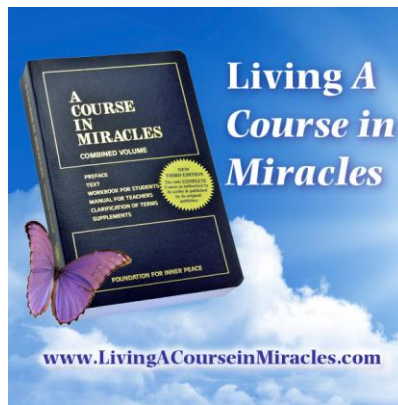


August 18, 2015



Time & Space Management

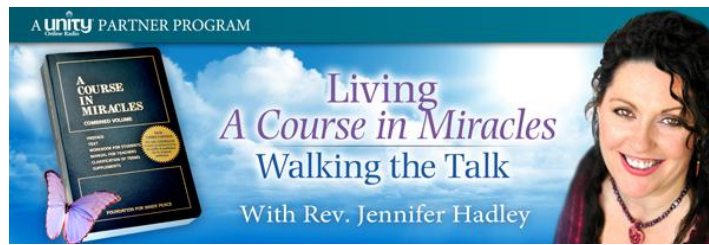


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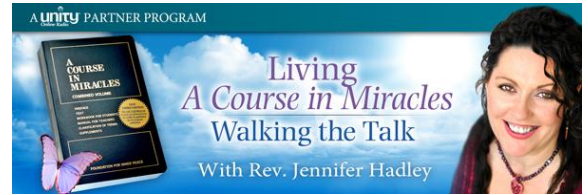
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Time & Space Management.....	4
Opening Prayer.....	4
Time and Space Management	5
Live in Accordance With Truth.....	6
Training Your Nervous System.....	8
At the Time of Buddha.....	9
Knowledge is What's Being Given.....	10
Children and Their Dreams	10
Giving as Receiving	11
Resist to Entertain Judgment.....	12
Time Has Already Been Set.....	13
Consistency is Honesty	15
Open Your Mind to Revelations of Truth.....	15
Closing Prayer	16



August 18, 2015

Time & Space Management

Welcome to *A Course in Miracles: Living the Love, Walking the Talk* with Reverend Jennifer Hadley, a beloved teacher of the *Course*, who has helped thousands learn how to express their beliefs from moment to moment in their everyday lives. Get ready to focus on your intent to be the Love, be the Peace through practical application.

Here is your host, Reverend Jennifer Hadley.

Jennifer Hey, hey, hey! I am so happy to be with you. Thank you for joining with me. What an amazing time we're living in. I'm so grateful that we get to share it together. Yay!

Yes, we always start with a blessing and a prayer. How good is that? Yes.

Opening Prayer

Let's take that breath of Love and gratitude and be so grateful and so thankful that Infinite Love, Divine Intelligence is all that there is and all that we are. I'm so grateful that this is so.

Taking this breath of Love and gratitude, we place our hand on our heart in order to remember that our true identity is Perfect Love, absolute Love. Yes, we Partner UP with the Higher Holy Spirit Self to the unlimited, unprecedented, and certainly not bound by time and space.

We're grateful and thankful to give our whole heart and mind to the Holy Spirit, to our awakening, to accepting the Atonement for ourselves. We are blessed and we are a blessing. So grateful that this is so. We joyfully allow it to be, we let it be and so, it is. Amen.

Time and Space Management

Yeah. I've been on the move for a while now. I had thought that I would be at the World Congress on Illumination with Patricia Cota-Robles this week. I was very much looking forward to that and some other opportunities to be of service in my family, and my community came up so I'd had to put family first and I'm very happy that I did, of course.

And, I'm actually in California, unexpectedly, and I just learned so much when I had extended time with my family. We had ten people in the house with a dog, and our summer family time my father and mother built a home on an island off the coast of Maine. That has been our summer vacation for many years. We all get together as a family and it's interesting. It's definitely a very interesting experience, and we've learned that it's really, really lovely. So lovely to be together. We're grateful for that. Oh yes, very, very grateful.

Let's see here. This week, I love this topic the Holy Spirit gave me, it's called, *Time and Space Management*, and I think what came through for me is that-- that's great Jeff. My engineer is communicating with me. It's hard for me to hear the Word of God and hear the word of my engineer at the same time. So, this is the thing about--

Yes I'm in. Okay.

