

Shortcuts to ✨ Miracles

Wisdom Resource Guide

Jacquelyn Aldana

...Inspired by Ron Aldana

Shortcuts to Miracles

Published by: ♥ Inner Wisdom Publications
P.O. Box 1080 ✦ Pioneer, CA 95666
Website: www.15MinuteMiracle.com

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Printed in the United States of America

First Edition, Printed 1998, 1999, 2000, 2001, 2002

Second Edition, Completely Revised, Printed 2003, 2004, 2005,
2006, 2007, 2008, 2009, 2010, 2011

Third Edition, Completely Revised, Printed 2012, 2013, 2014

Fourth Edition, Completely Revised, Printed 2015, 2016, 2017

Fifth Edition, Completely Revised, Printed 2018, 2019, 2020

Sixth Edition, Completely Revised, Printed 2021

Seventh Edition, Completely Revised, Printed 2022

ISBN: 978-0-9774921-2-1

\$12.95 US Funds

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Find out how you, too, can become an
“Irresistible Magnet for Love, Money and Miracles”
by learning to become the happiest person you know
regardless of prevailing circumstances!

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A Note from Jacquelyn Aldana...

Have you ever felt overwhelmed, discouraged, or paralyzed with fear? If so, you may relate to what I'm about to tell you.

In 1994, I experienced the lowest ebb of my entire life. My husband Ron was dying of Stage IV cancer—our 20-year marriage was falling apart at the seams—and our financial resources were nearly depleted.

*“How can I make it through
one more arduous day?”* I sobbed.

I knew I was reaching the end of my emotional rope when I heard myself shout right out loud to the heavens...

*“Either show me a way to experience
more JOY in life or come take me NOW!”*

The instant I said this, I felt inexplicably compelled to scribble something down on a piece of paper—**and then it happened!**

- Just 12 hours later our “marriage on the rocks” became a “marriage made in heaven!”
- Two days later we began to generate more revenue than we had seen in over 20 years!
- Three months later my husband went for a checkup and his doctors couldn't find a trace of cancer anywhere in his body! His doctors declared him totally CANCER FREE!

And as we shared what we did with others, they, too, began to experience miraculous events that defied logical explanation! It wasn't long before what we discovered spread like wildfire all over the world strictly by word of mouth. And the best news is that if anyone has ever accomplished anything before, YOU can do it TOO! Even if no one has ever done it before, YOU could be the FIRST!

How to Play The Game of Life



and Win More Often!

Winning the Game of Life

Object of the Game

The objective of this enigmatic game is to find consistent ways to...

1. See the beauty, the benefit, the gift, and the opportunity in everything you experience.
2. Acknowledge the positive aspects of everyone you meet (including those who annoy you)!
3. Authentically feel like the happiest and most grateful person you know regardless of prevailing circumstances!

When you do these three things, Beloved, you can't help but become an Irresistible Magnet for Love, Money, and Miracles!

Success Strategy for Winners

The Game of Life is much more fun when you understand the rules of the game. Once you discover how you unknowingly attract what you DON'T want, you're in a much better position to deliberately attract what you PREFER. By learning to apply a few basic principles, your life will become much simpler, far more productive, and a lot more fun!

Since learning to work in harmony with universal laws has everything to do with how you personally experience your life, it's to your advantage to be fully aware of how they work. Just like the Law of Gravity, all universal laws are operating 24/7 with or without your knowledge or permission!

You can tell if you're in harmony with them by the way you feel. If you feel COMFORTABLE, you're in the flow of life. If you feel UNCOMFORTABLE, you can be sure some-thing needs your attention! Short of divine intervention, these immutable laws work 24/7 exactly the same way for everyone with no exceptions!

The Top 10 Rules of the Game

1. You are allowed to think and imagine whatever you desire.
2. You can receive only as much as you believe you deserve.
3. You must first become very clear about what you are ready to experience before LIFE can transform your wishes into realities.
4. Answers, solutions and fulfillment are yours just for the asking, but first you must A.S.K. (**A**s—**S**ee—**K**nock).
5. You get to choose what you think about. And what you think about is what you are (knowingly or unknowingly) asking to bring about.
6. The story you tell yourself and others (good or bad) often becomes your own self-fulfilling prophesy (i.e., the “Story of Your Life”).
7. You may make as many choices as you like. If you become disillusioned with what you have chosen, simply choose again!
8. You are allowed to be, do or have most anything your heart desires, provided you operate from a place of integrity.
9. The quickest way to transform wishes into realities is to act as though your dreams have already come true. Like an expectant mother preparing a crib for her baby, do things to prepare for your desired manifestation as though it’s on its way to you right now.
10. If you want to transform wishful thinking into concrete realities, be ready and willing to open the door when opportunity knocks.



