



Your Year of Miracles

Miracles Group Meeting Flow

Here is your Miracles Group Meeting format. Please follow this carefully, as it's specifically designed to give you the greatest benefit and results from your Miracles Group experience.

Each meeting will have a group facilitator. For the first three meetings, we suggest you keep the same group facilitator, and then, for each month that follows, rotate to a new group facilitator in alphabetical order based on first names.

Each Miracles Group meeting will take 30 – 60 minutes, depending upon the number of people attending that group meeting. It will follow this four-part process:

1. Opening (3 – 5 minutes): Connect to each other and the energy of the Miracle Zone

After greeting each other, the group facilitator starts the meeting by setting the energy for your time together. Take 2 minutes to consciously plug into the greater energy of the Universe (whatever you call that energy—God, the Divine, etc.) and to each other.

The group facilitator can start with something like this: “Let’s take a moment to connect into the greater energy of the Universe (pause for a minute). Put your hand on your heart, feel your heart and your connection to Source, and imagine us all connected in a unified field of golden light (pause for another minute). And so it is.”

2. Share your wins (10 – 20 minutes total, depending upon the number of members present)

The group facilitator can say something like this: “I invite each of you to share with us your miracles and wins from the past two weeks,” and then call on each person, one by one. Each person takes 2 minutes to share their miracles and wins (big and small) from the previous two weeks. You may want to have your Miracles Journal handy to easily remember what you want to share.

Examples of miracles or wins:

“My sister, who’d refused to talk to me for over a year, called me out of the blue”

“I found a ring under my dresser that I’d lost 5 years ago”

“I started exercising and I feel so much more energy”

“I feel great after cleaning out my closet and getting rid of some old things”

“I’m feeling much more love for myself, and I’m meditating almost every morning”



Focus on each group member as they're sharing and please don't make any comments during their share. When they've finished sharing, feel free to cheer and clap for them, but refrain from giving any advice or feedback.

The group facilitator is in charge of timing. At about 1 minute and 45 seconds, give a 15-second warning and when the 2 minutes are up, give everyone a few seconds to clap in celebration of that person's miracles, and then move on to the next person. We encourage you to take up the full 2 minutes with your wins and miracles.

3. Share an intention and the foundation you want to focus on for the upcoming 2 weeks and receive the group's supercharging (10 – 20 minutes total depending upon the number of members present)

The group facilitator can select someone to start and say something like this: "Now, please share with us the foundation you want to lean into and one intention you want to focus on for the next two weeks."

Each person takes 2 minutes to share out loud with the group. Please share one of The Five Foundations you want to lean into and one intention for the coming 2-week period that you want the rest of the group to supercharge. (Note: This is generally not one of your three Miracle Intentions for the year, but an intention you want to focus on for the next two weeks.)

For example, it may sound like:

1. I have two new full-paying dream clients for my business. The foundation I'm focusing on is "I choose where I put my energy and attention."

OR

2. I feel healthy and energized, having fun exercising 3 days a week. The foundation I'm focusing on is "I listen to my soul."

Then, supercharge each member's intention.

After each person's share, the group takes 15 seconds to put their attention—from their heart with love—on that person receiving their desired outcome, or something even better.

The group facilitator guides everyone in saying together aloud the following group affirmation:

"(Insert person's name), we feel and know that your highest good is now coming to you. We hold your intention with love in our hearts and see it manifested in your life in perfect timing. We give thanks. And so it is."



Then, continue this process with each group member.

Write down each person's intention & foundation so you can spend a minute every day giving your attention to them (supercharging them).

Here are a few options for how to take note of the intentions & foundations shared in each meeting:

1. Each person writes down everyone else's intentions during the meeting. There is a space in your Miracles Journal for this.
2. A scribe writes them down during the meeting and emails them to group members after the meeting is over.
3. Each member writes their intention and foundation in your group's forum, which can be found on your Miracles Group Home Page. Just click the red navigation box titled "My Miracles Group Home Page (Zoom Info & Members)".

4. Closing: End with an inspiring quote, poem, or reading (3–5 minutes)

Close each Miracles Group meeting with the group facilitator sharing an inspirational quote, poem or reading. The facilitator then reminds the group of the next meeting date and you can say your goodbyes to end the meeting.

Optional Connection After the Meeting is Complete: At the end of the group meeting, after all 4 steps are complete, if a member wants additional support, input, feedback, advice or brainstorming, they can ask other members to stay on the Zoom line. Members can choose to stay on at their own discretion.