



Ray Edwards Show, Episode 387

The Difference Between Magic and Miracles

- Speaker 1: [00:02](#) Hello and welcome to the show. This is the Ray Edwards Show. It's episode 387 and today's show is called the difference between magic and miracles. And we're going to talk about that very subject and I'm going to say some things that may shock you coming from me because I'm the guy who has in his business podcast every week a thing called spiritual foundations where I've talked many times about the miraculous power of God to intervene in our lives and our businesses and for us to draw help from that divine source. And I'm not going to talk about that stuff today. I'm going to set those things aside because I realize that many times that kind of talk gets in the way of people hearing the practical message I want to get across. So today I'm just going to concentrate on practical miracles and I'm also gonna concentrate on the subject of magical thinking and why you should stop doing that.
- Speaker 1: [01:03](#) Even if you're a believer, a follower of Jesus, you've got to stop with the magical thinking because it's not part of his system. And I'll talk about that a little bit at the end, but for right now, I want to concentrate on miracles and what they are and why they're different from magic. Magic is waiting for things to happen. It's a passive way of wishing things were so, and then waiting for God or the universe or the secret or some mystical force to just drop things in your lap. We've all heard the jokes about the law of attraction where people sit and meditate on receiving a million dollar check in your mailbox or having a Porsche show up in her driveway or diamond necklace appear around their neck, and you and I both know those things just don't happen. But there is something to the law of attraction.
- Speaker 1: [01:52](#) When you marry it with the law of action, your actions tend to attract the results you have in your life, and there is a formula for determining how that occurs. So let's start with that. Let's start with the law of attraction, married with the law of action and how those things work together. And then I'm going to talk to you about a book I've just read that I'm so excited about. I'm going to share large portions of the ideas in that book with you today and I'm going to give you takeaways you can put to work

in your life immediately and see results. So let's get started.

Speaker 1: [02:27](#) First of all, how do you get the results that you see in your life today? How did you get into the circumstances that you're in today? Whether you're doing fantastic or whether you have a few areas that maybe need some adjustment? Many of us have areas in our life that are not perfect. Maybe you're one of those people, maybe your weight's not where you want it to be. Maybe your income's not where you want it to be. Maybe your debt ratio is not where you want it to be. Maybe your relationship is not as passionate or as deep as you want it to be. Maybe there's something in your life that you look at it and you say, I would like that to be a little bit better. So let's look at that as a circumstance. Let's say that you have a business problem right now that you're dealing with and that's a circumstance.

Speaker 1: [03:06](#) And when you think about that circumstance in your business, maybe your sales are not going as fast as you want them to in your new product. So you think about that circumstance, you have a thought about it and that creates a feeling. And this should clear up a big mystery for many of us. This is where our feelings come from. Many people think they are ruled by their feelings. They think that their feelings just come capriciously they can't do anything about them. There's a saying, the heart wants what the heart wants, which is what we say when we're wanting something. We feel for some reason we should not have maybe the love of another person and we feel we shouldn't have it or we don't deserve it. And we just say, well the heart wants what the heart wants. In other words, I can't help what I feel, but what we feel is born from our thoughts.

Speaker 1: [03:49](#) So first we have a thought, then we have a feeling and most of our decision making and action taking comes from our feelings. Now, that's just not a theory. That's science. You can do the reading, look up some psychological studies and discover for yourself that the source of action for most people, most of the time is emotion. We get into an emotional state which controls our actions, which spawns or spurs or motivates their actions, and those actions create results, don't they? If you feel depressed and down about things and your actions are you stay home and watch television and eat Oreos and don't go out and don't look for a job and don't look for business and don't do anything to improve your skills and you don't shave or shower, those actions which are born of the depressed feelings that you're experiencing will create results.

Speaker 1: [04:47](#) Well, they not, and the results will probably not be you getting a new job or a new relationship or getting into better shape or getting into a better state of mind. Those actions, the watching TV, doing nothing, productive, eating crap, food, not exercising. Those actions will produce results in your life. It becomes a vicious circle because now you look at your circumstances and you see, wow, I'm more broke, a more lonely and more fat and more depressed as I think about it. So again, thought creates feeling which creates action, which creates results which create circumstances and the circle continues. So that's the law of attraction at work. My friends, your actions in that scenario attract the results into your life. Now you may say, well, how do they attract them? I, I'm making those things happen. Well, yes you are, and you're putting yourself into circumstances, situations, environments where you're more likely to serendipitously run into things that'll make you more of the way you are. For instance,

Speaker 1: [05:58](#) if you're in that state of just describing and you decide you're out of Oreos or potato chips or ice cream, you go to the grocery store and you go to the junk food aisle and you see more junk food and you put more junk food in your shopping cart and you see more people who are in the same kind of state and shape as you are, and that reinforces your worldview. You've now attracted evidence into your life through your actions of how things are and how things are going to continue to be. So you move forward into that world of results you're not really happy with, but you feel out of control, you feel out of control. So the way the law of attraction really works is you attract, when you act, you either attract more of what you want, where you attract more of what you don't want or more of what you say you don't want. The way out of that vicious cycle into a virtuous circle is to change. What can you guess change your thoughts if what makes you depressed is thinking about how ugly you look or how poor you are or how have deepened debt you are or how, what a loser you are, how many times you've failed or how things are probably not going to work out. Here's a clue. If those things make you feel bad, stop thinking those thoughts and right about now you may be saying, but ray, I'm not in control of my thoughts.

