

# Create Your Miracle

Be Who you Didn't Know You Could Be

Written & Lived by  
Susie Beiler





## **Create Your Miracle**

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**This book is dedicated...**

**to my parents**

**who continue to show me love.  
You are cherished in my heart.**

**to my beloved mentor,**

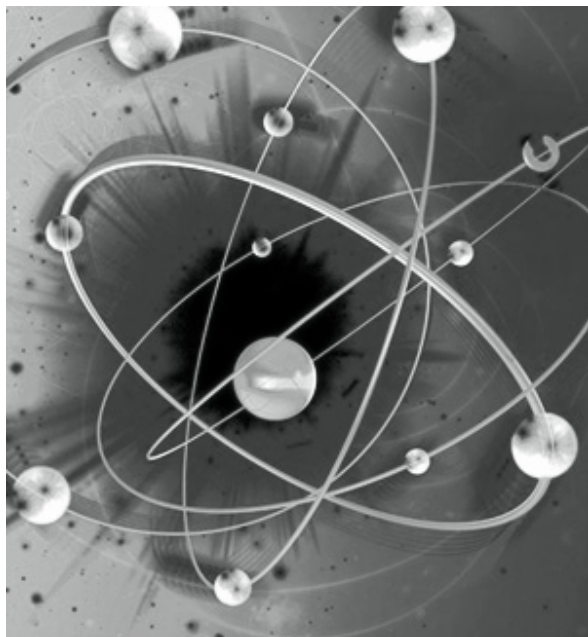
**Ken Chin, Doctor of Oriental Medicine.  
You have given me more than anyone  
could ever ask for.**

**to my clients and friends.**

**You are my greatest teachers  
and a source of inspiration.**

**to my readers.**

**I am eternally grateful that you  
are choosing to receive this message  
and create miracles in your lives!**





## Introduction

We live in a time of shifting paradigms. Many of us are discovering that what served us in the past no longer has relevance. The structures that were helpful in allowing us to find meaning in this world now seem outdated. We long for something more. Our souls are stirring. We are awakening to something deeper.

However, *change triggers our primal survival mechanisms* and we often unknowingly make choices from a state of fear. From one perspective, chaos seems to surround us. Systems and old paradigms are falling apart. Our sense of security is challenged. Looking to external resources, we ask for miracles, pray to be rescued, healed, loved, or for our life circumstances to change for the better.

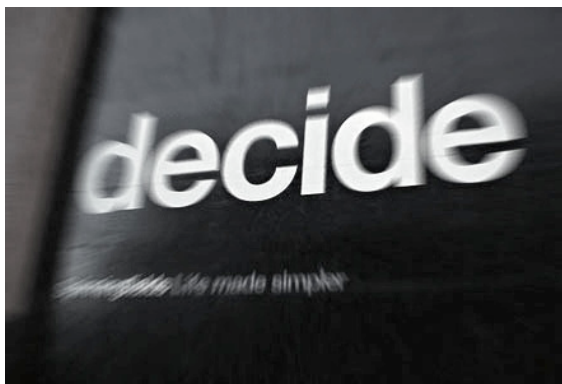
From another perspective, we find a new paradigm being built. This emerging paradigm is one of renewal, heart-centered connections, peace, and





collaboration. The deeper our connection to self and others, the richer our life experiences. As we welcome change and choose the new paradigm, we find that life can be exciting and fun!

**In every moment**, you have a choice to make. You can choose outdated systems that are destined to change, or you can focus on building a new paradigm. In this very moment you are empowered to create your own miracles. This book takes you through ten steps to be an alchemist, to achieve the seemingly impossible, and to engage in the new paradigm.



You can enrich your experience of this book by creating action steps for each of the 10 steps or by following the Inspired Action Steps I have suggested for you. Also, I encourage you to go online and engage in the exercises waiting for you at [SusieBeiler.com](http://SusieBeiler.com). The online exercises are interactive and powerful. They are designed to help you hone your ability to create miracles in your life.



