



BECOMING YOUR OWN M.I.R.A.C.L.E



- M** -Meditations & Mindset
- I** -Incantations & Imagination
- R** -Rebounding & Role Models
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- E** -Energy Frequency

HELLO, I'M TRACY AND DEVELOPED THE MIRACLE MINDSET METHOD TO SHARE WITH OTHERS HOW TO CREATE THEIR OWN MIRACLE!



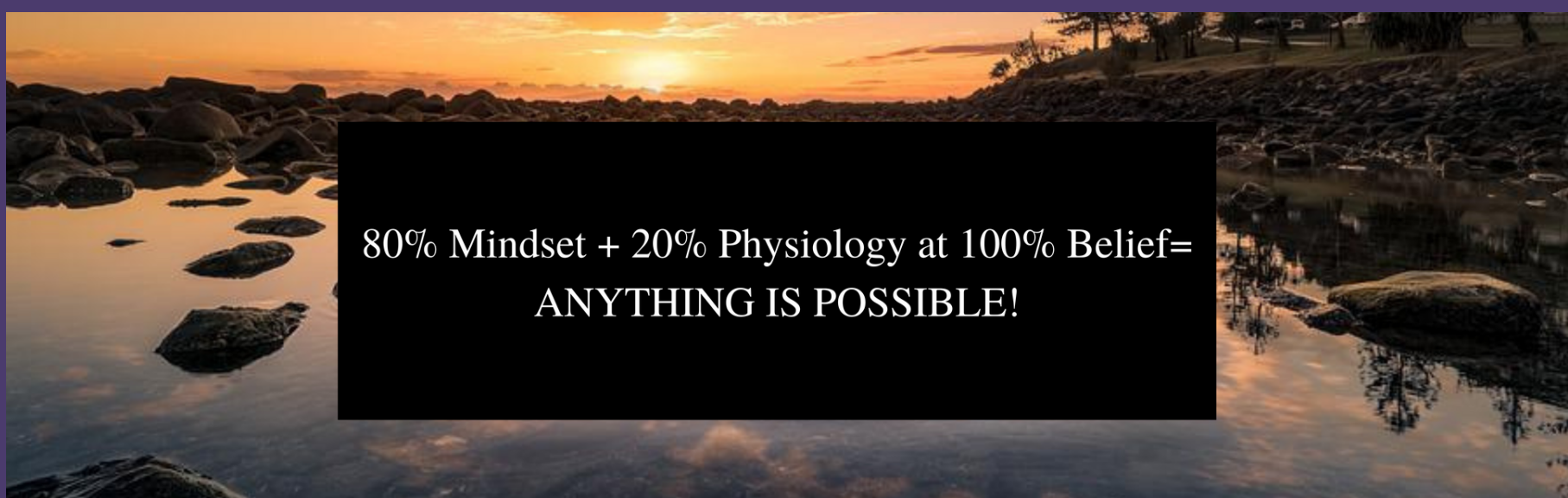


MEDITATIONS & MINDSET

Meditations

Meditation is one of the best tools we have to counter the brain's negativity bias, release accumulated stress, foster positive experiences and intentions, and enjoy the peace of present moment awareness. A large body of research has established that having a regular meditation practice produces tangible benefits for mental and physical health, including:

- Decreased blood pressure and hypertension
- Lowered cholesterol levels
- Reduced production of “stress hormones,” including cortisol and adrenaline
- More efficient oxygen use by the body
- Increased production of the anti-aging hormone DHEA
- Improved immune function
- Decreased anxiety, depression, and insomnia



Mindset

Mindset is largely influenced by what we focus on, the Meaning we give, the language we use, and our physiology. Mindset accounts for 80% of the Anything is Possible formula. Your emotions and beliefs are created by your thinking, so any self-limiting thoughts can influence your mindset. Remind yourself that you get to choose what you focus on, the meaning you give it, and how your body and mind react to it. Where Focus goes, Energy Flows!





INCANTATIONS & IMAGINATION

Incantations

Incantations, I believe, create and empower your mindset, activate your body and soul, and lead you to the Power of Certainty. The Incantations are stated in present tense. I am Happy, I am healed. I am Love, I am Faith- it is NOT I want to be healthy, I was healthy, I will be healthy- they must be stated in the present tense. When do you want to results? NOW! I use the R.I.C.E method to create fun and meaningful daily Incantations

- R-Rhythm and Rhyme-Make it fun!
- I-Imagination: Visualizing your outcome, complete with a motion picture of your thoughts, smells, music, sounds , and a photo of what you want as it's happening
- C-Consistency: Repeat it, repeat it, repeat it!
- E-Emotional Intensity-you must embody the emotions and beliefs with absolute conviction!