Speaker 1: [07:30](#) If you're not, then who is you should go get that person hasn't listened to the rest of this podcast

Speaker 1: [07:40](#) because you are in control of your sauce, my friend. You control your thoughts about what you read about what you watched by who you listen to by who you converse with, but what you would look at I what you dwell on, but what you picture in your mind. Those are your thoughts and you are in control of those. You can change your

thoughts. I'm not saying it's always easy because we get into habitual thought patterns that are very difficult to break, but there are technologies and methods available that we can break them. When I say technology is, I don't mean you need need a big expensive gadget or device to change your thoughts. Technology just means a methodology.

Speaker 1: [08:18](#)

So for instance, if you wanted to change the world that we just described, the depressed, gloomy, poor outlook kind of world that you've been living in and you wanted to make it into a more optimistic, positive, possibility oriented world, it gives you thoughts and feelings that cause you to act in a different way. You change things you think about, so maybe you stopped watching the news so you get rid of all the fear and anxiety that's coming into your life through the news because that's the business that they're in. Fear and anxiety. You've heard the saying, if it bleeds, it leads. That's, that's their philosophy for getting you to watch the news or listen to the news or read the news online. Another way to make yourself depressed is to let your thoughts 12 and what's on social media? I mean, how many more studies do we need to tell us that the people who use Facebook more are more depressed? The people who spend more time in Instagram are more depressed. Why is that? Because we spend a lot of that time looking at things we don't have and wish we did. We're constantly feeding herself a diet of what we lack.

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That affects our feelings.

Speaker 1: [09:27](#)

Somebody recently referred to Facebook and Instagram and anything that has a feed you can scroll through continuously as an infinity pool. You can drown in those infinity pools. So get out of them. Take Facebook and Instagram off your phone. Stay out of them on your computer, on your tablet. In fact, get away for your tablet, your computer sometimes go out into the real world. Take a walk in nature. Have a little exercise. Think about if you're not watching the news and not paying attention to social media, what are you thinking about? Well, the next thing I would suggest is stop watching Netflix and all the dark, scary, violent, depressing, grim view of the world kind of shows and movies you've been watching. Cause that's probably what you've been watching. It reinforces that worldview you'd be living in. Stop watching all that stuff. In other words, let me just give you a blanket prescription. Stop putting garbage into your head. And in this case, garbage is anything that makes you feel bad and instead put in things that make you feel good. If you're going to watch something on Youtube, watch motivational speeches and videos. If you're going to listen to something on your iPhone, listen

to podcasts that give you hope. They give you encouragement. Listen to shows like cliff Ravenscraft show or like Pat Flynn and smart passive income or Mark Mason with the late night internet marketing podcast, or Leslie Samuel

Speaker 1: [11:02](#) on how to become a blogger or Tim Ferriss or hardcore history or any of the other great podcasts that are out there available to you right now that are full of positive information, encouragement, and entertainment that can make you feel better and give you a possibility thinkers perspective on life. I'm just looking at my own podcasting. I'll taste some of the things I listen to lead to win with Michael Hyatt and Megan Hyatt Miller, the cliff Ravenscraft show, the Jordan harbinger show, Tim Ferriss show how I built this bulletproof radio with Dave Asprey,

Speaker 1: [11:44](#) the life coach school was Brooke Castillo. Achieve Your goals is Hal Elrod. This is a list of shows that are helpful letting or encouraging that educational social media marketing podcast is Michael Stelzner. These are all shows you could listen to. You can listen to materials from Seth Goden or from Zig Ziglar, from Tony Robbins or from a vast array of other people who teach positive, helpful, encouraging motivational information that will get your thoughts into a different realm. Get you thinking about different stuff. If you want to go back to one of the reliable classics, he's not trendy, but he's fantastically smart and deep. Jim Roan comes to mind. Just look him up on Youtube. You'll find lots of stuff. There's plenty of products you can buy of his, he's departed this world sometime ago, but his work remains, and I think of him not as a motivational speaker, but as a business and life philosopher.

Speaker 1: [12:35](#) So check out Jim Roan. My point is there's plenty of freely available and even free positive material you can put in your brain if you're going to watch movies, watch movies that make you feel good. I suggest devoting less time to watching movies and videos and TV and more time doing things that move you in the direction of your dreams. So changes you're thinking about, which will change the way you feel. Get out and move, exercise, walk, run, whatever you can do to get your body moving and that'll change your mental outlook. It'll help lift you out of that depressed place that changes your actions. You take different actions. Maybe you shave, maybe you shower, maybe you dress nicely, and when you go out and meet people, perhaps you start a new business. Perhaps you pick up the pen and start writing. Perhaps you start knocking on doors looking for work or clients. You do the things that get the results, that'll make you feel good. And the more you do those things, the more you will attract success. Opportunities will come your way. That

would not have come your way otherwise. Coincidentally, meetings will happen with people you would not have run into otherwise.

