

Dear Friends,

The new Word of the Month is MIRACLES. The Latin root of the word MIRACLE means “object of wonder.” The dictionary definition is: “a surprising and welcome event that is not explicable by natural or scientific laws, and is therefore considered to be the work of a divine agency.”

Many years ago a friend, Barbara Dell’Anno, gave Wendy a life-changing present. It was a hand painted, heart shaped rock. The words on it simply read: “Expect a Miracle.” Heeding this advice started one of the most creative habits of her life! If you are not looking for MIRACLES, they can get crowded out and overlooked in the *busy-ness* of our hectic lives. In the words of Mary Oliver:

**“One day you finally knew what you had to do.....
though the voices around you kept shouting their bad advice....
"Mend my life!" each voice cried. But you didn't stop.....
determined to do the only thing you could do-
determined to save
the only life you could save.”**

In the stillness of meditation we can be grateful for the MIRACLE of our breath which brings the animating Spirit of Life in and through our bodies with each inhalation and exhalation of oxygen. Each relationship that we nurture with appreciation allows the MIRACLE of growth and awakening in consciousness to raise the vibration in the world for the regeneration of humanity. “Deep listening is miraculous for both listener and speaker. When someone receives us with open-hearted, non-judging, intensely interested listening, our spirits expand.” (Sue Patton Thoele)

Each one of us has wisdom and kindness as core characteristics of Beingness and these are essential ingredients in MIRACLES. Seeking out the blessing in a

situation or not speaking a complaint are such little things, but actually are everyday MIRACLES. Being deliberate about these details provides the “lift under our wings” to co-create the New Heaven and the New Earth. “There are two ways to live your life - one is as though nothing is a MIRACLE, the other is as though everything is a MIRACLE.” (Albert Einstein)

As we embark on a New Year, let us say to each other in word and deed: “*You* are a MIRACLE.”

Please (email or) join us to share your thoughts on and experiences of MIRACLES at Brenda Gunn’s in Encinitas on Sunday, January 29th from 2 - 5 p.m. Call or email us if you need direction.

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