Your dreams are miracles just waiting to happen!

Winning the Game of Life!

If you **think** you are beaten, you are.
If you **think** you dare not, you don't.
If you like to win, but you **think** you can't
It's almost certain you won't.

If you **think** you'll lose, you've lost.
For out in the world we find
Success begins with a person's will
It's all in the state of mind.

If you **think** you are outclassed, you are.
You've got to **think** high to rise.
You've got to be sure of yourself before
You ever can win the prize.

LIFE's triumphs don't always go
To those with the cleverest plan.
But sooner or later the ones who win
Are the ones who **think** they can!



—Walter D. Wintle (modified by Jacquelyn Aldana)

Wonderful Words to Win By

- ✓ Expect a miracle!—Dan Wakefield
- ✓ What you want, wants you!—Debra Jones
- ✓ If you can dream it, you can do it! —Walt Disney
- ✓ If you don't ask, you don't get!—Mahatma Gandhi
- ✓ If you know what you want, you can have it!—R.H.J.
- ✓ What you fill your mind with your life is full of!—Dr. Richard Green
- ✓ What you think about is what you bring about!—Jacquelyn Aldana
- ✓ The gift of happiness goes to those who unwrap it!—Anonymous
- ✓ Miracles happen to those who believe in them!—Bernard Berenson
- ✓ I hear, I forget—I see, I remember—I do, I understand!—Confucius
- ✓ Your dreams are miracles just waiting to happen!—Jacquelyn Aldana
- ✓ Laughter is the shortest distance between two people!—Victor Borge
- ✓ Either nothing is a miracle or everything is a miracle!—Albert Einstein
- ✓ Miracles happen and it's about time they happen to YOU!—Ron Aldana
- ✓ Whether you think you can or think you can't, you're right!—Henry Ford
- ✓ LIFE is good and all is well! It's just the story of my life!—Jacquelyn Aldana
- ✓ If no one has ever done it before, then you could be the first!—Ron Aldana
- ✓ **FEAR** is just an acronym for **F**orgetting **E**verything's **A**ll **R**ight!—David Roth
- ✓ If you don't have love for yourself, you can't be loving to others!—Wayne Dyer
- ✓ There is nothing more powerful than love, because when people love,
they seek no power, and therefore they have power!—Anonymous
- ✓ When you change the way you look at things, the things you look at
change —Wayne Dyer

Know the Laws

...and the Laws Will Set You Free!

The Law of Magnetic Attraction

- What you THINK about is what you BRING about!
- What you FILL your mind with your life is FULL of!
- You always get MORE of whatever you FOCUS upon!

The Law of Positive Anticipation

- You'll SEE it when you BELIEVE it! —Wayne Dyer
- All things are POSSIBLE for those who BELIEVE.
- All things for which you pray and ask, BELIEVE you have received them and they shall be GRANTED you. —Mark 11:24.

The Law of Edification

- If you want to bring out the best in others, tell them what you like about them.
- Judge not that ye be not judged. For with what judgment ye judge, ye shall be judged.
—Matthew 7:1&2 KJV
- As you release your tendency to judge yourself, you are naturally inclined to be more allowing of others. As you are more allowing of others, OTHERS are inspired to be more allowing of YOU.

The Law of Cause and Effect

- What GOES around COMES around!
- For every ACTION, there's an equal and opposite REACTION.
- YOU are the cause of your effects. Whatever you FOCUS upon with FEELING is what you are (knowingly or unknowingly) asking to experience in your life.

The Law of Gravity

- What goes up must come down—and there are no exceptions unless, of course, you're on the moon!

The Law of *The 15-Minute Miracle*[™]

- What goes down must come up (see...there's even a benefit to being down)!
- 15 minutes of focused attention is far more productive than an entire lifetime of scattered thinking! Just remember to do these three things: **focus, focus, focus** exclusively upon what you **DO** want to attract into your life!
- Those who practice *The 15-Minute Miracle*[™] seem to attract opportunities that match their desires more often! The best part is that it's all so simple!

