

MIRACLES MADE SIMPLE

A WOMAN'S GUIDE TO MIRACLES,
MIND TRAINING & STAYING SANE
THROUGH IT ALL

INSPIRED BY A COURSE IN MIRACLES

By Barbara Huson



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You don't have to be a monk to have a miracle mindset.

You might picture monks meditating in serene mountain monasteries when you think about a “miracle mindset.” But here's the truth: You don't need to wear orange robes or retreat to a mountaintop to experience a miracle in your life! A miracle mindset is simply shifting your thoughts to invite more love, abundance, joy, and opportunities into your daily life. And guess what? You already have everything you need to start transforming your thinking. No mountain climbing, mind-altering drugs, or cold baths required—just the willingness to step into your power and trust the process.

But what exactly is a miracle mindset? To understand that, we first need to talk about the foundation of this journey—*A Course in Miracles* (ACIM).

If you're new to ACIM, it's a spiritual text that offers a radical approach to life, teaching that true peace and happiness come from shifting your perception—from fear to love. Published in the 1970s, this profound work has touched millions of lives worldwide, offering a practical path to inner peace and spiritual awakening.

ACIM isn't about religious dogma or rigid rules.

Instead, it's about experiencing a miracle—a shift in how you see yourself, your life, and the world around you. For me, ACIM has been a lifeline, a source of profound healing and insight. It's shown me how to transform fear, doubt, and overwhelm into love, confidence, and calm.

Of course, there's one little obstacle standing in the way—your brain. Ever feel like your mind is throwing a tantrum, refusing to listen, and running wild with negative thoughts? That's because, much like a cranky toddler on a sugar high, your brain loves routine and hates change. It clings to old patterns, even when they're not helping you...because to your brain, the familiar is safe, and the unknown is terrifyingly unpredictable.

But here's the good news: With a little patience, consistency, and a few simple tricks, you can teach your mind to work for you instead of against you. We'll dive into how to rewire your thoughts, tame that inner toddler, and get your brain back on track toward your big dreams.

And before you start worrying about “doing this right,” let me just say—there's no pressure, no perfection, only patience. This isn't about rigid rules or getting everything “just so.” It's about making small, meaningful shifts that add up over time.

Take it at your own pace—underline the juicy bits, highlight the “aha” moments, and come back whenever you need a little inspiration. The key here is progress, not perfection, so be kind to yourself as you move through this journey.

Trust me, you’ve got this. And every step you take is a step closer to the life you desire and deserve.

Let’s begin this journey together.



YOUR THOUGHTS ARE RUNNING THE SHOW— MAKE SURE THEY'RE NOT A RERUN OF LAST SEASON'S DRAMA

Ever feel like life keeps handing you the same mess?

That's your thoughts at work! Your mind is powerful—but it can also be a little sneaky.

Become an observer of your thoughts.

If you keep experiencing the same negative patterns in your life, it's not the world causing them—it's the thoughts your mind keeps repeating. What you believe and think about yourself, your circumstances, and the world shape your reality. If you want a different experience, it's time to take a close look at your mental patterns and see where you've been running reruns of old dramas, unconscious beliefs.

Ever notice how a situation from the past pops up in your mind when something similar happens? That's your brain recycling old storylines, trying to "protect" you—but more often than not, it just keeps you stuck.

These loops are based on past beliefs and outdated interpretations that no longer serve you. The key is to spot them—and then reframe them before they take over and start sabotaging your happiness, your success, and your peace of mind. The good news? You can rewrite the script anytime...anywhere!

And before you think shifting your thoughts sounds like hard work, guess what? It can actually be fun!

Here's a playful exercise to help you break free from negative thought patterns and reframe challenges in a way that feels lighter, more empowering, and full of possibility.