Imagination

When you use imagination to create your destiny- your subconscious mind goes to work to make it happen. When you use imagination to see and feel your outcome-it's like showing the divine what you want so the it can go to work to make it happen. It's manifesting what you want to the universe (God). The outcome must be good for you, good for others and good for all.





REBOUNding & ROLE MODELS

Rebounding

Rebounding for 10–30 minutes a day is an excellent method for cleaning out your lymph nodes- like getting rid of the garbage in your body! It is a highly effective and fun way to keep your body moving. Recent research shows that rebounding burns fat 50% faster than running and is more effective at achieving target heart rates, building cardiac strength, and engaging muscles. With each bounce of a rebounder, you may experience up to three times the typical g-force! Some additional benefits of rebounding include:

- Increasing bone density
- Reducing Cellulite
- Strengthening all 638 muscles

Role Models

Finding the right role models for yourself as well as resources for information is just as important as taking care of your body physically. A few role models I've discovered along my journey are Tony Robbins as his training contributed to my health and wealth. Another is Dr. Joe Dispenza; His work is exceedingly scientific and uses cutting-edge technology to explain how the brain can do the impossible in meditation, and Master Stephen Co, a Pranic Healer. I admire his selflessness in always giving and teaching spiritual practice and meditation. I encourage you to find the right resources and role models that resonate with you!





ALKALINE BODY

Physical-Mental-Emotional

You need to be in alignment with your body and so in tune to it- it will tell you what it needs. Detoxifying the body using infrared saunas, coffee enemas, celery juice, detox juices, and fasts is essential, as is detoxing negative beliefs/thoughts running through our subconscious mind, and detoxing suppressed emotions such as fear, anger, frustration, and unforgiveness. Alkaline body goes beyond just food and supplements. Throughout the years I have found many holistic approaches to strengthen and heal the body that work for me that I am here to share with you. I believe everyone's body has different chemistry so what works for one person may not work for another. Take the time to listen to what your body wants. A few ways I have found to keep my body alkaline are:



Juicing with Celery



Eating Fresh Fruit



Earthing



Drinking Lemon water

- DRINKING ACTIVATED CHARCOAL WATER
- USING A BIOCHARGER
- COFFEE ENEMAS
- AVOIDING EMF'S
- USING AN INFRARED SAUNA
- PRANIC HEALING
- OZONE THERAPY
- ESSENTIAL OILS





CONNECTION

Soul-Truth-Faith



To me an Awakened soul is being aware of your emotions and body, and staying in control of them. We are not our thoughts and emotions- we create them. Being aware of this is a big step in connecting with your soul. I feel we connect to our soul when we meditate, pray or simply be still and ask ourselves- our inner soul, Our Truth for answers. If you are in the right state, you can hear the answers.

The Truth Method by Claudette Anderson has been truly transformational and the greatest healing experience! By connecting with the truth, I was able to overcome my limiting beliefs that had been running through my subconscious.



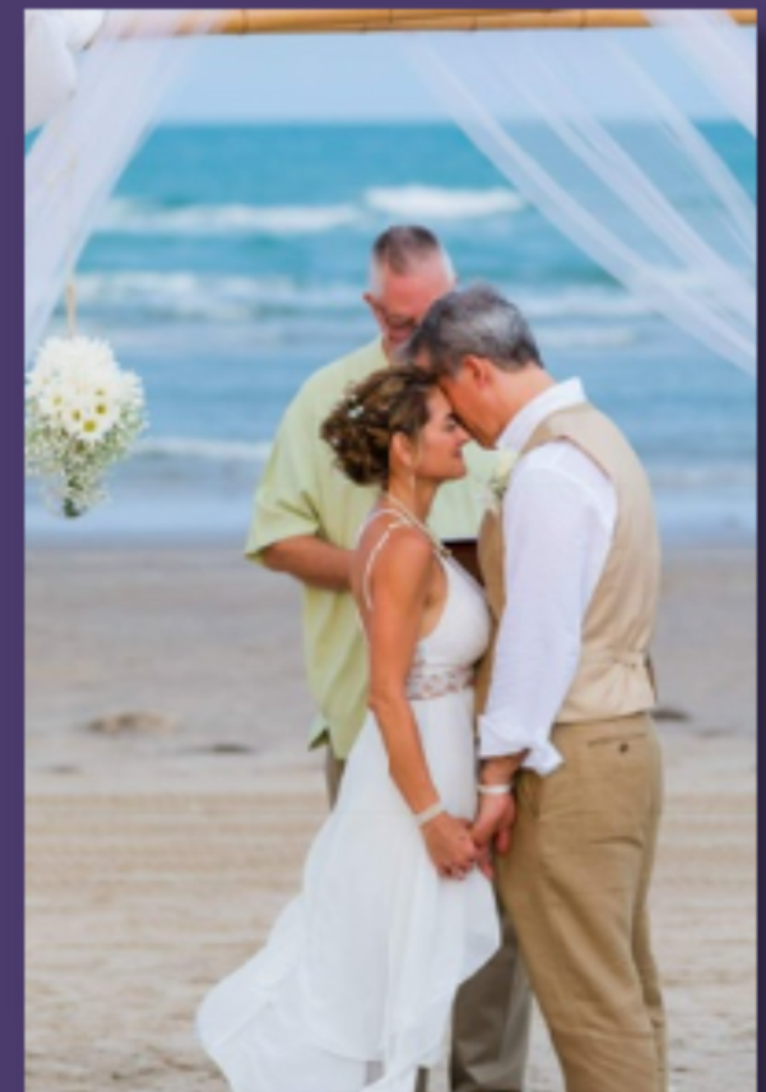
Faith and Fear are both made up. Fear is imagination undirected and Faith is imagination that is directed. I decide what I am going to believe in faith because it serves me and my family. I believe everyone has a God- we may just call the Divine by different names like God, Source, or Universe, My wish is that we could all realize we are all Children of one God-whatever you choose to call Him is your right.