Go through each step and move on to the next when you feel the “intuitive nudge.” While these steps are somewhat chronological, the truth is that we are all working on each one simultaneously. Therefore you may choose to start with step one, or you might jump to the one that calls to you the loudest. **Listen to your heart.** On some level, you already know what you need.

Indeed, there is something that your heart truly desires. It may be a dream, a calling, or a vision. It would feel like a miracle if you could have it. The process of creating your miracle, as outlined in this book, will give you the tools you need to bring your miracle to life! You will then be able to use these same techniques to create as many miracles as you desire. Have fun and enjoy the ride!





## **Step One**

### ***Know Yourself***

Ask yourself, "Who am I? Why am I here? What is my purpose?" If you truly want to know the answers, the inquiry itself will lead you to a deeper understanding of who you are. This is a soul level inquiry, meaning that in asking these questions, you are truly seeking your purpose and your path.

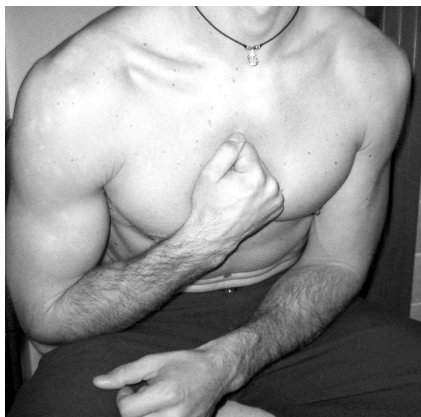


Personality and ego are part of who you are, but your Essence is your life force - and this is where you want to establish the spark of connection to yourself. Your Essence radiates the blueprint of your soul. Your soul holds all the information that you need to create miracles in your life. Fully knowing who you are empowers you to create miracles on a regular basis. The process of getting to know yourself as a human being is a beautiful journey. It *is* why you are here.





**Inspired Action Step:** Right now, wherever you are, take a deep breath and ask yourself, “Who am I?” Instead of trying to find an intellectual answer, *feel* the answer. Take another deep breath, put one hand over your heart and ask, “Why am I here?” As you feel the beating of your heart, ask your heart, “What is my purpose? What do you have to tell me?” Keep breathing and make an intention that it is easy for you to access these answers.



On some level, you already know the answers, so you can just allow them to surface into your conscious awareness. Focusing on your breath will help to distract you from your mind and will allow the answers to flow in with more ease.

*When you know who you are*, it is easier to be true to yourself. When you know how magnificent you are, the desire to learn, grow, and evolve deepens - and you position yourself to create miracles in your life.



Online exercise at [SusieBeiler.com](http://SusieBeiler.com)



## **Step Two**

### ***The Highest Good***

Commit to serving the Highest Good in a way that is inspiring to you. This commitment insures that you stay on your path. When you are on your path, miracles are automatically in alignment with your intentions, thoughts, feelings, and actions.

Your path may seem mundane to some, but as long as you are fulfilled and love who you are and what you do, it does not matter what it looks like to others. Be fulfilled in yourself. Your external expression is secondary to your internal experience. You do not have to be some spiritual guru, you just have to be YOU.

**The world  
needs  
whatever  
your  
Essence  
has to  
offer.** There  
is a reason  
you are  
here. All  
you have to  
do is be  
true to  
yourself  
and do  
what is  
fulfilling and  
inspiring to  
you. Do



what matters to you. Engage in activities that are important to you. Who you *are* is what holds importance, not what you *do*.



If making a commitment to serve the Highest Good feels too big to you, start with a simple intention to explore your Highest Good. What might that mean to you?



**Inspired Action Step:**

Grab a pen and paper and write down [this](#) question, “*What is my Highest Good?*” Even if you think you already know what your Highest Good is, write down the question. There is always more. Your life is ever evolving. The insight you had last month may be different from what you feel now.