Speaker 1:

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This is the law of attraction. When married with the law of action, there is no attraction without action. It's just and in you're always acting. It's just what kind of action are you taking? So control your thoughts, take responsibility for them. I understand that you are responsible for your own thoughts, which means you're responsible for your own feelings, which makes you responsible for your own actions, which produces better results, which makes you feel better, gives you a better circumstances, which gives you better thoughts, and it becomes a virtuous cycle instead of a vicious circle. So that's how feelings and the law of attraction come together to form your world and what's going on with people who are waiting around for passive miracles. When I talk about passive miracles, I'm talking about the miracles where we just pray and wait. As Hal Elrod says, just pray and wait. Oh God, I'm broke. Please send me some money in the mail. Now I know the problem is sometimes that happens. We've all heard the story of somebody who needed exactly \$1,019 to pay rent. They had no way to get it. They prayed for it tonight before and in the mailbox. The next day was a check for \$1,019 from an unexpected source. I can't explain that. Maybe it's God, maybe it's the universe. Maybe it's coincidence, which is what skeptics would say.

Speaker 1:

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I have my own beliefs about what it is, but it doesn't happen like that most of the time, especially if you're a believer in God and you follow Jesus. I encourage you, don't get caught up in the trap of magical thinking about Jesus because yes, in in your belief he's the son of God and I'm not arguing that with you, but I am saying I'm pretty sure he wants your participation in your life. If you read that book that you say you believe people in that book are called to do things by God and they either do them or they don't. If they do, then they get results. If they don't, they get other results that they don't like so much like they get sold into bondage or what have you. So even in that book, the Bible, faith requires action in order to work. Passive miracles are exceedingly rare if they exist at all. So if I'm not talking about Spooky Pasad miracles, what am I talking about? Cause this spooky passive stuff where you're just praying and waiting or you're using your positive energy, channeling it to the university, you win a lottery that is magic

Speaker 1:

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and what we're talking about is not magic. We're talking about is practical reality. Things that actually work to make your life better and they certainly are available to you. Saint Augustan said, miracles are not contrary to

nature, but only contrary to what we know about nature. In his book, the Miracle Equation, how I Rod says, if we could simply think up a seven figure checks will be waiting for us in our mailbox. Wouldn't everyone be a millionaire? And he talks about skeptics and he says being skeptical can be a good thing, but you can also fall into cynicism if you're too skeptical. So these random miracles we've been talking about, we hear about them and we think, well, they're either either unbelievable, we think they're made up bs or we think they're random and accidental and they only happen to one person in a million and so they're not reliable for us to use as a method of living our lives. That's the truth. Those are not the kind of miracles I'm talking about in this show.

- Speaker 1: [17:44](#) This show is about the same thing. That house book is about. His book is called the miracle equations, the miracle equation. The two decisions that move your biggest goals from possible to probable to inevitable. Now, I'm actually going to have hell on the show in a couple of weeks, but I did not want to wait until then to talk to you about this book and about the ideas in it, because these are ideas that I've been using most of my career and didn't even realize I didn't have the names for the, for the, for the technologies that are involved in this method. I've been practicing it. I just didn't have the terminology to describe it.
- Speaker 2: [18:16](#) Yeah.
- Speaker 1: [18:17](#) I think in some ways it didn't even understand what I was doing, but now that I do, I'm passionate about not only practicing it more intentionally, but sharing it more intentionally as well. That's what I'm doing today.
- Speaker 2: [18:30](#) Yeah.
- Speaker 1: [18:30](#) So how's book is about to kind of tangible, measurable miracles that require your active participation in producing them? So if you're like me, if you're part of the charismatic movement and the Christian world, you're accustomed to this pray and wait approach. Just wait for a miracle from God and facts. There's a, there's a whole school of thought in that world that says if you do something to try to make it happen, then you're striving and you shouldn't do that because you don't have faith bunk at his bunk.
- Speaker 2: [18:59](#) Okay.
- Speaker 1: [18:59](#) James says in the book that he wrote in the New Testament, he says, faith without works is dead. You show me your faith. I'll show you my works. And this is not as I always thought an argument about whether we're saved

by grace or whether they're saved by works. It's not about that. It's about the fact that James is saying in essence, if you have faith that's going to cause you to take action. If you have faith, you say you have faith that you take no action. You're faith is dead. It's not real. So this kind of miracle that we're talking about, this tangible, measurable Miracle That you can engineer and caused to happen requires action. This is where you take your biggest hairiest, most audacious and improbable goals and make them come true. We have a significant degree of control over these miracles, meaning we can consciously figure out how they work and consistently create them over and over again in our life because we understand the process. But the first thing that has to happen for you to make this work in your life, because you have to believe that the result you're looking for is possible, and that you can produce it.

