

“How To” Guidelines

This is a chapter from *Miracles Made Easy – Claim Your Power, Create Desired Results*. It can be found in Section One: Foundation.

Experiments in Living™ Guidelines



- **Decide what your experiment will be.**

What do you want to know? What are you curious about? What would you like to prove – to yourself – does or doesn't work? You want to pick something that challenges your thought patterns, changes the way you normally do things. Know that it sometimes takes courage to test the boundaries of our comfort zone.

- **Determine when the experiment will begin and how long it will last.**

Pick a time when you can pay attention and not be pulled off course by people or other distractions. For instance, you might not want to experiment at getting up at 4:30 in the morning the weekend you visit your night-owl parents.

The time frame needs to be long enough to allow newness to unfold so answers can reveal themselves. You might need only a couple of days to see what it's like to go without speaking a single swear word. But you'll certainly need several months to discover whether or not your spouse's behavior changes when you thank him every time he criticizes you.

- **Never commit to more than three months at a time.**

This drops in place a safety precaution to keep you from getting too

far off track, pursuing directions that are not healthy or fruitful. If the experiment needs more time to properly unfold, you can always re-up for another three months.

- **Agree to set aside all fear and worry for the stated period of time.**

This is essential. Should second thoughts arise – and they often do – remind yourself of your commitment to look at any concerns that crop up later, not during the experiment.

Maybe you decide to create more free time by cutting back at work. Any time your inner voice begins to chatter – *this was a big mistake; my job's in jeopardy; my co-workers are getting upset* – remind yourself quite forcefully that you've already determined it is safe to temporarily slow down. Ignore the fear talk until the experiment is over.

Naturally, if your situation should significantly change – your company is sold or you get a new boss – then you might consider postponing the experiment until you can give it the time and attention it deserves.

- **Keep an open mind.**

You can't learn anything new and valuable if you think you already know the answers. Focus on gathering information, not on the conclusions you're likely draw. If you find yourself assuming, appraising, expecting and judging, remind yourself that curiosity opens the mind to greater truths.

Remember, we see what we believe, get what we expect and are unlikely to experience what we assume to be impossible.

- **Be prepared – willing – to get upset, to feel lost and confused.**

Perhaps you'll undergo a major shift in consciousness, as happened to me. Maybe your understanding of how the world works will be forever, fundamentally, changed. It can be quite disconcert-

ing to have our foundations rattled, our belief systems turned upside down.

If this should happen to you, remember, the disruption is only temporary. You will soon stabilize in a new world view that will serve you ever so much better. Reach out and talk to someone who's been there and who understands what is happening to you.

- **Journal about the process.**

Once you've written something down, it becomes difficult to deny that you've actually thought it. Journaling helps clarify thinking and strengthen observations. Rereading about your experience can trigger fresh insights and suggest new directions to pursue.

- **At the end of the experiment, stop and assess.**

What have you learned? What did you experience? How might your beliefs have changed? Do you see things differently? Do these new ideas still need proving? Do they hold promise?

If you decide to continue, state the amount of additional time you'll give to your quest, but don't exceed three months. Just as before, stop and assess again.

- **Share your experience.**

Speaking our experience aloud reinforces new learnings. People's questions and comments encourage us to explore more deeply. Your stories offer family and friends the opportunity to benefit from your experiments and explorations.

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