Time and Space Management is so interesting to me because when I was in Ministerial School, I had so many issues with time. I was working full-time and I was a full-time student and so, time and time, working full-time, full-time student, you could see there, there's a lot of time usage. I got into this mindset that there wasn't enough time and I used to say to my ministerial colleagues that I felt like I was running in front of a train of ten thousand things that needed to be done, and it was oppressive. It was really difficult, very, very challenging and so, I was bothered by it a lot. That created a lot of agitation for me.

I often felt that I was failing, not doing things good enough. I often felt that I couldn't succeed. I could never do things well enough no matter how hard I tried. That was intensely difficult for me, it just became this burden. Time became such a burden. Similarly, I've had times in my life where I don't have enough space for my things, don't have enough space for my aura even. I used to tell myself, like I need a space, I need some time out. I've had

all these experiences. We've all had them many, many times in our life, had we not? It's all mindset, that's what I learned.

When I was in ministerial school, I found the cure because I was praying to find the cure. I was praying to open my mind to have a really vision of the truth in order to liberate myself from the false belief, the false idea that was making my experience so painful, and I got it. One day, I had a realization in my spiritual practice that, Oh my God! It's scary, I'm being so burdened by time that just didn't make any sense. It's illogical because I AM eternal. I'm an eternal being. I am not bound by time. It's not possible to bind me by time. I'm an Infinite, eternal being, and so is everyone else.

The ego-thought, these things have to be accomplished in order for me to get some kind of feel of approval, or feel good about myself, or feel validated, feel worthy, feel accomplished, successful, right, good, true and all these things that the ego is constantly striving for all the time. Simultaneously, or course, the ego is constantly striving to make us feel inadequate, wrong, failing, missing the mark. It's that Catch-22. If you're identifying with the ego and you're really listening to the ego, following the ego, you don't ever escape that Catch-22, ever. That escape does not come. So, for me, that realization that I'm an eternal, Infinite Being. It was life-changing.

[music playing]

Alright, we're having some technical difficulties this morning, but we're working on it.

I am talking about, *Time and Space Management*, and that when I was in ministerial school I realized that I had bought in to this idea that I was bound by time and space, and that in order for me to liberate my mind, I must no longer agree to that. Now, I must recognize, I am Infinite, I am unbounded, I am unlimited. Time is not real, space is not real. I am real. Eternity is real. So, I began to really work with that as part of my spiritual practice so I would hear in my mind, I don't have enough time. There's not enough, those thoughts of limitation, thoughts of lack.

Live in Accordance With Truth

And when those thoughts came into my words, what I would do is, I would say, it's not true. It's not possible for these thoughts to be true. I am Spirit, present, whole and free. I am eternal and I am Infinite. I will always be

Infinite and eternal. That is the changing nature of my being-ness. This is the nature of spiritual practice. This is why I say all the time that you can study and study and study and you can quickly know the truth. But if you don't live in accordance with it, then you don't really know it, you don't because if you knew what you have, and it's within reach, and ended up somewhere else, you can say, I guess I don't know where I live. I think I know where I live because I know the address, but I don't know how to get there, because I'm not arriving there.

This is how it is for many spiritual students, they say, "Oh! I know what the Laws of Cause and Effect are, I know that time and space are an illusion but if you find yourself feeling irritated and you feel that there's not enough time, then could it actually possibly be true that you know that time and space are an illusion. There's this difference between having read something and understood it intellectually versus having it as an act of as to how you live your life. All my classes, these radio shows everything is-- not on speaker phone, not on speaker phone. I can hold it further away, Jeff. How is that?

Okay. Yeah, sometimes it's a bit tricky here on this technology thing. Let's see where I was, just give me a moment. Let's hear what the Holy Spirit has to say.

We're not living it. We're not applying it and we don't really know it. That was a big and wonderful realization for me. It was a life-changing realization for me. Because once I realized that, that was so then I could actually say, I'm going to make it my business to start thinking about these teachings the intellectual way and really take them into my heart and live them fully to the very best of my ability. That is the thing that made all the difference in my life. So, that's why what I teach in my class that if you really get in to class with me, this is what we're working at. We work on the really healing of the mind, healing of the heart, and it's so amazing with all the healing and what it could actually do it. And that's the thing, some people just want to study it, when you know, you can get right on it right then apply it [unintelligible] for years and years [unintelligible] resistant to actually [unintelligible].