The Facts of LIFE

1. Whatever statement follows the words “**I AM**” is true as far as LIFE is concerned! These two words are extremely powerful in any language!
2. We will never get it ALL done no matter how long we live! We might as well just relax and enjoy the unfolding of each moment as it comes.
3. LIFE gives us second helpings of whatever we appreciate. Therefore, it makes sense to express gratitude for whatever we want more of.
4. Since we are likely to get what we ask for, it's best to request that LIFE's Grandest Plan manifest in just the perfect time in ways that totally delight us.
5. Anything we push against, try to get rid of or don't want is the very thing we unavoidably draw into our lives. What we resist persists because we give power to anything to which we give our attention.
6. Whatever we say “YES” to, we automatically invite into our lives. Likewise, whatever we say “NO” to, we automatically invite into our lives as well. In other words, LIFE brings us whatever we choose to focus upon.
7. LIFE agrees with everything we say! No matter what we think or say, LIFE always says, “**You're RIGHT!**” As Henry Ford said, “Whether you think you can or you think you can't—you're RIGHT!”
8. Positive feelings yield positive results. The more positive we are, the happier we feel. The happier we feel, the healthier we become. The healthier we become, the more grateful we are. The more grateful we are, the freer we feel! The freer we feel, the happier we are! Get the idea? As we start to feel good, LIFE shows us ways to feel even better.
9. **IT** (our Inner Teacher or Invisible Therapist) is always with us! The only time **IT** seems to be absent is when we become negatively focused. Whenever we choose to dwell upon negativity, we unavoidably cut off our line of communication with **IT**. In other words, when we groan we're on our own!

10. If you want to clear your mind and cleanse your spirit, simply speak your authentic truth right from your heart with a sense of love and compassion. This is often the smoothest road to self-acceptance and the quickest path to emotional freedom!
11. Why live life by default or by the luck of the draw if you don't have to? Once you understand how to work in harmony with the universal laws that continually affect the quality of your life 24/7, you can choose to live more deliberately. As you become clear about what you are ready to experience and you vividly imagine desired outcomes as though they were already so, LIFE will be inspired to orchestrate circumstances to match your visions.
12. When you create an intention to find ways to DO something, you are much more likely to get it done than if you just TRY to do something! Since the act of trying requires no commitment to succeed and no consequence for not succeeding, it actually sets you up to fail. If you want to accomplish your goals more often, eliminate the word "try" from your vocabulary today!
13. LIFE communicates with you through two basic feelings: comfort and discomfort. When you are in the flow of LIFE, you feel a sense of COMFORT. When you are out of harmony with your desires, you feel a sense of DISCOMFORT. If you want to return to a state of well-being very quickly, recall a time when you felt especially good! As you think about things that make you feel peaceful, passionate or grateful, you automatically draw MORE positive experiences into your life. Happy memories last forever—you can recall them as often as you wish and they never wear out!
14. Those who consistently apply the principles of *The 15-Minute Miracle*[™] are typically happier than most people because things seem to magically fall into place for them more quickly and easily. By practicing this simple success strategy on a regular basis, they are able to transform fear into courage, worry into well-being and scarcity into abundance. And best of all, these positive effects serve to perpetuate even MORE of these things.



LIFE's Little Idiosyncrasies

1. LIFE cannot bring you anything until you ASK for it. Whether you realize it or not, you are asking for something in every moment. What you are asking for is determined by what you choose to focus on. Remember—what you THINK about is what you are likely to BRING about!
2. LIFE is incapable of hearing the word “NOT”. If you say, “I DO NOT want to be late,” LIFE only hears, “I DO want to be late!” Because LIFE supports you 100% and is eager to provide whatever it thinks you desire, it quickly orchestrates circumstances that prevent you from being on time...certain you will appreciate the delay!
3. LIFE cannot distinguish the difference between what is physically REAL and what is IMAGINED. It can only bring you whatever you focus your attention upon. Therefore, when you dwell upon undesirable circumstances, you are likely to attract even MORE unwanted conditions into your life. This is why you benefit exponentially from developing your vocabulary and visionary skills. Those who are visionaries look at “what is” and clearly see how their life “could be.” Because they envision their dreams as already realized, they are able to demonstrate success with incredible ease! Since you have the ability to imagine whatever you choose, you can use creative visualization to custom design your future realities—sometimes at the speed of thought!

If you make it a point to remember these ideas, you will definitely feel more in charge of your life from now on. If you prefer to feel good, simply focus your attention upon things that uplift, motivate and inspire you; then take the time to notice how wonderful you feel and give thanks for it!

Ah-h-h-h...This feels so-o-o-o good!