Try This Thought-Flipping Exercise

- **Identify the Challenge:** Grab a piece of paper and jot down a challenge you're facing.
- **Pinpoint the Negative Thoughts:** Write down the thoughts that are fueling your frustration, stress, or doubt. Be honest—let it all out! Those negative thoughts are actually unconscious (and false) beliefs programmed in your brain, probably from a young age.
- **Reframe It:** Now, let's flip the script. Look at the challenge through a different lens. How could this situation be an opportunity for growth, learning, or even a new adventure? Rewrite your thoughts in a

way that feels expansive and hopeful and what you'd rather feel. As Henry Ford once said, "Believe you can, believe you can't. Either way you'll be right."

Challenge Example:

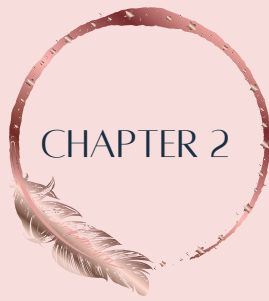
The Challenge: "I'm not happy with my job."

Negative Thought Pattern: Damn, I don't even want to get up this morning. I feel so stuck in the same old same old! This can't be what I was put on this earth to do. Why can't I figure out why I'm soooooo stuck?

Reframed Thought: Oh, wait, YES, this is perfect timing. I'm NOT stuck...I just need to figure out what really excites me. And go for it! Is there some belief hiding out underneath this stuck feeling that's holding me back, keeping me stuck?

See the difference? Instead of feeling helpless, you're shifting into a mindset of power, possibility and action.

Now it's your turn! Give it a try with something that's been weighing on you and see how a small shift in perspective can change everything.



PERCEPTION IS A TRICKSTER—DON'T FALL FOR IT

Surprise! The world you're seeing. It's not actually reality.

Nope, it's all filtered through your mind—kind of like the way your phone's beauty filter makes you look like you've had 10 hours of sleep (when we both know it was more like 3). Your brain takes everything in and gives it a little spin based on your past experiences, thoughts, and beliefs.

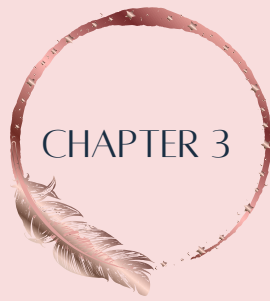
So, when you're stressing over something, remind yourself—it's probably not for the reason you think. It's just your perception of it. Big difference!

Take that one coworker or family member who grinds your gears. What if I told you they might actually be your greatest teacher? I know, I know but stay with me here. Every time they bug you, it's actually an opportunity to discover something about yourself. What exactly are they triggering? Anger? Insecurity? A deep desire to scream into a pillow? Whatever it is, that reaction is your brain's way of showing you the unconscious beliefs or parts of yourself you dislike and therefore, you disown, indicating there's room for growth, healing and a need for self-love.

So instead of daydreaming about this aggravating person's sudden demise or move to a remote island, try seeing them through a new lens. Maybe—just maybe—they're here to help you grow and heal.

Here's a quick mental “reset” to stop overreacting or feeling you're about to explode when everything seems to be going wrong: Pause, Breathe, and Remind yourself—this situation isn't as big as it feels. It's not life or death; it's just Source revealing where you need to shift to love (of yourself and the other).

Take a step back, hit “reset”, and feel the love—because the universe has much bigger things in store for you. Believe me, you'll feel better.



CHAPTER 3

FEAR IS A DRAMA QUEEN—STOP LETTING HER WRITE THE SCRIPT

Fear has its place. If you're hiking and spot a bear, fear is your best friend—it kicks in, pumps you full of adrenaline, and helps you make the very wise decision to back away slowly. In situations like that, fear is a lifesaver.

But in everyday life? Fear tends to be a drama queen and overreact. It takes normal challenges—speaking up in a meeting, making a big decision, trying something new—and treats them like life-or-death situations.

When you consider stepping outside your comfort zone, fear chimes in with, *“Whoa there, what if you fail? What if people judge you? What if this is a terrible idea and you end up living in a van down by the river?”*

Suddenly, you're hesitating, procrastinating, or talking yourself out of something you actually want to do, all because fear decided to throw a tantrum.

Fear (also known as the Ego) means well—it thinks it's keeping you safe—but really, it's just keeping you stuck.

