Day 1

Witness Your Fear

Affirmation

I am willing to witness my fear.

Reflection

Follow instructions from May Cause Miracles book, or simply reflect on the meditation(s), affirmation and your experience of the day.

There is an evening meditation with Day 1, it will be emailed with the morning meditation.

May Cause Miracles

Day 2

Become Willing

Affirmation

I am willing to see this differently.
I am willing to see love.

Reflection

Follow instructions from May Cause Miracles book, or simply reflect on the meditation(s), affirmation and your experience of the day.

There is an evening meditation with Day 2, it will be emailed with the morning meditation.

May Cause Miracles

Day 3

Choose a New Perspective

Affirmation

Love did not create this.

Reflection

Follow instructions from May Cause Miracles book, or simply reflect on the meditation(s), affirmation and your experience of the day.

Day 4

Gratitude is the Attitude

Affirmation

Gratitude is my only attitude today.

Reflection

Follow instructions from May Cause Miracles book, or simply reflect on the meditation(s), affirmation and your experience of the day.

Day 5

The F Word-Learning to Forgive

Affirmation

I forgive myself for choosing fear.
Today I choose love instead.

Reflection

Follow instructions from May Cause Miracles book, or simply reflect on the meditation(s), affirmation and your experience of the day.

Day 6

Expect Miracles

Affirmation

I believe in miracles.

Reflection

Follow instructions from May Cause Miracles book, or simply reflect on the meditation(s), affirmation and your experience of the day.

There is an evening meditation with Day 6, it will be emailed with the morning meditation.

May Cause Miracles

Day 7

Reflect and Prepare

Highlight in your journal passages or exercises that were powerful.

Reflection on the Week

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There is not a meditation for closing out the week. Repeat one that resonated with you if you'd like. Then if reading the book, read the introduction for week 2.

May Cause Miracles

Day 8

Witness Your Self-Inflicted Fear

Affirmation

I am responsible for what I see.

Reflection

Follow instructions from May Cause Miracles book, or simply reflect on the meditation(s), affirmation and your experience of the day.

Day 9

Become Willing to Love Yourself

Affirmation

I am willing to let go of my self-doubt. I surrender to self-love.

Reflection

Follow instructions from May Cause Miracles book, or simply reflect on the meditation(s), affirmation and your experience of the day.

Day 10

I Choose to Love Myself Today

Affirmation

I am love.

Reflection

Follow instructions from May Cause Miracles book, or simply reflect on the meditation(s), affirmation and your experience of the day.

Day 11

Self-Gratitude

Affirmation

I am grateful for this moment.

Reflection

Follow instructions from May Cause Miracles book, or simply reflect on the meditation(s), affirmation and your experience of the day.

There is an evening meditation with Day 11, it will be emailed with the morning meditation.

May Cause Miracles

Day 12

The F Word

Affirmation

I forgive myself for having this thought. I choose love instead.

Reflection

Follow instructions from May Cause Miracles book, or simply reflect on the meditation(s), affirmation and your experience of the day.

Day 13

Go Big and Expect Miracles

Affirmation

Today I commit to miraculous shifts.
Forgiveness will be my guide.

Reflection

Follow instructions from May Cause Miracles book, or simply reflect on the meditation(s), affirmation and your experience of the day.

There is an evening meditation with Day 13, it will be emailed with the morning meditation.

May Cause Miracles

Day 14

Reflect and Prepare

Highlight in your journal passages or exercises that were powerful.

Reflection

Follow instructions from May Cause Miracles book, or simply reflect on the meditation(s), affirmation and your experience of the day.

There is not a meditation for closing out the week. Repeat one that resonated with you if you'd like. Then if reading the book, read the introduction for week 3.

May Cause Miracles

Day 15

A New Reflection

Affirmation

My false perceptions of my body are an attack. Today I choose love instead of my ego's perceptions.

Reflection

Follow instructions from May Cause Miracles book, or simply reflect on the meditation(s), affirmation and your experience of the day.

Day 16

My Body is Light

Affirmation

I turn my perception of my body over to the care of my inner guide. Show me what you've got…

Reflection

Follow instructions from May Cause Miracles book, or simply reflect on the meditation(s), affirmation and your experience of the day.

There is an evening meditation with Day 16, it will be emailed with the morning meditation.

May Cause Miracles

Day 17

What Do I Chose to See in the Mirror?

Affirmation

I am not a body. I am free.

Reflection

Follow instructions from May Cause Miracles book, or simply reflect on the meditation(s), affirmation and your experience of the day.

There is an evening meditation with Day 17, it will be emailed with the morning meditation.

May Cause Miracles

Day 18

Getting My Gratitude On!

Affirmation

I am grateful for my body.

Reflection

Follow instructions from May Cause Miracles book, or simply reflect on the meditation(s), affirmation and your experience of the day.

Day 19

The Inverse of the Fog

Affirmation

Forgiveness restores my perception of my body back to love.

Reflection

Follow instructions from May Cause Miracles book, or simply reflect on the meditation(s), affirmation and your experience of the day.

Day 20

The Miracle of Your Body

Affirmation

I accept the true function of my body.
I accept that I am a messenger for love.

Reflection

Follow instructions from May Cause Miracles book, or simply reflect on the meditation(s), affirmation and your experience of the day.

There is an evening meditation with Day 20, it will be emailed with the morning meditation.

May Cause Miracles

Day 21

Reflect and Prepare

Highlight in your journal passages or exercises that were powerful.

Reflection on the Week

There is not a meditation for closing out the week. Repeat one that resonated with you if you'd like. Then if reading the book, read the introduction for week 3.