Positive Language Invites Positive Results

Every thought you think and every word you speak either adds to your sense of well-being or takes away from it. Below are examples of statements that illustrate what I mean. The words you use to express yourself make a significant difference in the way your life unfolds. In fact, every statement you make today determines what you are likely to experience in the future.

Think and speak in purely positive terms that describe what you **LOVE** and what you're **READY** to experience.

Notice how you FEEL as you read each statement aloud!	
I <u>hate</u> gloomy weather.	I <u>love</u> sunny days.
I <u>hate</u> being cold!	I <u>love</u> being warm and cozy.
Wow! I <u>can't believe it!</u>	I <u>love it</u> when things work out this easily!
I <u>don't want</u> to be late.	I <u>choose to find ways</u> to be on time.
<u>Don't forget</u> your lunch.	<u>Remember</u> to bring your lunch.
<u>Don't run</u> .	Please <u>walk</u> .

The Delightful Dozen

12 Insightful Questions to Ask Yourself Each Day

1. Who do I desire to attract?
2. What do I wish to manifest?
3. What am I grateful for today?
4. What do I desire to accomplish?
5. How can I be of service to others?
6. What do I want to be right about today?
7. What can I do to leave wherever I go in better shape than I found it?
8. What can I do to conserve energy (water, gas, electric, etc.)?
9. What can I do to make this world a better place today?
10. What can I do to honor my Higher Power today?
11. What do I want to change for the better today?
12. What can I say to everyone I meet today to help them feel better about themselves?



Secrets, Tips and Techniques

1. Be willing to let go of the old stuff to make room for the new stuff.
2. Release your desire to control how and when things come to you.
3. Decide (in advance) precisely how you would love to feel each day.
4. To attract more of what you want, appreciate what you already have.
5. To manifest your heart's desires, focus only upon what you DO want.
6. Release and let go of things that no longer serve you in positive ways.
7. Accept and appreciate your blessings, and live each day to the fullest.
8. If you really want to know what's true, just hear the voice inside of you.
9. Ask for assistance as people are usually delighted to be of value to you.
10. When you settle for less than what you really want, you very often get it!
11. Understand the universal principles that influence the quality of your life!
12. Want instant relief from anxiety? Just release your need to control others.
13. Enjoy your life experiences by selectively choosing what you think about.
14. The easiest way to feel good in a hurry is to find something to appreciate.
15. Ask for things to come to you in delightful ways and in just the perfect time.
16. Look for positive role models, then emulate the qualities you most admire.
17. Be sure to appreciate the love IN your life while seeking the love OF your life.
18. When someone compliments you, be willing to graciously accept their praise.
19. Be willing to appreciate yourself, so you can more easily appreciate others.



The Freedom of Forgiveness

To clear a perfect path to joy, to cherish every minute,
Forgive yourself and all the world and everyone who's in it.
Release, let go and spread your wings and bask in all your glory.
Now you know the choice is yours,

Now you create YOUR story!

—Jacquelyn Aldana

How to Feel Better Fast!



A Note from Ron Aldana...

Wouldn't it be ideal if there were an easy way to feel a sense of well-being even when your life seemed challenging? If this sounds like something you'd like to be able to do, we think you will be very encouraged as you continue to read this little book.

When a virulent cancer threatened to take my life several years ago, my wife, Jacquelyn, found the essential key to my recovery. I actually credit her timely discovery with saving my life! She developed an amazingly simple process called *The 15-Minute Miracle™*. It inspired her to stay positively focused, and it enabled me to regain my wellness. In fact, today (23 years after being diagnosed) I'm totally CANCER FREE!

My bride of 40 years has a consistent happy demeanor that inspires everyone in her presence to feel better about their life. No matter what happens, she always finds something to appreciate about every situation. As a result of practicing what she preaches, things always have a way of miraculously working out well for her. It has truly become the story of her life! To enable others to duplicate her success, I felt inspired to ask her the following question...

*"How can other people find ways
to be happy when their life seems challenging?"*

As she pondered this question, she began to relate everything she could think of that accounted for her incredible state of sustained joy. Fortunately, I recorded everything she said so I could share her secrets of success with you. If you want to experience a greater sense of well-being in your life, I invite you to experiment with the ideas in this book just for fun to see what happens. You have nothing to lose (except the false beliefs that limit your ability to enjoy life). These simple principles have worked for thousands of people all over the world, and I feel extremely confident they will also work for YOU.



