

What is a Miracle?

In the context of the intent and purpose of The Miracle Is You, the following quote from St. Augustine serves very well to express how we would like for you to view your journey into this world of exploration into the inner landscape that is YOU!

“There is no such thing as a miracle which violates natural law. There are only occurrences which violate our limited knowledge of natural law.”

-St. Augustine*

Thus, our purpose is to introduce you to the miraculous nature of the structures and processes that are going on inside of you all of the time.

Why should I care?

While everyone that I speak to about this concept that miracles are happening inside of you is intrigued by the idea, I am also often asked to comment on what the meaning of it is to someone who is suffering with an illness or an injury or a very difficult family or personal situation – why should it matter to them? In simple terms, it matters because of what happens to us neurologically, hormonally, physically and emotionally when we ignore the intelligence that lives and breathes us. When we concentrate our attention outwardly on a diagnosis or fall prey to the drama in the external world and forget to breathe, forget to remember who we really are, the hormones of stress race through the 60,000 miles of blood vessels in our body and agitate every cell and system associated with immediate survival. This fight, flight or freeze reaction interferes with the normal processes of rest, digestion, repair, restoration, rejuvenation and recovery. It matters because YOU are in control of at least one aspect of your life, namely your breath, and your breath controls every aspect of your life because, without the exchange of oxygen and carbon dioxide, you ARE NOT, you cease to exist in the physical form.

It matters because an understanding of how amazing and miraculous are these processes that are living you leads you naturally to an appreciation and gratitude. Gratitude is not only ‘the ultimate state of receivership’ to quote Dr. Joe Dispenza, it is the sweet fuel of the heart that encourages and nurtures that part of your nervous system that heals you, soothes you and calms you.

Follow this link to see Dr. Joe’s offerings:

<https://drjoedispenza.com/>

Foundations

The toroidal field – the logo for The Miracle Is You is a rendition of what is known as a torus which is an energetic structure, an electromagnetic field, that surrounds the earth, informs the universe, spins atoms and surrounds every cell in your body. It is a fundamental structure defined by Spirit Science as follows: “The torus is a self-organizing system that all comes together at a space of unity and expands its energy itself until it returns back to that original space in the center and will continue to do it again.”

Watch here for the full exposition of the torus and why it is important to each and every one of us:

<https://www.youtube.com/watch?v=1-4zdm0TNU&t=46s>

Three simple, but very profound aspects of that statement, that definition, as they relate to The Miracle Is You:

1. The toroidal field is a “self-organizing system” - we, as humans, are self-organizing systems; we are self-healing organisms.
2. The field “comes together at a space of unity” - this point is known as the point of singularity. Everything in the lower part of that energetic structure is returning to the point of unity and being transformed into the energetic output in the upper part. That point of singularity is the point from which all possibilities emerge. One might say that it is the Alpha and the Omega, the beginning and the end. In real and practical terms, we are living and dying with each breath. Old cells die and new cells are born. Skin sloughs off and new skin emerges from underneath. Those new cells emerge from that point of singularity where DNA replicates itself, tells those cells to make new proteins in the form of new cells made from the raw materials at hand. This is life living itself. This is the eternal now.
3. “...will continue to do it again.” - and, again, and again.....until your last breath. We are constantly changing, growing, exchanging energy and matter from past and moving it, along with ourselves, into the future. The tendency for the linear, logical mind is to stop time, to fixate on how things appear in the outer world as if they are the only reality and as if they will not change. They do change, as do we. Simply notice what happens for you when you switch your attention from what is going on out there to what is going on at this most magical level. Follow us into the heart of you.

This toroidal field is, as noted in the video, is a fundamental part of nature. In other words, it is at the core of who you are as a living being. I encourage you to dig deeply into the above definition of the torus. There, you will note that this is a “self-organizing system” - consider that for more than a moment. Every cell in your body has this “self-organizing system” operating within it. Every organ in your body generates a toroidal field of its own vibrational rate, its own frequency. Your body emits this same field around itself. Included in that, therefore, is that it is a self-healing system. The intelligence that beats your heart generates a field. Einstein famously said that “the field is the sole governing agency of the particle.” Bringing your attention to “the field” will give you more “agency” over your life and health than putting all of your attention on “the particle”.