Next, start writing some answers. What you write may be tangible, such as, “My Highest Good means I need to move on from this friendship.” Or it may be more esoteric, as in, “My Highest Good means that I am an inspiration to those around me.” Do your best not to censor yourself in any way right now. Just write.



Online exercise at [SusieBeiler.com](http://SusieBeiler.com)



## Step Three

### *Dig Deep*

Instead of looking to external guidance, take a deep breath and look within. What do you truly desire? Most of us think we want material things or different circumstances. However, it is possible that what we all really want is something much deeper, like heart-centered connection, love, and freedom.

**You can have whatever you want.** It may take some trial and error to figure out what you really want deep down, but with diligence you will find what your deep truths are, and then your external circumstances will start to reflect your inner knowing.

**Digging deep** means excavating down to your core. You may need to dig through some sludge before you find what you want. You may find yourself going through a process of discovering what you do *not* want before you get clear about what you *do* want.

It takes courage to truly look at yourself. See your beauty, see your darkness. See it all. In this moment, love and accept ALL of who you are in your current state. You will generate miracles just by loving yourself, ALL of yourself.





**Inspired Action Step:** Find a hand held mirror or stand in front of a mirror and look into your eyes. What do you see? Look again, and allow yourself to go deeper. What do you feel?

Sometimes people have an emotional reaction when they do this exercise. If you start laughing or crying or feel emotions bubbling up, do your best to acknowledge, love, and accept them. Allow yourself to have your emotional experience. Accepting and loving each emotion transforms and balances you.



Look once again, and this time connect with your soul. Take a deep breath and smile.



Online exercise at [SusieBeiler.com](http://SusieBeiler.com)



## Step Four **Ask & Declare**

Now that you have dug deep and are in greater alignment with yourself, it is time to put it out there.



Externalize your inner knowing. Ask for what you want. Tell God, the universe, your friends and family.

**Frame your asking as a declaration.** Instead of asking, “God, can you please restore my relationship with my partner?” declare your gratitude in the present tense, “I am so grateful that my relationship with my partner is now restored.”

*A few noteworthy tidbits. Our attachment to what the outcome looks like often blocks the real miracle from occurring.*



A restored relationship may have a number of possible meanings. It could mean reconciliation and forgiveness of each other. It could also mean a separation from that person and the restoration is in the healing work you do on yourself.

Remember, before you can have a restored relationship with someone else, you need to restore your relationship with *yourself*. It goes back to thinking we know what we want when our souls want something different that will better serve our growth.

The miracle sometimes ends up looking completely different than how our minds imagined it, but any time we grow, a miracle has occurred.

**Inspired Action Step:** Write down at least one declaration of what you desire. Write it in the present tense, as if it is already occurring, and express your gratitude that you are experiencing the miracle.

Add as many specific details as you can and state your emotional state. For example, "I feel such peace and so great in my body now that I have achieved my ideal weight by eating well and moving my body in a way that I enjoy. Thank you for this miracle!"





## Step Five Support

Reach out for support. If you are like most people, asking for help may seem scary at first. That is because asking for support can include becoming more vulnerable and exposing what you perceive to be your weaknesses. But consider this - it takes a strong, courageous person to open up and be vulnerable.



Only people with significant amounts of courage and faith allow themselves to reveal their shadow. Start with something easy and work your way up to really opening up and asking for help. Miracles are created by those who are open, vulnerable, and courageous.

**Inspired Action Step:** Pick up the phone (yes, right now) and call a trusted friend or family member. Tell them about the journey you are on in this moment, and ask them for something that would really help you. Be specific about what is truly helpful for you. Many times people think that they are helping because it is how they would like to be helped.





But you know how it feels when someone who thinks they are helping you is really just wasting your time. Help others help you by communicating clearly what support means to *you*.



For example, tell your significant other, “It would be so helpful to me if you could just listen and provide compassion. I do not need you to solve my problem. Right now I just need you to hear me. Is that something you can do for me?” Or communicate to your employee, “I feel supported by you when you get back to the office on time. I do not need you to stop and buy me flowers. Can you help me this way?”