Speaker 1: [20:12](#) Believe that it's possible. I'm not even saying you have to believe it's going to happen. I'm not saying you have to believe is probable. You could even believe it's improbable. You could even believe it's next to impossible. But if you, as long as you believe there's a possibility, you could do it. The door is open a crack, and that's enough. So the questions are things that we should be asking or things like this. Are Miracles? Something that only happened to special chosen super spiritual people? Do they occur just at random or they accidents? Are they created by God or by some other mysterious higher power? Yes, I want to set all that aside and proposed that we each have more potential than we are aware of or then we acknowledge we could do far more and far better than we've ever done before. I think all of us can, in our honest secret heart, we can emit. I'm capable of more than I've demonstrated so far my life. Realizing this makes you aware of a gap between where you are and where you could be. And the big question in this whole episode is this question, are you willing to step into that gap and see just how far you can go

Speaker 1: [21:28](#) to become the person you're capable of being? I'm paraphrasing Jim Rone now, but Jim Roan says something like the purpose of setting a goal is not to achieve. The goal is to become the kind of person who achieves that kind of goal.

Speaker 1: [21:51](#) If you think that through carefully, if you understand that the purpose of any goal is not the goal itself, but it's to cause you to become a, require you to become the kind of person who can achieve that kind of goal, then you can't lose. You can't fail as long as you don't quit, as long as you don't develop what Zig Ziggler called losers, limp losers live is where you start limping when you get out on the basketball court before the game even starts,

because you know that's going to be your excuse for not playing very well. Well, I had that limp. That's why I lost. Maybe it's because you didn't try hard enough.

Speaker 1:

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There are people in our world who were born into terrible circumstances and they're born with every disadvantage. They're in situations that seem impossible and they rise out of those situations into greatness and the temptation for many of us to say, well, they just got lucky. Well, the more you concentrate on the two decisions at how it talks about in his book, and I'll share those just a moment, the more you constantly on these two decisions, the luckier you get or has been said as it has been said, the harder I worked, the luckier again, so it seems, think about JK Rowling, she was broke and destitute when she wrote the first Harry Potter book. She's now a billionaire. Jay Z grew up in Brooklyn in a housing project. Now he's got a financial empire, includes real estate, sports bars, clothing lines, beverages, and even beauty products. Oprah Winfrey, her childhood was filled with poverty and abuse and she became one of the most successful, wealthy people in the world. Are these people lucky maybe, but they also put extraordinary effort in making things happen. Was that part of their luck? You Bet. It was the first step to getting practical miracles and abandoning the the realm of magical thinking. Waiting for something could just happen for you,

Speaker 1:

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is you first have to envision your ideal future, whatever it may be. Maybe you don't want to have a worldwide empire. Maybe you just want to have enough income to take care of you and your family comfortably. Maybe you want to help the homeless in your city. Maybe you want to serve a small congregation. If you're a pastor, you want to smoke to serve a small congregation and not have to worry about how you're gonna keep the lights on every week. Maybe you have a hometown business or you're a tutor or you're a massage therapist or you're a doctor or you own a big multimillion dollar business and you want to make it a multibillion dollar business and give away half the money and help rid the world of hunger and disease and poverty, whatever your dream is, bigger, small, you have to have a vision for what it looks like, a clear vision for what it looks like, and then you have to believe it's possible. If you don't believe it's possible, you're never going to do anything to get there. So you've got to believe in the possibility. So my question for you is, do you believe that the thing that you really want is possible? Not, not that you will do it, not that it's not that it's probably to do it, but it's at least possible. If you can just entertain that idea, we can move on.

Speaker 1: [25:07](#) Whatever the goal is, it doesn't matter what other people think of it. It has to be meaningful and important to you and that's what will drive you to succeed. One of the problems that has plagued us for some time now, and this is going to be another surprise for you to hear me first. You heard me talk about miracles and say we need to be careful about magical thinking. Now you're gonna hear me talk about the problem I currently have with self help. I had been a self help junky most of my life.

Speaker 1: [25:40](#) I've read hundreds of self help books. I've read hundreds of different ideas about what holds us back from success from the library want. I've heard people talk about our belief systems, our core beliefs, our NLP patterns, our habits, our circle of influence versus our circle of desire, our level of confidence, our energy levels, the law of attraction, which we talked about earlier, about emotional intelligence, about spiritual intelligence, about faith, about time management. When does it stop? I said to somebody recently, I was at a point in my life. I went to the bookstore where I always go to look for answers to my problems, but I always go back to the same section. Then the self help section and according to Hal Elrod and his book, the miracle equation, there's simply too many decisions that we failed to make to keep us from accomplishing our goals. And those two decisions

Speaker 1: [26:41](#) are what sum up all the good ideas that are in all those other self help books. I've reached this self help overload point in my life where I'm, I don't, I can't, I can't take it anymore. I just can't listen to most self help material anymore or read it or see it or watch it. I just, it's just like, it turns me off because I think it's become a drug for many people. It's become an addiction where we've wanted to feel good about our life. So we go listen to some new self help guru, which makes us feel good, but we don't actually do anything to accomplish anything. So when we feel like crap, because we had all this excitement about how our life's going to be so much better because we went, saw the new guru feel like crap because we didn't do anything. So then we go to the next self help thing. We're in a room full of thousands of people jumping up and down on the chairs, throwing the glow sticks around, chanting the chance. We get all excited about what our new life's going to look like. Then we go home and we do nothing. We feel like even more crap.

