

# Believe in Miracles

By Jim Ryan, Northport, NY

(636 words)

The Webster dictionary defines a miracle as “something wonderful; a wonder, a marvelous thing, something which seems to go beyond the known laws of nature and is held to be the act of a supernatural being; a supernatural event.”

People have beliefs usually based upon their upbringing, culture, religion or by the influence of their parents and/or extended family. Apart from the belief in miracles, one might be left with a system of beliefs that has had, and will certainly continue to have, enormous significance—good and bad—in their lives. Not that all these inherited beliefs should be discarded, but only the falsity of their beliefs, which keep them from living a joyful, fulfilled life. If miracles are events which go beyond logical reason or scientific evidence and defy the laws of nature, then it can be understood that some of our beliefs are in things we may not fully understand or have not yet experienced with all our senses. Therefore, it might be a good idea to keep ourselves open to expand our belief systems and not just follow them blindly.

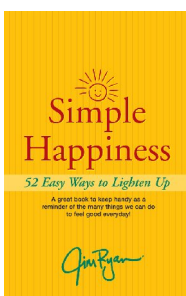
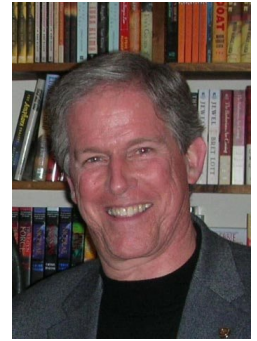
“Have a mind that’s open to everything and attached to nothing,” is a chapter in Wayne Dyer’s book *10 Secrets to Success and Inner Peace*. In it, he discusses the fact that in order to grow, sometimes we have to let go of some beliefs and patterns of thought. New ideas foster growth and can give us a different perspective.

There is an interesting phenomenon called the “placebo effect” that occurs when drug companies test their new products. Usually two groups take a pill that is meant to help with a particular ailment. Unbeknownst to the participants, each group is given pills, but one group is given an *active* drug and the other is given *inactive* pills. An interesting result often occurs. A percentage of people who take the inactive pills respond as if they had taken the real thing. Just *believing* that they took a drug to help them was enough to achieve their desired outcome. It is obvious that there was no actual medicine that helped them; it was in the person’s head. Nevertheless, just by believing, the participants made their healing happen. One might call that “a miracle!” It doesn’t always occur, but there are enough case studies that prove it can.

You’ve probably also heard of people whose arthritic pain is relieved by wearing a copper bracelet, or by wearing a crystal necklace. Doctors and scientists are unable to explain this. Could it be that a magnetic field is created by the bracelet or necklace that causes the healing to occur, or is it just something that, as of now, we don’t understand? Spontaneous healings have been going on for centuries with no true explanations. These too, can be, by definition, miracles.

We get so caught up in the scientific method that we lose sight of what we have not yet discovered. A majority of people hold a very skeptical attitude toward anything that can’t be proven, based on what we know to be true. To me, this in itself is a limiting belief. Perhaps science hasn’t caught up with all that is possible in the universe. It is certain that we still have much to learn and to unveil in this ever-expanding universe!

According to Napoleon Hill, the author of the classic book entitled, *Think and Grow Rich*, “What ever the mind of man can conceive and believe, it can achieve.” So open your mind to the unknown. Don’t act as though you know all the answers. Let go of your sophisticated attitude from time to time. Allow yourself to expand the realm of possibilities. Believe in yourself. Believe in others. Believe in miracles. They are lined up just waiting for you to allow them into your life. ☞



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