You know how fulfilled you feel when you help someone else. Embrace the reality that people love to help *you*. **Give someone a chance to be blessed by assisting you.** Receive the miracle of support. (Pick up the phone and dial!)



Online exercise at [SusieBeiler.com](http://SusieBeiler.com)



## **Step Six** ***You Already Have It***

Cultivate the intelligence within. Inside of you, your divinity carries the energy of the miracle you desire.

Your job is to access that knowing and start living from that place as if you have already achieved, acquired, or reached your goal.



You have heard the sayings, “Fake it till you make it.” and “Act as if.” Even if you are not yet convinced that you can create miracles, practice living your life as if you are someone who is capable of creating miracles.

In doing this, you are one step closer to understanding your soul knowing of yourself as a miracle creator. This will bring you closer to creating miracles.

With faith, consistency, and trust, practice “soul knowledge” and pretend that you know how to create miracles. Challenge yourself. Make different choices. Choose as if you are someone who already knows.



**Inspired Action Step:** Take a deep breath. Imagine yourself as the person who has already experienced your miracle. How does your body feel? Do you feel exuberant? Do you feel grounded and peaceful? Perhaps you feel a unique combination of seemingly opposite sensations. Whatever you feel, it is perfect for you. Feel it fully in your body right now.



Generate these feelings in your body by using your breath. As you inhale, make an intention to receive your miracle. As you exhale, make an intention to release anything that is in the way of you receiving your miracle. In your cells, feel the difference between your previous “normal” state of existence and what it feels like to have already created your miracle. You can feel it, can’t you? You are not making this up, it really is a feeling!



Online exercise at [SusieBeiler.com](http://SusieBeiler.com)



## Step Seven

### ***Be the Miracle***

Before your miracle appears, be the person that has created the miracle. Often we make the mistake of projecting into the future. We imagine how much better our lives will be if we could experience a miracle. We think that we will change *after* the miracle.

We create distance from our miracles by focusing on our current situation that we do not want and wishing we could have a better situation. The reality is that when we make the change internally first, we put ourselves in the position of power.

Miracles materialize everywhere when we bring our future selves into the present. Imagine your life post miracle. What are you doing? How do you feel? With whom are you spending your time? What are you

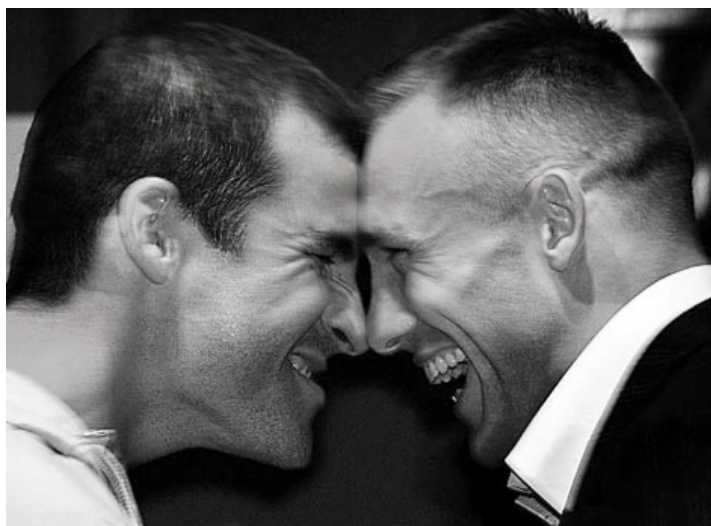
like as a person?  
How do you carry yourself through life?  
How do you interact with people?  
Visualize your future self and be that NOW.  
Imagine the emotions you will be feeling and start to feel them NOW.





Your internal state determines your external reality.  
**Visualize and emotionalize in order to *realize* your miracle.**

**Inspired Action Step:** Have a conversation with a trusted friend in which you speak as if you have already created your miracle. Describe how you feel, and convey some details about how the miracle came to be. Practice being your future self in this conversation. Share as if you are already a powerful being that creates miracles.