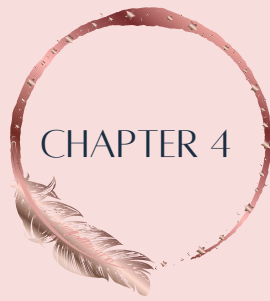
The key is to question those fear-based thoughts

instead of blindly believing them.

Ask yourself: *Is this a legitimate concern, or is my brain just telling scary bedtime stories?* Nine times out of ten, it's the latter. And the more you challenge those made-up fears, the less power they have over you.

At first, shifting from fear to trust might feel unnatural (okay, it definitely will), but with practice, it becomes second nature. Fear no longer has to be a stop sign. Instead it can be a green light, signaling you're on the verge of something exciting, something new, something worth a little discomfort.

And that's how you stop letting fear write the script—because this is your story to tell.



FORGIVENESS—BECAUSE HOLDING GRUDGES IS EXHAUSTING

Forgiveness—Let's be honest, it sounds easier than it feels, right? Especially when someone's wronged us or hurt us deeply. But what if I told you that forgiveness isn't about letting the other person off the hook? Nope. It's about setting yourself free.

Carrying around grudges and resentment is like lugging an emotional backpack full of bricks. You may not even realize how much it weighs you down until you take a moment to breathe. Once you put that heavy backpack down through forgiveness, you'll find the loving freedom you deserve.

When you hold onto resentment, you might think you're punishing the person who hurt you—or that you're entitled to stay upset with them. But in reality, you're the one paying the price. Holding onto anger, replaying old hurts, and staying emotionally tethered to a past you can't change, just keeps you stuck and saps your energy, your life force. Meanwhile, life is moving forward, and you're still carrying all that weight. Forgiveness is about letting go of the emotional baggage. It's choosing peace and reclaiming your power.

Resentment doesn't always make a dramatic entrance—it's a sneaky little thief that lurks in the background.

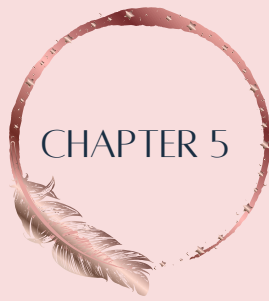
It quietly steals your peace of mind, drains your energy, and messes with your mental clarity. It can even take a toll on your physical health! Constantly replaying painful events keeps you in a mental loop, preventing you from moving forward and making it harder to trust, love, or embrace new experiences. But once you notice how resentment shows up, you can take steps to let it go and stop it from draining your energy.

Forgiveness doesn't mean being a pushover. I promise.

Forgiveness isn't about giving someone a free pass for their bad behavior—it's about releasing the emotional hold they have on you, while still standing firm in your boundaries and self-respect. It's not excusing their actions; it's choosing peace over pain, strength over resentment. You can forgive without sacrificing your worth or your heart.

How to Forgive (Even When It Feels Impossible)

- Write a Letter (That You'll Never Send) – Find some paper and write a letter to the person who hurt you. Say everything you need to say, unfiltered and uncensored. Then, when you're done, either tear it up, burn it (safely!), or shred it. This helps release the emotions you've been carrying.



MIRACLES ARE EVERYWHERE (EVEN IN TRAFFIC JAMS AND BAD HAIR DAYS)

Miracles don't have to be grand events or divine interventions. They're everywhere, just waiting to be noticed in the simplest of moments. For the magic to happen, we must shift our perspective to love. When you consciously feel love, you'll start opening yourself up to receiving those miracles. When we do this, life becomes richer, and we invite a continuous flow of blessings.

Miracles aren't rare—they're just waiting for you to notice them. They aren't reserved for the lucky or the exceptional—they show up all around us, often in the most unexpected places. From a random act of kindness to a moment of clarity during mundane tasks, miracles are present whenever you align yourself with love and openness. The key is focusing on love and expressing that love, then watching the miracles appear, almost magically.