Speaker 2: [27:38](#) Yeah.

Speaker 1: [27:40](#) So how says in his book the miracle equation, what prevents anyone from creating the life they will truly want is that they either lack faith that they can, that they can or they don't put forth the necessary effort to do

it. Let me read that again more clearly. What prevents anyone? Let me back up. The two decisions you have to make are the decision to maintain unwavering faith that is possible for you to do what you desire to do and the decision to put forth extraordinary effort. And he says what prevents anyone from creating the life they want is that either they lack the faith that they can or they don't put forth the effort necessary. That's it. And many people don't do either.

Speaker 1: [28:22](#) I would say less charitably, perhaps most people don't do either. So let's talk about what these two decisions mean and I apologize to hell for the terrible job of making him explaining his book. That's why I'm going to have him on here to correct all my errors and a couple of weeks. The two decisions are, number one, unwavering faith. The miracle equation is on the front of the book, unwavering faith plus extraordinary effort equals miracles and let's define miracles. The way hell defines miracles. A miracle is anything that happens in your life that is outside the realm of what you thought was probable. That's a reasonable definition of a miracle. I mean, how many times we said it, you've said it. I'm sure you've had. You did something that went beyond what you thought you were going to do, what you're capable of, and you said to yourself or to other people that was almost like a miracle. Have you said that is a miracle.

Speaker 2: [29:20](#) Okay.

Speaker 1: [29:20](#) I made the shot and made the sale. I closed the deal. It was a miracle. I happened to meet the right person at that conference. Well, if you hadn't gone to that conference, you would have met that person. If you had to take an action, it would have attracted that right connection. It was a miracle. It was a practical engineered miracle, whether you're aware of it or not. So decision number one is unwavering faith and how it points out. You can call it by any other name of the word. Faith makes you uncomfortable. You can call it belief. You call it confidence or conviction, but to put it simply, people who create extraordinary lives do so by establishing the faith that they can and they continue to reinforce and maintain that faith until they create what they desire. Thus, their faith is unwavering. Now he goes into further explanation, which I think is very important because you may make a decision to have unwavering faith, but that doesn't mean you're not going to have moments of doubt.

Speaker 1: [30:11](#) I'm going to get really personal and share with you what I'm using this book to accomplish in my life. I'm using it for more things in this, but there's one primary mission that I have decided upon that I'm focusing the miracle

equation upon in my life because this is the big domino. The, if I can turn this domino over, it'll flip all the other dominoes and I'll get the other goals that I'm shooting for will be much easier to accomplish, or maybe even unnecessary. So I have unwavering faith and I'm exerting extraordinary effort into ridding myself of Parkinson's disease, which I'm told by the medical establishment is impossible to do because they tell me it's incurable. I don't buy that. I simply don't accept it. You, I think that's crazy and unrealistic. Perhaps it is, but the world has been shaped by people who believed and did crazy and unrealistic things. Steve Jobs, Henry Ford, Elon Musk, Richard Branson, et Cetera, et Cetera, et cetera. King of Siam. So in this quest for ridding myself of Parkinson's disease, beating it, beating the unbeatable disease, curing the incurable disease, I have moments of doubt, but my faith is unwavering because I decided that it's unwavering and I have a methodology for keeping it unwavering. And I'll explain more about that in just a moment because you can, you can take the ideas in this podcast and use them today to focus on your biggest challenge, your biggest goal.

Speaker 1:

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Establishing faith that you can overcome or accomplish something you've never overcome or accomplished before requires you to venture outside your comfort zone. That's what Hal says in his book. It requires you to see yourself as better than you've ever been, and envision a possibility that may lack evidence that it's actually possible. It's not normal or natural, it's not automatic. You have to work at it. And he goes on to say nearly all worthwhile accomplishments are obtained only after a myriad of obstacles and setbacks had been overcome. Amen to that. So you've decided to have unwavering faith, and I'll get into the methodology how to make that happen in a, in a moment or two. But first I want to go on to decision number two. Once you decided to have unwavering faith that you can and must and will accomplish the thing you set out to accomplish, then you have to exert extraordinary effort. And you can call it productivity. You can call it exertion or action or work or hustle. Ultimately, how says those who achieve meaningful goals and live to level 10 lives do so by putting forth the necessary and typically extraordinary effort until they create their desired results.