I'm going to suggest for my engineer to take a break and then come back and get these technology issues fixed up and we'll come back.

I'm Jennifer Hadley and you're listening to *A Course in Miracles* on Unity Online Radio and I'll be right back

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Training Your Nervous System

Life is so good. Life is so good. We're working out the technology stuff here. I was just saying to my engineer, Jeff, whose been doing this radio show for me for years, this is Episode number 201. I travel all over the world because technology is undependable. I'm just used to having to make adjustments. That's life, we roll with it.

It's like in yoga, one of the benefits of having a yoga practice is you're in these yoga postures and especially if you're new to yoga, you're holding these postures that are difficult and it's challenging. It's challenging to the physical body to hold the posture. It's challenging to the mind to stand still and breathe and whatever the posture is.

Sometimes, the muscles, they have the strength to keep holding it but they're not used to it. It's something different, something new and what happens is, your nervous system starts to freak out. You're nervous system starts to go, "I don't want to hold this posture. I don't want to do this. Maybe, I'm going to injure myself. Maybe, I'm going to get stuck here. I don't like this. I want to be free from this. I don't want to have to do this. This is intense." And even if you're just holding that posture for three breaths, the nervous systems engages and it's like, I want out of here. It's like the fighter flight mechanism gets kicked in.

And what happens as you continue to breathe, and hold the posture, you're whole being-ness notices that you're not dying. Your legs and arms aren't breaking, that you can actually do it a little bit longer. A little bit longer, another breath and it might be—you know, there's the pain of just holding something like if you were to hold your arms up for five minutes, your arms will start to hurt, but they're not—probably for most people, they're not going to become damaged by it, but it looks so strain and you're going to want to put your arms down, you're going to want to stop.

At the Time of Buddha

Back in the day in the time of Buddha, some of the Ascetics they would do things like that, they would hold their arm. There's probably people who still do this, they hold their arm up in the air until it freezes in that position. It's obviously tremendous mind control to be able to do that. These are the kind of things that Buddha experimented with in his extreme life. He went from enjoying all the pleasures that of his wealth, and his being a prince, and he enjoyed all the pleasures of the world. All the physical, five senses pleasures, and then he realized, it didn't make him happy. So, he went to the other extreme, to the point of eating one grain of rice a day. To the point of sitting under the Bodhi tree without moving, in that Vipassana meditation posture.

After the extreme of sitting under the Bodhi tree, he realized these two extremes, "All the pleasures that I can enjoy and then all the renunciation of the world, it's neither one is the way, it's the middle way."

I don't know how I got down that road, Oh, nervous system. With the Yoga class, you're training your nervous system, "It's okay. I'm not going to die." And that's why yoga, physical yoga postures, are a preparation for meditation and they are kind of moving meditation, I'm someone--I really like moving meditation. It really helps me to just quiet my mind and be in touch with my breath and be in that very quiet space. I love it.

If you find that you are a person who's very nervous, very anxious, you're nervous system is constantly getting jolted. You've got adrenal burn out and things like that; you might find that yoga practice is really helpful especially one that has longer holds in the poses where your nervous system gets that opportunity to practice. "Okay, I'm observing it's uncomfortable. It's not going to kill me. My mind wants to escape. I want to get out of here. I don't want to do this. But I can do it and I'm willing to do it and I am doing it."

What happens then is your nervous system gets re-trained along, of course because with your mind and because all healing is at the level of the mind and so, people whose nervous system is trained to react and to freak out, and say, "I don't like this. I'm upset. I can't stand this. This bothers me. I'm irritated. I'm frustrated." People who have that way of walking in the world, if they start a yoga practice, it can be especially what I say, the one with the longer holds on the poses where it's challenging to the mind more

than to the body. Then your nervous system will start to recognize that what it learned in yoga, it can apply in the relationship.

When the fighter flight mechanism gets kicked in, when you're at work and in your family, you realize, "Oh just like in yoga, when I wanted to break the posture, get out of there. I can do this. I can go into my breath. I can notice how I'm feeling. It's a wonderful way to help ourselves. Anyway, I used to do yoga five times a week so that's how I know all that. That's my experience of it.