May Cause Miracles

Day 22

Witness Your Ego's Special Illusions

Affirmation

Today I am the witness to my ego's false perceptions of others.

Reflection

Follow instructions from May Cause Miracles book, or simply reflect on the meditation(s), affirmation and your experience of the day.

Day 23

Be Willing to Turn Your Ego Over to Your -ING

Affirmation

Inner Guide, I ask that you help me see everyone as equal.

Reflection

Follow instructions from May Cause Miracles book, or simply reflect on the meditation(s), affirmation and your experience of the day.

There is an evening meditation with Day 23, it will be emailed with the morning meditation.

May Cause Miracles

Day 24

Kindness Created Me Kind

Affirmation

Kindness created me kind.

Reflection

Follow instructions from May Cause Miracles book, or simply reflect on the meditation(s), affirmation and your experience of the day.

Day 25

Be Grateful for the Purpose of the Relationship

Affirmation

All encounters are holy encounters.

Reflection

Follow instructions from May Cause Miracles book, or simply reflect on the meditation(s), affirmation and your experience of the day.

There is an evening meditation with Day 25, it will be emailed with the morning meditation.

May Cause Miracles

Day 26

F Everyone!

Affirmation

I could see peace instead of this.

Reflection

Follow instructions from May Cause Miracles book, or simply reflect on the meditation(s), affirmation and your experience of the day.

Day 27

Miraculous Relationships

Affirmation

Today I am a miracle worker.
I choose to see love in all.

Reflection

Follow instructions from May Cause Miracles book, or simply reflect on the meditation(s), affirmation and your experience of the day.

There is an evening meditation with Day 27, it will be emailed with the morning meditation.

May Cause Miracles

Day 28

Reflect and Prepare

Highlight in your journal passages or exercises that were powerful.

Reflection on the Week

There is not a meditation for closing out the week. Repeat one that resonated with you if you'd like. Then if reading the book, read the introduction for week 5.

May Cause Miracles

Day 29

Witness Your Financial Fears

Affirmation

I am NOT my lack mentality.
*Kim suggests: I am good abundance.

Reflection

Follow instructions from May Cause Miracles book, or simply reflect on the meditation(s), affirmation and your experience of the day.

Day 30

Willing to Change

Affirmation

I am willing to change my inner dialogue about my finances.

Reflection

Follow instructions from May Cause Miracles book, or simply reflect on the meditation(s), affirmation and your experience of the day.

Day 31

A Financial Shift

Affirmation

I choose to believe in abundance and accept this belief as my reality.

Reflection

Follow instructions from May Cause Miracles book, or simply reflect on the meditation(s), affirmation and your experience of the day.

There is an evening meditation with Day 31, it will be emailed with the morning meditation.

May Cause Miracles

Day 32

Gratitude Creates Abundance

Affirmation

I am grateful for what I have, and I welcome all the gifts this day will bring.

Reflection

Follow instructions from May Cause Miracles book, or simply reflect on the meditation(s), affirmation and your experience of the day.

Day 33

The F in Finance is for Forgiveness

Affirmation

"Forgiveness offers me everything I want." From A Course in Miracles

Reflection

Follow instructions from May Cause Miracles book, or simply reflect on the meditation(s), affirmation and your experience of the day.

Day 34

Money and Miracles

Affirmation

I am welcome infinite possibilities.
I will receive.

Reflection

Follow instructions from May Cause Miracles book, or simply reflect on the meditation(s), affirmation and your experience of the day.

There is an evening meditation with Day 34, it will be emailed with the morning meditation.

May Cause Miracles

Day 35

Reflect and Prepare

Highlight in your journal passages or exercises that were powerful.

Reflection on the Week

There is not a meditation for closing out the week. Repeat one that resonated with you if you'd like. Then if reading the book, read the introduction for week 6.

May Cause Miracles

Day 36

Witness Your Ways in the Worlds

Affirmation

For my peace and the peace of the world, I choose love.

Reflection

Follow instructions from May Cause Miracles book, or simply reflect on the meditation(s), affirmation and your experience of the day.

There is an evening meditation with Day 36, it will be emailed with the morning meditation.

May Cause Miracles

Day 37

Listen Up!

Affirmation

Inner Guide, I welcome you to show me where to go, what to do, and what to say.

Reflection

Follow instructions from May Cause Miracles book, or simply reflect on the meditation(s), affirmation and your experience of the day.

Day 38

Shift from Me to We

Affirmation

I will listen to those who want to be heard, whelp those who are in need, guide those who are lost, and serve those who call for love.

Reflection

Follow instructions from May Cause Miracles book, or simply reflect on the meditation(s), affirmation and your experience of the day.

There is an evening meditation with Day 38, it will be emailed with the morning meditation.

May Cause Miracles

Day 39

Gratitude to the World

Affirmation

I am grateful for my new perceptions of the world.

Reflection

Follow instructions from May Cause Miracles book, or simply reflect on the meditation(s), affirmation and your experience of the day.

Day 40

A Letter of Forgiveness

Affirmation

I forgive the false projections I have placed on the world.

Reflection

Follow instructions from May Cause Miracles book, or simply reflect on the meditation(s), affirmation and your experience of the day.

Day 41

You Are a Miracle Worker

Affirmation

I am here to be truly helpful.

Reflection

Follow instructions from May Cause Miracles book, or simply reflect on the meditation(s), affirmation and your experience of the day.

Day 42

Reflect and Celebrate

Write about your experience as a new miracle-worker.

Reflection on the Week

There is an evening meditation for Day 42 it will be emailed with the morning meditation.

May Cause Miracles