Speaker 1:

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Effort isn't necessarily hard work, he says, but it does require energy on your part. What makes the effort and extraordinary is that it is sustained over an extended period of time. And without it you have nothing to feel your face. So in house story, which I'm going to have him tell when he's on the show, so I'm not gonna tell it right now, but he's overcome two major, major setbacks in his life. One was his hit head on by a drunk driver and died

and told him he'd never walk again. And the other is he got cancer, one of the rarest forms of cancer. And they told him he had days to live. By the time they discovered the cancer, they said, you've got days to live. I will let him tell the story. But if you're overcoming obstacles like that, you've got to have unwavering faith and you got to put forth extraordinary effort and his part of his story is doing everything he possibly could to overcome those obstacles and to achieve his goal of being healthy. And you need both unwavering faith and extraordinary effort to make that happen. And when you do those two things,

- Speaker 1: [34:02](#) we make a decision like I'm going to beat Parkinson's disease and live to be 100 plus years old. When you make a decision like that, you're having unwavering faith in that, then you know you've got to take extraordinary effort to make it happen. And that means you've got to try everything you possibly can try every reasonable non crazy insane thing. And my definition of crazy and insane, his got a lot more broad. What does that mean? Well, let me give an example from the coaching that I do. I coach clients on their copy, on their marketing, on their business goals and often people will run into obstacles and they get discouraged. They'll tell me, I've tried everything. I'm, I don't have enough money to meet my expenses this month. My business, Ray, I've tried everything. I don't know what to do. So I always asked him in that, in that situation, well really you tried everything, give me the list please. And usually they'll stammer for a moment. So what do you mean? Well, if you tried everything, you must have done an extraordinary number of things. What are they? Give me the list and they'll start listing off things and they stop usually about number three because that's where they quit that my friends is not trying everything, trying everything. He's trying a hundred things. And if that doesn't work, trying 500 things. If that doesn't work, try a thousand things.
- Speaker 1: [35:31](#) It's not trying three or four or five and then quitting. That's not trying. It's quitting.
- Speaker 2: [35:41](#) Okay.
- Speaker 1: [35:41](#) People who actually do try everything, who exert extraordinary effort in achieving their goal, see extraordinary results and they move their goals from first seeming impossible.
- Speaker 2: [36:00](#) Okay?
- Speaker 1: [36:00](#) Cause then being merely improbable to eventually, often becoming inevitable as houses. And the title of his book, Dr. Wayne Dyer said, if you want to experience prosperity

in a miraculous level, you must have leave behind your old ways of thinking and develop a new way of imagining what is possible for you to experience in your life. That's, that's not airy fairy stuff. That's just common sense.

Speaker 2: [36:25](#) Yeah.

Speaker 1: [36:25](#) But as Brendon Burchard says, so often common sense is not common practice. Here's the Jim Rohn quote I was thinking of earlier. The purpose of a goal is not to reach the goal. The purpose of a goal is to become the type of person who can achieve any goal by always giving it everything you have, regardless of your results, it's who you become through that process that matters more than actually reaching anyone goal. I felt like I was just channeling Jim Rohn. No, I don't believe in channeling. So how it talks about when he was first using this idea, this methodology, the miracle equation. He wasn't calling it that at that point, but he made those two decisions. He wanted to hit a \$20,000 sales goals. So he decided, first of all, you have unwavering faith. He said, I will establish and maintain unwavering faith that I can reach my goal of selling \$20,000 during the push period. No matter what, there is no other option.

Speaker 2: [37:29](#) Okay,

Speaker 1: [37:29](#) so his face is actually a decision that there's no other option. He's going to do it no matter what. And decision to was he said, I'll put forth extraordinary effort every single day until the last possible moment, regardless of my results along the way. And that is a key idea from this book that has knocked my socks off because so often we push and push and push and we effort, effort, effort, and we get to the last two thirds is the last one, third of the, the run towards whatever goal we're after and we give up two thirds the way they're three, four story there. We give up near the finish line. But how's commitment is extraordinary efforts said he would put forth extraordinary effort every single day until the last possible moment, regardless of my results along the way, regardless of my results along the way, regardless of my results along the way, because why? Because the purpose of a goal is not to reach the goal. The purpose of a goal is to become the type of person who can achieve any goal by always giving it everything have, regardless of your results. It's who you become through that process that matters more than actually reaching anyone go

Speaker 1: [38:45](#) and you can't become that person that you wanted to become. If you give up before the last minute, you keep going regardless of your results along the way and then how shares in his book many, many stories of people who've achieved remarkable things by applying this very

formula, making these two decisions and sticking to them. Here's just a few stories I'll share with you from his book. Angela May was a single mom making \$12,000 annually at Starbucks as a Barista. That is until she decided to start her own business within one year. She made her first six figures and has gone on to grow her business to seven figures for the past three consecutive years. Carrie Smolenski started a DJ company the age of 14 well, in dental school. He decided to leave and follow his passions feeling by is fueled by his unwavering faith and extraordinary effort to break the traditional mold and pursue a future in event production and entertainment. Now, 40 years later, his family of companies produces events globally. He has entertained over 1 million people and he's grown his business to the level that gross has millions of dollars in revenue annually. During 19 during 2016 Angel Morales traveled the world by himself. For 11 months, he went to 26 countries on five different continents. He spent two years saving, researching, and preparing in order to accomplish this goal. When he first told people he's gonna quit his job and travel the world, nobody believed him, but with his unwavering faith and extraordinary effort, he brought the round the world. He bops around the world ticket to made his dream a reality. There's many more examples. I won't share all of them with you. Read the book.