Knowledge is What's Being Given

Time and Space Management. What I was guided to was Lesson 158, which is, *Today I learned to give as I receive.* Lesson 158, and if you look at that, I love it. It's saying here, look at what's been given you. "*Here's what's been given you; the Knowledge that you are a mind in mind and purely mind, sinless forever, wholly unafraid, completely unafraid because you were created out of love nor have you left your source remaining as you were created.*"

So, remaining as perfect Love, "*This was given you as Knowledge which you cannot lose. It's not information; it's Knowledge. It's embedded in your awareness. It's in your heart. It's in that mind within the mind, and it was given as well to every living thing for by that Knowledge only does it live.*"

This is the knowledge by which we live that we are a mind in mind and purely mind, sinless forever, wholly unafraid because we were created out of Love.

Children and Their Dreams

I had a conversation with my goddaughter last week, and she said to me, as we were driving in the car, "Sometimes I feel like life is just a dream." And I said, "You know what honey, I believe it is a dream. I do believe it's a dream. And you know what I believe? I believe that where we really are is we're in Heaven dreaming that having this experience together. And no matter how intense this experience feels, we're still in Heaven dreaming about it. And in Heaven, everything is perfect. We are perfect. We have no problems. That's what I believed is our life." And she was thinking about that. She's eight years old and she was like, "Uhm-hmm. That makes sense to me."

I remember at about seven years old, I was having a conversation with my nephew. We were watching a wonderful animated feature called, *The Book of Kells* which you can go and visit at Trinity College in Dublin. I had gone to see it and I learned that there was this wonderful, animated feature. It's a story, it's a made-up story about the monks who made the book of Kells. I'm not going to go in to all that but Kells is, K-E-L-L-S and you can get the DVD from Netflix. That's what we did, we watched it.

In the story, one of the monks dies and the other monks are very sad, because he was their Abbot and they looked up to him. And my nephew said, "Why are they so upset that the monk died?" And I said, "Well, because they love him very much. They're going to miss him." And Mikey looked at me and he's like, "But why are they so sad? He's just going back to the Light." That gets interesting what people have to say and he's been raised Catholic. So, there is this knowledge which we cannot lose. It was given as well to every living thing for by that knowledge only does it live, do we live. Yes.

What it says then is, all this cannot be learned. We can't learn this stuff. What then are you to learn to give today? So, remember Lesson 158, "*Today, I learn to give as I receive.*"

Giving as Receiving

What are you going to learn to give today? It says here, "*Experience cannot be shared directly in the way that vision can.*"

Vision is shared directly with us from the Holy Spirit, from the Creator, from Jesus. "*The revelation that the Father and the Son are One will come in time. It will be part of our time experience to every mind. Yet, is that time determined by the mind itself not taught?*"

We determine the time or the point in our life when the revelation that the Father and the Son are One will come to our mind. How do we determine that? By every choice that we make. If I choose--like for instance, with the technology issues today, okay? If I start thinking, "Oh, this is bad. This is wrong. This shouldn't be happening." If I start thinking, "Ugh, this is terrible. This is never going to work. We should just give up and play an old episode or something like that." If I meant going to that, wouldn't I actually be thinking in my mind that I am not fully supported in the Love of God right now? Instead, I'd be feeling fully supported by the Love of God right

now, I would be looking for ego solutions to get myself out of this pressure, this experience.

Resist to Entertain Judgment

Where does the pressure come from? The pressure comes from thinking that, this should not be, this is bad and this is wrong. These thoughts, these judgments, these opinions, these criticisms, all that negative thinking keeps us bound in time and space, because it keeps us feeling and thinking that we are trapped here. Because all the judgments, all the opinions, all the criticisms, they're all reinforcing the belief in lack and limitation and separation.

Everything that happens, you spill the tea on your computer. I did that, recently. I was drinking some iced espresso and it dripped on my computer. I once had to get a new computer because I spilled tea on my computer, and so when it dripped, the immediate thing that happened to my computer is, it went out like a light. And I just thought, my thought was, "Sweet Jesus! Sweet Jesus!" Ay-ay-ay. And so, I just said, really in my mind I just said, "Well, if that's the way it's supposed to be, that's the way it's supposed to be. This can only work together for my good." Of course, I wiped it off. What else did I do? I think I just let it be for a while. "I'm just going to walk away and be in Peace, be in Harmony and know that no matter what happens, I am 100% divinely supported, carried, lead, nourished and nurtured. So, whatever transpires with my computer even though I'm on an island in Hawaii, there's no Apple store here, blah, blah, blah. I've got all kinds of classes to teach this week, and I would be without a computer." It's not what I'm interested in having as an experience.

