implement the advice.

Ask and it shall be given unto...Play boldly and have fun!

GIVING
GIVING

*“Today I love myself by... **Giving** my very best”*

Giving your best is not about being perfect but rather being present to your best abilities. Sometimes the desire for perfection hinders our best efforts. Your best effort will vary according to your current state. (Remember lesson 6) Release all judgment. Rather than judge your performance assess it. Stretch where you're challenged and celebrate your gains. The best way we can give our very best is to give from love in everything we do. Know that the only thing we can truly give is ourselves. Give of yourself in the manner you would most desire to receive from yourself. Therein is where you will find your best efforts. Giving your best simply put, is giving your full attention to whatever you are doing in the present moment. (Remember lesson 2) Live in the now, not in the past. The only way to truly give your best is by being wholly present.

Soul Journaling: Where can you up your game and raise the bar in giving your best effort?

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and extend across the width of the page. There are no margins, text, or other markings on the paper.

Giving Meditation Affirmation Devotion

MEDITATION

Take 3 deep cleansing breaths. Close your eyes and as you breathe in say "I" as you breathe out say "GIVE." See yourself on a beach. As the tide comes and goes notice the waves as they come in. Each wave is giving its best to the shore though the size and velocity of each wave may vary. Be with the waves as they come and go. Feel yourself flowing with the tide. Relax into it. Complete with 3 final cleansing breaths.

AFFIRMATION

My givingness enriches my beingness. I give freely and easily to all areas of my life. I give to live.

DEVOTION

Devote your time today to giving your best to everything you do. Place your attention on your intention. Focus on a specific area, rather it's an aspect of your job, school or personal goal. Give it your best attention. Later assess your efforts in the following manner.

1) What worked 2) What would you do differently 3) How can you capitalize on your efforts and 4) What's your next best step. Utilizing these four steps in your development to detach from your feelings about your efforts while engaging an unyielding commitment.

Give and it shall be given unto you. That which you receive is in direct proportion to which you give...Play boldly and have fun!

BEING
BEING

*“Today I love myself by...**Being Joyful**”*

Whatever state you seek for yourself is not something to go searching for rather, something you generate from within. The state of joyfulness brings about a sense of freedom and contentment. Being joyful does not mean that challenges no longer arise or that you live in a continual state of bliss. Choosing to live in a state of joy is choosing to place your attention on the essence of what you are, instead of exerting energy on temporary circumstances to define who you are. If you want to attract joy, abundance, peace and love you must first recognize, you must be the thing you desire to attract. In other words, "You can do the thing and not get the thing if, you don't be the thing. But if you BE the thing you will do the thing because you are the thing; what's the thing...YOU get to say." Be joyful and joy will fill your soul even in your darkest moments because it is what you are regardless of what challenges may come to cover you they won't penetrate you if you remember to...BE (you decide)!

Soul Journaling: What do you want to draw more of to your life? What can you do to be more of that?

[illegible]

Being Meditation Affirmation Devotion

MEDITATION

Take 3 deep cleansing breaths. Close your eyes and as you breathe in say "I" as you breathe out say "BE." Feel the sense of joy pouring through the crown of your head. Let it pour throughout your entire body all the way down to the bottom of your feet. Be with it, feel it, embrace it. Continue breathing deeply and repeat "I AM Joy." Once you feel your entire being full of joy complete with 3 final cleansing breaths.

AFFIRMATION

I AM a Spirit being in human form. I choose my state of mind. I choose my state of beingness. I AM a magnet for joy because it is what I AM.

DEVOTION

Throughout your day evoke the powerful, "I AM" statement. Recognizing that your "I AM" statement is your declaration of Spirit. State 100 times today, "I AM Joyful." When challenges arise, when conflicts cross your path evoke your "I AM" statement. At the end of the day write down what you witnessed by your declaration. How did it impact and influence you and those around you?

You have the power to speak your state of play into existence...Play boldly and have fun!

BELIEVING

This is not an ending but a beginning. All you are, all you become, all you achieve begins with your belief. Believing is our seed to manifestation. Once you plant your seed of believing you will cultivate your harvest of knowing. As you believe so shall you BE. So you BE so shall you LIVE. When you believe you are love you will be love. And since you are love you will live love. Our lives are a reflection of our beliefs and an example of our knowingness. No longer do you need to search for love. Never again will you lose love. Falling in love is no longer an option. Love is your ascension. Love is what you come from. Love is what you are. Believe it. BE - Love! LIVE - Love!

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

Believing Meditation Affirmation Devotion

MEDITATION

Follow this meditation lying on your back. Take 3 deep cleansing breaths. Close your eyes and as you breathe in say "I" as you breathe out say "BELIEVE." Let yourself become completely relaxed. See yourself surrounded by snowcapped mountains, a forest of trees at the base and below a crystal clear river. Visualize yourself floating above the river ascending to the mountains. You become weightless and rise above the mountains. Rest there. Give thanks there. Be in peace there. As you hover high above the river complete your moment sitting on the mountains peak and with 3 cleansing breaths repeat "I Know" as you inhale; "I AM Love" as you exhale.

AFFIRMATION

I believe in the Source from which I come. I know I AM love because God is love and I AM created in God's image. I always respond in love because Love is all I AM.

DEVOTION

Repeat 100 times today, "I AM Love." Examine the areas in your life where you are experiencing doubt in your abilities. Write in your journal, "I believe I can accomplish...." Wherever you are experiencing self-doubt, identify that area and write down, "I believe I am....." Create a list of affirmations that empower you. Review the affirmations from the past twelve MaD Moments and select those that speak directly to you. Jot them in your journal and begin saying them today and every day following until they become a part of your being.

Believing is surrendering to your dreams. Let go and believe...Play boldly and have fun!

“Just when the caterpillar thought the world was over ...



...it became a butterfly”- proverb

Thank you to each and every one of you for joining me in this journey.

The greatest gift my mother gave me was to stand me in the mirror and have me say to myself, "Good morning beautiful! I love you." The gift of self-love is the thank you we give back to God for the gift of life. It is the gift we give to others because we are certain of its continual bounty. And it is without question the most valuable gift we will ever give ourselves.

Visit our website to purchase an audio guided meditation of this series at **www.madmiraacles.com**

We want to hear from you! Please share your comments on your MAD transformational experience on our Facebook page @madmiraaclesfanpage