Speaker 1: [40:29](#) What if you don't reach your goal? What does it really is impossible? What if you make a commitment to unwavering faith and you put forth extraordinary effort and the cancer kills you anyway, or the Parkinson's beats you down anyway or you go bankrupt anyway or your marriage falls apart anyway. What if, well, if you think it through, you can't help it be better off than he would have been otherwise because you're going to be a better person.

Speaker 1: [40:58](#) Am I right? Can you think this through with me? If you have unwavering faith and you put forth extraordinary effort until the very last possible moment, no matter what your results are, will you or will you not be a better person as a result and will you or will you not be better off even if the thing you were seeking does not come to pass? The answer is yes, you will be a better person. You'll be a different person. You'll be a person with more character was more discipline with more emotional stability, with more resilience, with more inner strength. So you can't lose, you can't fail even if you don't hit the goal.

Speaker 2: [41:32](#) Yeah.

Speaker 1: [41:39](#) How has a a five part framework he gives you for putting together your own affirmation or mantra, formulating

your own plan for how you're going to achieve what you're after. I'm going to share that with you right now. I'm paging through the book, trying to find it. I've done it. I just, I had the steps written down. How about this? Notes and highlights. Here we go. So step one, you begin with a miracle mantra. I know it sounds cheesy, but just play along. This is an affirmation that you repeat to yourself every day that states your intention, your unwavering faith commitment and your extraordinary effort commitment. And if you hate affirmations and you think they're silly, he's think about Stuart smally and go, I'm good enough. I'm smart enough, and Gosh Darn it, people like me. It's not that kind of affirmation, those affirmations that make you say untrue things. Like, I'm a super confident person. I have every goal I've ever wanted in my life. Wealth just flows to me magically. Those statements are not true and so they erode your inner integrity. So stating them out loud, it's just a lie. You're just lying to yourself and you're reinforcing for yourself the idea that I'm a liar. That's not a good practice to be in the account of affirmations that how's recommending our affirmations that affirm what you're going to do to get to your goal.

Speaker 1: [43:25](#)

So the first one is your miracle mantra. Mine is this, I'm just going to, I told you is going to be very personal. I'm just going to share you share with you my miracle mantra. I am 100% committed to maintaining unwavering faith that I will beat Parkinson's disease and live to be a healthy 100 plus years and I will continue putting forth extraordinary effort every day until I do and for the rest of my life, no matter what, there is no other option.

Speaker 2: [43:55](#)

Okay?

Speaker 1: [43:56](#)

ARPITA affirmation to myself every day, more than one time a day, several times a day. I repeat it out loud with a motion. I also have it recorded in my own voice and I listened to it over and over again. That's my mantra step to articulate why your mission is deeply meaningful to you. So what I wrote in my affirmations was, here's why Steve was meaningful to me. The reasons I'm committed to them, to I mission is because being alive to positively influenced Sean, that's my son and all my spiritual children, and to share my life with my wife, Lynn. It means more to me than anything else in the world. That's why my mission is deeply meaningful to me. Step three, solidify your extraordinary effort and make the attainment of your mission inevitable by the committing to your process, without being emotionally attached to your results. So let me decipher that for you in English.

Speaker 1: [44:50](#)

The third paragraph you write is where you commit to the process you're going to use to get to the place where

you're headed for. So what I wrote is to ensure that I live a long, healthy, 100 plus year life. I remain committed to my process following all my daily exercise routines, holistic anti disease protocols, combined with my allopathic treatments. Allopathic is like regular MD style medicine, white coat stethoscope. My neurologist have the words to maximize the life saving potentials of both. So once again, this is my statement of my extraordinary effort sticking to my process. I say to ensure that I live a long healthy 100 plus year life, I will remain committed to my process following all my ideally exercise routines, holistic and disease protocols combined with my allopathic medical treatments to maximize the life saving benefits of all these things. And then finally, step five.

Speaker 1: [45:52](#)

So four rather is to establish your way calls. You're enlightened entitlement. Now the word entitlement has a negative connotation for many people and we think of people who just feel like they deserve stuff for doing nothing like I was, I was born here. I live in this neighborhood. I deserve to get a free education. I deserved to get a free car. I deserve to be treated special. I'm a special snowflake. That's not the kind of entitlement he's talking about. Entitlement. In this case, enlightened entitlement simply says that you are deserving and worthy of receiving anything that any other human beings worthy and deserving of if you'd take the same actions.