I just said, "No need to plan for experiences I do not wish to have." If the only reason I would plan for experiences I do not wish to have, contingency plans, in case things go the way I do not wish they would go would be is if I felt unsupported and felt stuck in time and space. You see, this is why, if I could only share--with my whole ministry, if I could share one thought, it would be, "Do not entertain the judgment that you are..."

Maybe it's just that. "Don't entertain the judgment." Just don't. Get out of your head and into your heart and release all the judgments. That's it, that's why I can't think of anything else. That's it. Don't entertain it. Don't pour it a cup of coffee. Yes. Oh, my goodness!

It tells us that the time for our recognition. The time is an illusion, it's set already. It's already set, that's what we're going to talk about when we come back from this break.

Ah! That is so good. Thanks for hanging out with me. My name is Jennifer Hadley. If you're new to this show, we're talking about *A Course in Miracles* on Unity Online Radio where we're Living the Love, we're Walking the Talk and I'll be right back.

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Time Has Already Been Set

Hey, hey, hey! We're back and if you enjoy listening to this radio show, there are two ways that you can support this show.

One is to go to PowerOfLoveMinistry.net, and make a contribution. Power of Love Ministry pays for the radio show and along with Unity, and we co-sponsor it together so you can make a tax-deductible contribution if you so like.

Another way is to simply--wherever you get the podcasts from, to write a review so that more people will find it and know about it. Of course, you can always tell people about it, and I thank you for that. I love doing this radio show, 201 episodes.

I'm Jennifer Hadley and we're talking about, *Time and Space Management* in Lesson 158 here in the *Workbook*. This is something that is so helpful to get and yet I notice that many *A Course in Miracles* students, don't seem to go to this awareness. They kind of gloss over it. It's a real leap to do this in your mind, but it is so healing that's why it's in the *Workbook*. It's all throughout its core teaching of *A Course in Miracles*.

"The time for the revelation that the Father and the Son are One, has already been set."

So, the time that you will have that revelation has already been set.

"It appears to be quite arbitrary. Yet, there is no step along the road that anyone takes by chance. It is already taken by Him although He has not embarked upon it."

What it's saying is, there's not one step, nothing you make. Not one step you take that's by chance. You've already taken all the steps that you will ever take, although you've not embarked on the journey yet. What? Seems like a riddle, a paradox, doesn't it? It says here, "*For time it seems to go in directions.*" It seems like time is linear, moving forward. However, we are undertaking a journey that is over. It's already over, yet it seems to have a future still unknown to us. So, what we're actually doing is, we're reviewing. We're reviewing a journey that we've already made in our minds.

Paragraph 4, Lesson 158, "*Time is a trick a slight of hand, a vast illusion in which figures come and go as if by magic. Yet, there is a plan behind appearances that does not change. The script is written. When experience will come to end, your doubting has been set.*"

When experience will come to end, your doubting has been set. When your experience will come to end, your doubting, that "when," has already been set. Sometimes, you have to say these sentences a number of times to really get what He's telling us here. "*For we but see the journey from the point at which it ended.*"

Looking back on it, imagining we make it once again, reviewing mentally what has gone by. One of the things to be aware of it is, since time doesn't exist, the sense of past, future and present, are actually that's all happening now. There is only "Now". Everything else is an illusion. Only "Now" exists. And so, how does "Now" exist? It exists in where you place your attention.

We are learning to accept this in our mind. And how do we do that? Well, I can just tell you what I did. For me, it really works. This is part of my daily, moment by moment spiritual practice is, I simply say things like, "You know what? I'd like to understand this. I'd like to know that this is so." I'll go into this more next week. I already got that that's something to spend-- this is something to really dive in to, feels wonderful.

We're doing this really life-changing mental work, and it requires our consistent attention. In the *Manual for Teachers*, in the Characteristics of God's Teachers, the number one is, "Trust". I tell people that for me, one of the most valuable Sections in the whole big blue book is that Section, *Development of Trust* in Chapter 4, in the *Manual for Teachers*. The first Characteristic of the Teachers of God is, "Trust," placing your trust and

faith in the Invisible which is a moment by moment practice. No question about that.

Consistency is Honesty

The second Characteristic of the Teachers of God is, “Honesty”. And what Honesty really is, is that consistency. That’s what Honesty is. It’s being consistent in choosing God, in choosing Love, in choosing Compassion. I want to go back to time and space here for a minute.