There is a secret juiciness and magic in sharing in this way with a confidant. It is not only the words you say, but *how* you say them and the energy behind your words. Your confidant will also begin to resonate with the miracle and then the frequency of your miracle is *amplified*, allowing it to move through time and space at a quicker pace!



Online exercise at [SusieBeiler.com](http://SusieBeiler.com)



## Step Eight

### *Lifestyle Shifts*

By now you probably realize that to be a miracle maker, you will need to address what is occurring in your life right now. Miracle makers develop awareness about their subconscious patterns and the choices they make.



When you have awareness you can make better choices. You can make choices that will rewire your subconscious and change your DNA. This is a commitment. As you change pieces of your lifestyle, you align yourself to your miracle. Actually, remaking yourself *is* the miracle.





**Inspired Action Step:** Assess your life circumstances. What is one thing that is not currently working for you? What is your biggest problem area?

Now assess how you got yourself to this point. What decisions did you make? Why did you make those decisions? Were they conscious or unconscious? Are they similar to other decisions and subsequent results?

**Get real with yourself** and honestly see what underlying patterns and operating systems you have used to create your life so far. Now change the storyline. You can script new patterns into existence by setting clear intentions. Write them down and put them in visible places as frequent reminders.

For example, I used to get sick every time I went home on college breaks. Years later, after some consideration, I realized I was seeking nurturing attention from my mother. When I learned how to nourish myself, I stopped getting sick altogether! I changed the encryption of my DNA by developing awareness of my patterns and choosing to develop a new way of being. Very powerful.



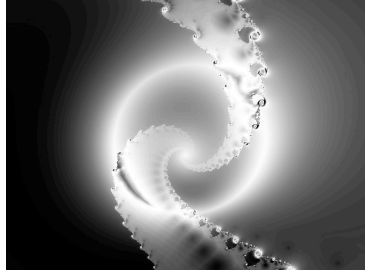
Online exercise at [SusieBeiler.com](http://SusieBeiler.com)



## Step Nine

### *High Vibes*

By increasing your frequency, you become a magnet that aligns with your miracle. It really is simple physics. Frequencies of the same vibration attract each other.



Become the same frequency as your miracle and you cannot help but bring it into existence. Yes, this is easier said than done. But here is what I know to be true - there are many paths to raising your vibration.

The overall key is to simplify your life and eliminate excess and interference. Implement as many “frequency boosters” as frequently as possible and your vibration will skyrocket.

**Inspired Action Step:** Choose one or more of the following that makes sense to you:

**\*Hydrate:** Since our bodies are mostly water, you need to stay hydrated to



maintain the highest possible frequency.

**\*Eat Pure Food:** Eat organic, fresh, whole foods.





**\*Breathe:** Practice the habit of breathing consciously, from your core.

**\*Play in Nature:** Nature provides us with negative ions, which naturally balance our bodies. Walk barefoot outside,



hug a tree, or go outside and take a deep breath.

**\*Move Your Body:**  
Our bodies are designed to move. Find a physical activity that you enjoy and add it into your lifestyle.

**\*Turn Off the TV:** The electromagnetic frequencies and negative messaging that comes from mass media via your television create interference in your nervous system and lower your vibration.

**\*Ask for Support:**  
Remember the science of amplification.



Online exercise at [SusieBeiler.com](http://SusieBeiler.com)



## Step Ten *Even Better*

Sometimes we get so caught up in our ideas about what we think we want that we forget to stay open to something even better. Remember, your soul may desire something different than your mind. When you can align your mind with your soul, the miracles that arrive in your life can blow you away!



**We are all worthy and deserving of the best that life offers.** Health and prosperity is our birthright! Joy and peace are our birthrights. YOU, here and now, are worthy of the best.

**Inspired Action Step:** Take a deep breath, put one hand over your heart, and say out loud, “I receive my Highest and Best.” You do not have to know what this means. Just say it out loud and say it often. Write it down. Speak it to a confidant. Cherish it in your heart.