Making miracle-spotting a part of your daily routine can transform how you experience life. Instead of focusing on what's going wrong, you'll begin noticing what's going right. Whether it's a surprise connection with someone or an unplanned solution to a problem,

the more you open your heart, the more miracles will appear. Intentionally looking for them creates space for them to show up.

Now, here's the thing: the biggest obstacle to miracles is the subconscious belief that they aren't possible for you. When we're stuck in fear, judgment, or negative thinking, we block miracles from flowing freely.

But there's a way to unblock them: start by forgiving yourself and others, letting go of any resentment or fearful thinking, and embracing love. When you choose love over fear, miracles will naturally follow.

Let's practice a little forgiveness now. Think of something you can forgive yourself for. It's okay to feel bad about something you've done or said, but don't let those feelings linger and weigh you down. If you can look back and recognize how you'd handle things differently now, that's growth. Forgive yourself. You can't change the past, but you can trust yourself to do better next time. That trust is where real miracles begin.

Letting go of past hurts takes time, and memories that need healing may resurface. When they do, you have a choice: to let them weigh you down or to let them go with love. Use the **Forgiveness Mantra** whenever old wounds come up. It's a simple yet powerful tool to release the past and open your heart to the present.

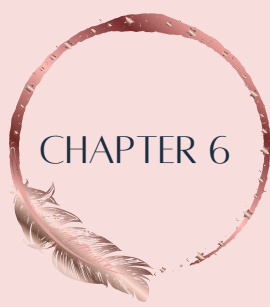
Each time you use it, you're making space for more love, growth, and miracles in your life.

Forgiveness Mantra

I take full responsibility for my actions and acknowledge that I didn't handle this situation in the best way. If I could go back, I would choose differently. I forgive myself completely, knowing that this past experience no longer has any power over me. My heart is filled with love, and I choose to move forward in alignment with my soul's highest desires. I am deeply grateful for the lessons this experience has brought me, and I now release all lingering negativity. I am free, and I am open to the blessings that await me on my path.

I forgive [Name(s)] for their actions, knowing that holding onto anger only keeps me tied to the past. I release any resentment or hurt, understanding that everyone is on their own journey, and they too are learning. I choose peace over pain, and by forgiving them, I free myself from carrying the weight of their actions. I now let go of the past, and I embrace healing and love for myself, and for them.

Created by Course student, Carney Mick-Hager



THE POWER OF DECISION—HOW TO CHOOSE PEACE INSTEAD OF PANIC

When it's time to make a decision, your brain has two buttons to choose from: LOVE or FEAR.

Fear is like that overly dramatic friend who always thinks the worst is about to happen—"What if we miss the flight? What if we lose everything? What if the dog learns how to drive?"

On the other hand, the LOVE button is chill, like the friend who says, "It's all going to be okay, let's just have some ice cream and figure it out." And guess what? The LOVE button always knows the correct response.

This is why making decisions can feel like walking a tightrope—one wrong step and poof, disaster! But what if, instead of teetering on that nerve-wracking rope, we were paddleboarding on a calm river, happily floating along, looking forward to the next bend? No fear of falling, just excitement about what's ahead. That sounds a lot more fun, right? Making decisions doesn't have to feel like an Olympic event. You're in control, and it's time to stop letting panic run the show.

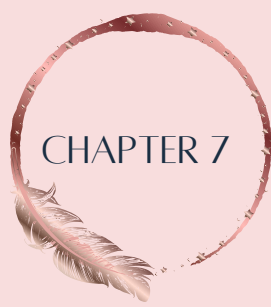
If you need more time, take it. If you want more info,

go ahead and Google, ask your friend, heck, talk to a random stranger if it helps. There's no rush. You have the power to choose, and sometimes the best decision is taking a deep breath and giving yourself the space to figure it out.

But here's the catch—choosing love doesn't mean fear is just going to give up. Oh no, fear is persistent. It's like that friend who shows up uninvited to every party and insists on telling everyone about their worst-case scenarios. But you? You're in charge. Practice hitting that LOVE button, and soon enough, those decisions will feel less like a panic attack and more like a smooth glide down a slip-and-slide of confidence. You'll trust yourself and know you've got it handled.

