

# “What Are “Experiments in Living”™?”

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™



*Experiments in Living*™ are agreements with one’s self to explore new ways of thinking, believing and behaving for a specified, limited period of time. It creates opportunities to step out of a rut, see things differently, discover new truths and create more satisfying results.

For the life of the experiment, you agree to release all skepticism, suspend all judgment and temporarily “act as if” a new belief or way of doing things is true and valid. When you refuse to allow fear, doubt and worry to dictate your actions, you open your mind to new possibilities and a more accurate understanding of Truth.

One time I wondered what would happen if I did only what I wanted to for two weeks. I found myself napping twice a day and eating ice cream for breakfast, lunch and dinner. The experiment made me realize just how tired I had been, how much more sleep I really needed. Indulging my inner kid’s love for ice cream was great fun, and I was glad to discover that my rampant desire to indulge had significantly diminished by the end of the experiment!

The most profound experiment I ever conducted totally turned my life around. I was converted from doubting skeptic to grateful believer, from avowed agnostic to student of the spiritual. Learning how to make mini-miracles happen as everyday events transformed me from

disempowered victim into a pro-active creator.

Since this book was written, I've conducted other "I-wonder-what-if..." explorations: rising at 4:30 in the morning; doing without television; giving money to strangers; putting a smile on my face, even when I didn't feel like it; assuming there was a good reason behind receiving "bad" news; "acting as if" a person who bothered me really did have my best interests at heart.

*Miracles Made Easy* describes what began as a three-month experiment and grew into a way of life. The experiments enabled me to discover that life works quite differently from what I had always thought, and showed me how I could make my life work better. Here's what I did.

I tried on every idea and belief that I was exposed to concerning spirituality and metaphysics, no matter how outlandish or far out it seemed. I "acted as if" everything I had heard was true, and waited until the results of my experiments were in to decide what I actually believed.

I committed to being as pro-active as possible during the experimental period, knowing that anything less wouldn't do. I wanted to discover what was possible, and these metaphysical ideas were new to me.

This attitude and approach will enable you to create the most positive results possible. Following are some suggestions that have served me well as I conducted various experiments.

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