Online exercise at [SusieBeiler.com](http://SusieBeiler.com)



## Make Your Choice

**You *always* have a choice.** You can choose to do things the way you have always done them or you can choose to create miracles. How much do you want it?



Not choosing consciously is still choosing. So *make your choice with awareness.* The miracles you create are a direct reflection of the desire behind your choice and the actions you are willing to take

to prove how desirous you are.

I trust you gained practical inspiration and usable tools from reading this book. Please do take the time to interact with the miracle creation process by engaging in the Inspired Action Steps and online exercises. You are worth it!

If this process inspired you, please send me your story and pass this book along to a friend. Visit [SusieBeiler.com](http://SusieBeiler.com) to share your story and be an inspiration to others!





## **Could you be a Messenger of Change and write a Mini-Book like this?**

**The Movement of Change program is specifically designed for anyone who has ever wanted to:**

- Become a respected, published author
- Make a significant contribution to world change
- Leave a large personal legacy for those they will leave behind
- Work with a committed group of inspired people to change the world
- Discover their life purpose
- Feel true passion about the work they are doing
- Learn to grow spiritually as a person
- Create an additional income stream
- “Follow their bliss”

... even take control of their financial future by making a career change as an author entrepreneur!

If any of the above resonates with you, we encourage you to visit this website and discover the exciting details about how you too can become a Messenger of Change:

[www.themoc.org/?a=411411](http://www.themoc.org/?a=411411)



## ***Create Your Miracle 10 week Program***

**This program includes 10 weeks of inspirational material and practical tools:**

- Interactive exercises
- Videos
- Online forum for group support
- And much more!

**As an active participant you will receive:**

- A deeper understanding and ability to create your own miracles
- Interaction and support from other participants
- Enhanced health
- Freedom to live an honest life



***Sign up for your 10 week program at  
SusieBeiler.com.***



## Do YOU need a miracle?

Would you like 1:1 mentoring?

**I will Co-create your Miracle.**

Have you ever tried to make something happen in your life but felt stuck or lost?

Are you stuck in the same patterns, getting results that are not what you want?

Years ago, I was sick with Chronic Fatigue Syndrome, unable to do much of what I wanted to do in my life. When I finally chose to financially invest in my health, I started to get better. I received a miraculous healing in my life which included the ability to think clearly and increased energy and vitality.

Not so long ago, I lived in a building surrounded by concrete, asphalt, cables, and wires that buzzed constantly. I could feel my cells shriveling and dying. When I finally took a stand for myself and claimed that I was worthy of a loving, supportive environment, I quickly was blessed with a beautiful home in nature!

You also deserve a life of health, love, success, and whatever you desire. Today is the *best day* to choose your miracle. Go to [SusieBeiler.com](http://SusieBeiler.com) now to find out how you can create your miracle!



Working together, we discover and release hidden blocks to your miracle. You receive individualized attention, guidance, and coaching. You have the courage to accept and love all of who you are. With my support and love, you hold the power to become the master of your own life and create unlimited miracles!

Sessions may include, but are not limited to:

- Meditation
- Nutritional Counseling
- Spiritual Guidance
- Targeted Personalized Recommendations

Put yourself back in the driver's seat of your life. Get the support you deserve!

I know what it takes to heal deeply. Over the years, I have facilitated healing for myself and others, and I have witnessed so many miracles. I have developed the ability to let go of the things that do not serve my Highest Good. I am able to find peace in the "emptiness" as I wait for the miracle to arrive. I have cultivated my intuition and I know when to take inspired action. I see the bigger picture and I know how to dance with the universe. I understand that my intention and frequency have **everything** to do with what I experience in life.

Everything I have cultivated is also available to you. *I hold a sacred space for you to open up to YOUR wisdom.* I am honored to support you in your miracle creation process.



SusieBeiler.com

# The Inner Weigh™



## Tired of Diets?

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