The Miracle ME

The Miracle Morning & Evening Practice

“There are two powerful windows each day when unconscious patterning — the lens of observation — can be updated.”

The Core Truth:

Every day, you don’t wake up into reality — you recreate it.
What feels like “normal” in your life is not random. It’s the result of:

What your inner observer expects

The inner observer is the stable awareness that witnesses experience and assigns meaning to it. It does not change; it operates through learned reference points that shape what feels normal and possible.

What your nervous system is primed to notice

The nervous system is primarily scanning for safety or danger, not happiness or success. This includes fight, flight, freeze, and fawn responses, as well as subtler patterning such as vigilance, avoidance, or over-effort that feels “normal” rather than alarming.

The signals you send repeatedly — often unconsciously

Signals, or learned reference points, are past experiences that have been encoded with meaning and emotion and are unconsciously used as comparisons for what is normal, safe, or possible now.

- **Memory** = what happened
- **Reference point** = what your system learned from it

Your inner observer isn’t replaying events.
It’s orienting from the conclusions drawn from them.

Morning and Evening as Threshold Moments

Why does the observer’s guard soften at these times?
During transitions between sleep and wake, the brain moves through theta states where habitual filtering relaxes. The conscious mind’s control diminishes, allowing unconscious patterning to be updated with less resistance. The body shifts toward restoration and integration rather than active threat scanning.

These threshold moments — when the lens of observation is most receptive — are where change becomes possible.

This is why Morning and Evening are not habits — they are gateways.

The Neuroscience Behind the Threshold	
Morning Transition ● Brain moves from **Delta → Theta → Alpha** ● Awareness is soft, receptive, unguarded ● This is a powerful time to introduce a **New Normal**	**Evening Transition** ● Brain moves from **Alpha → Theta → Sleep** ● The conscious mind steps aside ● The subconscious receives information with less resistance Whatever you give your system here, **it works with all night.**

Why "Normal" Repeats	
Your current normal continues because: ● your awareness is already primed for it ● your nervous system expects it, because it is familiar ● your unconscious observer keeps selecting the same "slides" because they feel consistent and predictable As a result, the same signal is sent repeatedly — and the same results are returned.	**Examples of Unconscious Signals:** ● "This is as good as it gets." ● "Money is something to worry about." *(Fear response)* ● "I'm overlooked or behind." *(Flight response)* ● "I have to work hard for everything." *(Fight response)* These signals are not chosen consciously —they are learned patterns that feel *normal* to the system.

The observer may remain the same — but what changes everything is how reality is observed.
Let me say that again: the observer doesn't change — **the lens does.**

The Miracle ME: Two Daily Thresholds

How to Use the Evening Intentionally

1) Bookmark Your Day

Before sleep, frame the day as complete and meaningful.

“This was an abundant day.”
“This was a gifted day.”
“This was a powerful day.”

Acknowledge what worked — not what failed.
Neurologically, the brain filters the future through the past. How you frame today shapes what you expect tomorrow.

2) Reframe the Story

We are always narrating our lives. It’s not what happened that shapes identity — it’s how we interpret and remember it.

Give yourself permission to rewrite the situation in the most empowering frame available — even to choose a new story you prefer. Your mind marks this as a reference point for the future.

3) Imagine Tomorrow Gently

In the final moments before sleep:

- imagine the feeling of an ideal day
- ease • clarity • connection • support
- invite contentment and quiet joy into the body

You are not forcing outcomes. You are setting the frequency.
This is the gift you give your inner creator to work with overnight.

The Miracle Morning

When you wake:

- pause before doing
- let the tone you set the night before continue

- move into the day as if coherence is already forming

Even a few conscious minutes reinforce the New Normal. **Act as if.**

A Simple Practice for Seven Days

Do the work, and you'll be surprised at the miracles happening around you.

Each Evening	**Each Morning**
● Name the day as meaningful or abundant ● Acknowledge 3 things that worked ● Imagine tomorrow with ease and delight	● Pause before action ● Remember the New Normal you are choosing ● Begin aligned — not rushed

Final Reminder

You don't change your life by force.
You change it by changing what feels normal.

Morning and evening are the doorways.
Step through them consciously.