Chapter 1, Section II, Paragraph 6, which is my Page 8, “*The miracle minimizes the need for time.*” This is why, a couple of weeks ago, I did a radio show on, Miracle-mindedness. I always love how the Holy Spirit just guides me and guides me and just trusting whatever the topic is that comes in, is perfect. The miracle minimizes the need for time.

In the longitudinal, or horizontal plane, the recognition of the equality of the members of the Sonship appears to involve almost endless time.

If you think about, we can have a horizontal experience or vertical experience. Horizontal is that illusion of linear time. It’s telling us here that we have endless time to recognize the Oneness of all life. The equality of members of the Sonship, that’s the Oneness of all life. We have endless amount of time. Whatever it takes, is what it takes, and until we’re willing to recognize the Unity of all life.

Now, we can get in to miracle-mindedness, and that’s a vertical thinking. That’s where our mind is open for revelations of truth. It’s so much easier to live a life that’s open for revelations of truth. That when the mind is open for revelations of truth, then we--and this is another thing that I was talking about last month in the radio show, “Stop trying to figure everything out.” Maybe that was in June. “Stop trying to figure...” It was in June. Stop trying to figure everything out. It’s laboring in vain. You are entitled to miracles. You are able to open your mind to revelations of truth.

Open Your Mind to Revelations of Truth

When you know the truth about something. You don’t have to try to figure it out or understand it. It’s clear. It comes in clear and it’s right there. There’s no wondering, there’s no worrying. It’s the truth that sets us free. That’s the vertical thinking that is referred to in *A Course in Miracles*.

It says here, “*The miracle entails a sudden shift from a horizontal to vertical perception. This introduces an interval from which the Giver and Receiver both immerse farther along in time than they would otherwise have been.*”

This is how you make a quantum leap in your script and you skip over learning things the old-fashioned way with drudgery in time and space, with the intellect, by pushing things around, moving things around, sending e-mails, reading books, all the ways that we labor and labor and labor. The way to transcend all that make that quantum leap. Just move further along in time is to open the mind which you can't do if you're judging, judging, judging. Because judgments and opinions block revelation. They block miracle-mindedness.

You can see how the only way that we can really liberate ourselves and free ourselves, and our brothers and sisters, is to put real attention on a moment and moment basis on the loving choices, the judgmental choices, the ones that are helpful and the ones that are not. This is our Divine Opportunity in every minute. And the more we choose Love, the more we transcend the limitations that seem to be part of our time and space experience. It is recognizing that we are a mind within a mind and being willing is the key.

I am willing today to have let the Holy Spirit decide for me. Decide for me what lessons I'll learn. Decide for me how to recognize the loving choices. I am willing. I am willing. I am willing. I am willing. I am here only to be truly helpful. Being truly helpful is being willing. So simple and yet we forget and we forget because we're choosing ego-identification instead. We like to be right. We like to make others wrong. We like to feel bad, et cetera, et cetera.

We're breaking those habits and patterns in our mind through a consistent, spiritual practice, moment by moment. Walking the Talk and Living the Love. Yes.

If you would like to get in to class with me, some of the best options are *Finding Freedom* and my *Masterful Living* class you can learn about those plus get a bunch of free classes at JenniferHadley.com

Closing Prayer

Let's take that breath of Love and gratitude and be so grateful and so thankful that Love is all that there is and Love is all that we are and the

journey has already been taken. We're mentally reviewing it, and we're placing our attention on Love, Joy, Freedom, and happiness. And we're sharing the benefits with everyone because we're One with them.

In grace and gratitude, we let it be and so it is. Amen. Amen. Amen.

I love you! Have a great rest of your week!

Thank you for tuning into *A Course in Miracles: Living the Love, Walking the Talk* with Reverend Jennifer Hadley.

Join us every Tuesday morning at 10 a.m. Central for more tools and insights into how to express your beliefs from moment to moment, every day, in every way. *A Course in Miracles: Living the Love, Walking the Talk* only on Unity Online Radio, the voice of an awakening world.

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While there, we invite you to visit Jennifer's blog where you can join with the community of like-minded people who have become Jennifer's Prayer Partners through her daily power prayer. Like them, you can enjoy this extra support, as you come to walk your talk and live *A Course in Miracles* every day, in every way.