LOVE

Love yourself like a Gigi!



A grandmother, or a Gigi in my case, is a special kind of love. A Gigi love is unconditional, patient, and accepting; it is pure love. I first had to learn how to show others the same Gigi love that my grandchildren received...then I had the thought, "what if I could love myself that same way?" There are 3 gifts you can give yourself to start loving yourself like a Gigi:

Attention

Encouragement

Celebration



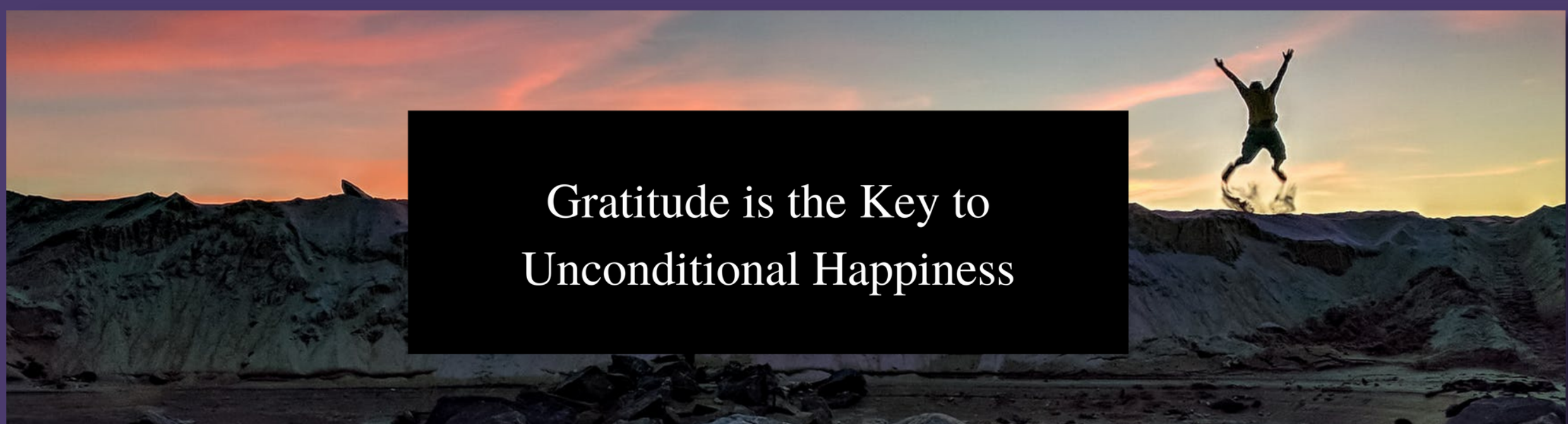


ENERGY

Raise your Frequency!



The Law of Frequency states that the frequency you emit is the vibration with which you resonate and attract. Every thought vibrates, generates a signal, and draws a matching signal back to itself. As you can see, the law of attraction ensures that all thoughts that are similar to one another line up. If you focus on what you **DO NOT WANT**, you will attract more of the same. Once you understand this global truth, every mystery and misunderstanding will be replaced with clarity and knowledge. Emotions are the greatest frequency determinants. Two of the highest frequency emotions are **GRATITUDE** and **UNCONDITIONAL FORGIVENESS**- let it go, and let it flow



Gratitude is the Key to
Unconditional Happiness