Speaker 1: [46:27](#)

So my enlightened entitlement statement is this, I'm committed to my mission and living every day as a miracle maven. And that's another title. That's another terminology in the book that may strike. He's a little odd, but a maven is simply a person who knows a person who understands, who has some wisdom. So in this case, a miracle may have been somebody who knows how to make miracles happen. I'm committed to my mission and living it everyday is a miracle maven because I know that I'm just as worthy, deserving, and capable of living a long, healthy, 100 plus year life alongside my family as any other person on earth because we all have the same inherent dignity and worth granted to us by our creator. However you believe that process happened. I am committed to my mission and living every day as a miracle maven because I know that I am just as worthy, deserving, and capable of living a long, healthy, 100 plus year life alongside my family as any other person on earth. And then step five is to recite your miracle equation. Affirmations with emotion every single day. I've already done it once today and I've done it just now in this podcast.

Speaker 1: [47:37](#)

Extraordinary effort on my part. What does that look like for me?

Speaker 1: [47:43](#) Well, I feel my unwavering faith by looking for examples of people who have beaten Parkinson's. There are such people in the world, people who have this incurable neurological degenerative disorder and who've recovered from it. And I studied those people carefully and I don't study so much the people who just had a miraculous recovery with no explanation. I studied people who did something that would make it happen. They made it happen through nutritional as exercise supplements, different treatments that may not be mainstream yet, but have shown positive results. Uh, s I accumulate that evidence and I feed it to myself every day. I don't, I did not feed myself on looking at what happens to people who don't do anything about their disease, but excepted, I do accept it, but I'm not resigned to the outcome. There's a big difference. So I feel that unwavering faith in that way.

Speaker 1: [48:28](#) I feel that by my affirmations every day and then I feel the process by engaging an extraordinary effort. What that means for me is I have an exercise program. I have a nutrition program. I have about 30 supplements I take. I have a strict dietary routine regimen. I've hired a cook to take care of that for me. I've got bio hacking expert on my team of advisers, Ben Greenfield. I've got a physical, uh, physical optimization specialist who's a medical doctor whose name is Dr Gus Vickery, who in Asheville, North Carolina. He's, he's on my team. I've got my neurologist, Dr. David Greeley. I got my family physician, Dr. David Ship, a week. So I've got this whole team of medical people on my, on my, my side. I've got a physical therapist, tish king. I've got a massage therapist, have a couple of massage therapists who work with me three to four times a week.

Speaker 1: [49:17](#) I'm doing everything I possibly can. I'm continuously looking for new ideas, new supplementary routines, new dietary, nutritional ideas, new exercises. I can do new practices. I can engage in meditation, Tai Chi. I'm doing everything I possibly can. I'm exerting extraordinary effort to achieve my goal of beating Parkinson's and I will live a healthy 100 plus years and I'll continue putting forth extraordinary effort everyday until I do and for the rest of my life. No matter what, there is no other option and just the practice of these two decisions. It makes my life better and by the way, I'm getting results. I'm seeing a regression of symptoms now you say, all right, if you have unwavering faith, what if it doesn't happen? What he get worse? Some days are worse. On those days I doubled down on my recited my affirmations. I focus on the positives and I tell myself this too shall pass because the point is not necessarily to achieve. The goal is to become the kind of person who achieves that any kind of goal. I just happen to believe I'm going to achieve the goal. Also,

I think I'm going to get the outcome I'm looking for because I have unwavering faith. I'm engaging an extraordinary effort and I deserve the same kind of life and other people enjoy just like you do.

Speaker 1: [50:44](#) So I hope this episode has been encouraging to you. Not, not too heavy because it makes me happy. This whole, this whole book just made me super happy. I immediately reached out. I wanted to talk to the author. I read his first book, the miracle morning, which I also recommend very highly, but if you haven't read that book, I just read the miracle equation first. It's the miracle equation by Hal Elrod. The two decisions that make the two decisions that move your biggest goals from possible to probable to inevitable, from possible to probable to inevitable. I think about that.

Speaker 1: [51:18](#) Can you really produce miracles in your life? I believe you can. This is how get how Al Rods Book. They'll be a link in the show notes so you can pick it up today. I would recommend you get the physical copy, get the audible copy and get the kindle copy. I'm listening to it, I'm reading it and marketing it up on actual paper book. I, I'm also taking notes in my kindle version. That's what I do and I want to study something and know it inside and out. I recommend you do the same. We will have hell out on the show shortly in a couple of three weeks, but it sells in. Don't wait. Get to book. Start looking for your miracle and don't just look for it. Make it happen. Don't wait for magic. Instead, manufacturer a miracle.

Speaker 1: [52:03](#) I hope you found this encouraging. If you don't subscribe to the show yet, you should do so. You can do it through iTunes, through the podcast app from apple, through Stitcher, through Spotify, or wherever you listen to your podcasts. I love if you connect with us on social media, um, at Ray Edwards on every social media outlet, and there's a worksheet for this show as well that'll help you implement the ideas from how roads book so he can get that by going to [inaudible] dot com slash three eight seven, miracles are not magic, my friends, they're the result of unwavering faith plus extraordinary effort, intention, discipline, mental infest, psychological health. You can do it until we meet again. May you prosper and always health, wealth and wisdom. Now go out there and live your most prosperous life today.