

A COURSE IN
Business *Miracles*®
Mentoring For Highly Sensitive Entrepreneurs

**A Course In Business Miracles Podcast
Episode 79**

Making Miracles

Transcript

Welcome to A Course In Business Miracles. This is Heather Dominick, creator of www.BusinessMiracles.com and founder and leader of the Highly Sensitive Entrepreneur movement since 2010. Join me today for some genuine practical assistance and a business altering and life changing experience, A Business Miracle.

This is A Course in Business Miracles Episode number 79, Making Miracles. So many people believe that miracles are something that happens to you. When in truth the process of making miracles is an act of co-creation. Join me to discover how to shift from coping to creating and how being willing to stay with the process is the part you play when it comes to "making miracles" in your business and life every day.

The way out is through what I refer to as the path of transformation, otherwise known in the business miracles community as AUK. AUK stands for awareness, A, U, understanding and K, knowing. We have awareness. It's like, "Oh, yeah, okay. I think I might be soothing." Then, we go into understanding, which is intellectual. Then, we start to think, "Oh, I remember Heather talking about this, I get this. I'm soothing right now." That's where most people stop, in the path of transformation whether it has to do with the coping cycle or not.

The mind fools you into believing that because you understand it, you've got it. Then it happens all over again, back into the cycle and you're like, "But wait a minute, I totally understand this. Why is this still happening?" Because it has not yet moved into knowing, which is an embodiment and that membrane change that I was speaking about earlier from Bryan Liftin. How do we get from understanding to knowing? This is what I refer to as choice action, choice action. The minute you hit understanding, you make a choice to take an action that will bring you closer to knowing.

This is what I talk about when I say that the process is the goal, because the outside influence to instantly change a cell that Bryan Liftin has proved must happen numerous times in order for the impact to be long lasting into knowing. Again, this is where most people stop, highly sensitive or not. Why?

Because we are impatient, because everyone wants transformation, and no one wants to change, and we don't want to do the work. We get a little bratty about here, like come on already. Or as I said earlier, we understand it but we don't really want to change it because I really like my chocolate and 72 hours of meditation. Fighting with my husband when I'm upset is comfortable or yelling at my kids or pretending that because I am so much a caretaker of my dog that I am a good person, so I don't really need to do

anything differently. Or just good old, plain old fear. I don't know what this change will be. I say I want it but what will happen? What will that be like? How will I live?

Will I still have friends? Will I still like to eat apples? What if I don't like the sunshine anymore? I don't know. This is scary. We stay here. We take course after course after course. We read book after book after book. We fool ourselves that we're actually transforming. We're not really engaging in what I refer to as the real work to change. When you shift from understanding to knowing, it is full freedom. You literally are no longer the same person. Deep breath in, and let it out. At any point in the cycle, you can kick in to awareness. Maybe it's in fear, maybe you've been through this enough times that you're just so gosh darn sick of it.

That instead of giving into the fear the minute you feel it, bam! You go into awareness. You're like, "Yup, here I am. I'm in fear." Then, you start around AUK. Or maybe it doesn't hit until you're collapsing. Maybe you've collapsed so drastically. One of those moments when finally the universe gives you enough of a kick in the ass in the form of some type of trauma, tragedy, big wake up call. You're like, "This is it." Or as Marianne Williamson says when she's teaching about the course where the course says, "The best place to be is in your knees."

Marianne says, "When we get down on our knees, we get down on our knees in crisis." She says, "After we've been down and up, and down and up, and down and up enough times, we learn. I might as well just stay there, just stay on my knees." Whatever it might be, so maybe it's there and it kicks you into awareness, maybe it's soothing. When you've done this work enough times, it can kick in any time. I have literally been in the middle of habits myself, eating that thing that I always go to or had gone to. In mid bite, and suddenly like, I don't want this anymore. I don't need this anymore. Then, it's done into awareness, understanding, into choice action.

Then, it is about staying with the AUK process over and over and over again. As you do, that brings you into the experience of a miracle. As you know from being a part of the course in business miracles community, a miracle is a shift in perception. Suddenly, what used to scare you so much doesn't scare you anymore. What used to have you in pushing, you're not pushing anymore. This is a beautiful space because it is the ultimate experience of love, because it is love for yourself. Love for yourself as a person who's highly sensitive. Love for yourself as a person who's highly sensitive, who can use those abilities as strengths, who is willing to do things differently.

Anyone else who has issue with it be damned. You are so comfortably confident. It doesn't matter what grandma Jane used to do. It doesn't matter that your friends are like, "What's wrong with you?" It doesn't matter that you never eat chocolate again or that you just eat chocolate because you choose to, because you like the taste. Or you choose to be able to meditate proactively. Or get a massage just because you plug it in as a core practice for your time off. This is beautiful change. Deep breath in, and let it out. Now, the other piece about the coping cycle is that you can have the awareness at any point in the cycle like I was saying.

Just as we're going into AUK, what can happen? Resistance! Maybe it's on your way to awareness, maybe it's on your way to understanding, maybe it's your choice action, choice action. Suddenly, you're like, "I am not taking another action. I have had it with these actions. No way, you cannot make me take any other action," which, of course, is a choice. Now, just one other note about the cycle which is the words of touched and awaken. Those come from Bonnie Badenoch who has done a lot of work around The Trauma of the Heart and even looking at the heart as its own brain, the heart brain which we went into more deeply for those of us who are at the spring training retreat together.

What she says is that to give a rename to trigger as a moment of being touched or awaken. That's for those of you who get triggered by the word triggered. You don't just stop right here. Which connects back to what I said earlier which is that our shadows are not bad, they are simply here to give us a signal. Then, it's about being able to recognize the signal, and then the willingness to listen to the signal, and then the willingness to work with the signal.

Thank you for listening and I hope you enjoyed this episode of A Course In Business Miracles. If you're ready to learn how to use your highly sensitive abilities to support your in being purposeful, profitable and empowered rather than scattered, poor and undervalued, take my free self quiz to find out if you are indeed a Highly Sensitive Entrepreneur. And if you are, along with your quiz results, you'll receive my free HSE Success Guide, which will teach you how to have your highly sensitive abilities working for you to create the results you desire in your business.

Take the quiz and receive you free success guide now at www.HSEQuiz.com.

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