And when you find yourself caught in a never-ending loop of overthinking, like your brain's running marathon, here's a little trick: flip a coin. Yep, you heard me—flip a coin! Heads or tails, either way, you're getting unstuck. Sometimes, your reaction to that flip is just the push you need to stop overanalyzing and start trusting your gut—“Nope, *don't like heads. I'm going with tails.*” Who knew a coin toss could bring so much clarity?

So, next time you're making a decision and panic starts creeping in, remember: you have the superpower to press the LOVE button. Your peace is in your hands. And with every choice you make, you're opening the door to more clarity, more trust, and yes—more miracles (and maybe a little bit of ice cream).



THIS ISN'T A ONE-AND-DONE THING (SORRY, BUT ALSO YAY!)

We'd all love to hit the "easy button" and have our personal growth wrapped up in a pretty little package, but spoiler alert—it's not a one-time thing. Becoming a Miracle Maker isn't like a crash diet—eating one salad won't make you thin, just like meditating once won't make you instantly Zen. Nope, it's more like an unfolding adventure—just when you think you've got it all figured out, there's another layer to discover. So, buckle up, because the journey never truly ends.

Growth is limitless, and every step forward is proof that you're either on the wrong track or becoming more of who you're meant to be. Yay!

While there's no quick fix, you can speed up the process with consistent practice. You can't just binge-watch all the self-help videos and expect your life to magically transform overnight. It's more like learning to ride a bike: the first few tries might end with you in the bushes, but over time, you find your balance, and soon you're cruising. The key? Practice. Lots of it. And, hey, you might even start enjoying the ride!

Now, I know repetition can feel like you're stuck in

Groundhog Day, but it's actually your secret weapon. Think about learning a new language—you don't just memorize one word and call it quits, right? You repeat it until it becomes second nature. Becoming a Miracle Maker works the same way. Every time you revisit a lesson in *A Course in Miracles Workbook* (the daily lessons), you're creating new pathways in your brain.

So yes, it might feel like *déjà vu*, but trust me, it's all part of the plan. It's like that feeling when you finally get the hang of a new dance move—it clicks, and it feels amazing!

Keeping these principles alive in your daily life doesn't mean you need to sit in lotus position for hours. You can sprinkle them in like confetti! Maybe it's using a mantra with your morning coffee, writing a daily lesson on a post-it and sticking it somewhere you'll see it (cue the kitchen fridge), or even ordering a custom mug with your favorite ACIM quote. Practice gratitude during your lunch break (so much more productive than scrolling through your phone!), or find quirky ways to incorporate these teachings into your day.

Growth doesn't always have to be serious—it can be fun and even a little quirky! Get creative! But keep in mind, doing the daily ACIM Workbook lessons are a critical component of this transformational work!



YOU'RE DOING BETTER THAN YOU THINK

If anything you've read has helped take some of the pressure off you to be perfect, then guess what? You're already doing better than you think. It's so easy to feel like you're stuck or not making any progress, especially when life throws curveballs your way. Or when the answers to your problems feel like they're playing hard to get.

But here's the thing: You're doing so much better than you realize. You're not meant to have it all figured out, and you definitely don't need to hear answers to every question right away.

Feeling like you're off track? Good news: you can switch tracks, the moment you turn away from fear and start to feel love! Give yourself some credit, and remember—you're right where you need to be. Life is more like a dance than a straight line, complete with twirls, stumbles, and the occasional jazz hands.

So when you're feeling lost or behind, just remind yourself—you're exactly where you're meant to be.

Remember, if all else fails, just breathe—it's free and always available!

As you finish up this journey (for now!), here's one last thought: You are a walking miracle. Every choice you make, every lesson you learn, and every step you take is part of something bigger, something more beautiful than you realize. So drop the pressure, enjoy the ride, and know that you're doing better than you think.

Don't ever forget you're deeply loved and more amazing than you know!



www.barbara-huson.com