28 Ways to **Get Happy in a Hurry!**

1. [Find the benefits.](#)
2. [Anticipate the best.](#)
3. [Appreciate all that is.](#)
4. [Sit, stand and walk tall.](#)
5. [Clearly identify your desires.](#)
6. [Accept and appreciate yourself.](#)
7. [Decide what you want in advance.](#)
8. [Notice the positive aspects of others.](#)
9. [Choose to experience more joy in your life.](#)
10. [Always be for issues, never against them.](#)
11. [Be sure to always speak from your heart.](#)
12. [Live each day as though it were your last.](#)
13. [Become a shining light for others to emulate.](#)
14. [Make up your mind to find answers and solutions.](#)
15. [Release your need to seek approval from others.](#)
16. [Manifest your dreams by playing in your imagination.](#)
17. [Always think and speak using purely positive language.](#)
18. [Use your **P A** System—Pay Attention to how you feel.](#)
19. [Release your desire to control how and when things happen.](#)
20. [Ask to find delightful ways to do what you love for a living.](#)
21. [Remember that you always get MORE of what you appreciate.](#)
22. [Set it up to enjoy the life you love by using steadfast intentions.](#)
23. [Remember who you really are and honor your divine heritage.](#)
24. [Trust that LIFE wants to deliver whatever makes your heart sing.](#)
25. [Release and let go of beliefs that no longer serve you in a positive way.](#)
26. [Lighten your load by releasing your temptation to judge and control others.](#)
27. [To be of greater value to others, allow LIFE to fill your cup to overflowing.](#)
28. [Release and let go of any resistance or resentment you have toward others.](#)

1. ✨ Find the benefits.

Always look for benefits in every situation *regardless* of prevailing circumstances. When you create a steadfast intention to find them, they will often be revealed to you in just the perfect time in ways that inspire you to feel grateful! In other words, “Seek and ye shall find!”

2. ✨ Anticipate the best.

Even when life seems challenging, trust that things will work out well for you! When you expect positive outcomes, you invite answers and solutions! When you worry about the pitfalls of life, you invite the things you fear to be demonstrated in your life. Since you have a choice, consciously choose to anticipate good things coming your way!

3. ✨ Appreciate all that is.

If you want to feel better fast, find something (anything) to appreciate. Notice how good you feel when you express gratitude for even the *smallest* of things. Appreciation is the most powerful tool in the Universe to enable you to live a life of sustainable joy. When you praise, applaud or appreciate anyone or anything, it’s virtually impossible for you to experience negative emotion! As you develop a sincere reverence and appreciation for All Life Everywhere, your life can’t help but become a constant demonstration of marvelous miracles and amazing opportunities!

4. ✨ Sit, stand and walk tall.

To enjoy a quick pick-me-up, sit up straight—stand proud—and walk tall. Whenever you breathe deeply, stretch your body and elongate your spine, you automatically feel more vital and refreshed. You are likely to feel taller, stronger and more confident. When you move forward as though you have a definite purpose in life, you are likely to experience a noticeable surge of energy. It’s funny how quickly your body feels supercharged when you merely take a few invigorating breaths and improve your posture! Try it. If you like it, do it often!

5. ✨ Clearly identify your desires.

If you can name it, you can claim it! There seems to be an unwritten law that says, “You can have anything for which you ask, but first you must ASK.” In order to know what to ask for, you must be very clear about how you desire to feel and what you wish to experience. As R.H. Jarrett said, “If you know what you want, you can have it.”

6. ✨ Accept and appreciate yourself.

Before you can expect to be of value to others, first you must recognize and accept the value in yourself. The secret to my sustained joy is this: I fell in love with LIFE and everything in it, including myself. Prior to that, I totally exhausted myself in my efforts to gain approval from others. I found that I couldn't stand on my head enough different ways to please them all. I couldn't be sick enough to make any of them well—dumb enough to make any of them smart—nor poor enough to make any of them rich. When I began to accept and appreciate myself, I began to resonate from a place of love, which enabled me to release my feelings of fear (fear of losing someone's love). When I allowed myself to acknowledge my own attributes and positive aspects, others began to treat me with much greater respect and consideration as well!

7. ✨ Decide what you want in advance.

There's great truth in that old saying, “Luck is what happens when preparation meets opportunity!” That's why I always make a point to establish (ahead of time) how I prefer to experience life. I sincerely believe that pondering the things I love invites LIFE to orchestrate circumstances to match my desires. I also believe that LIFE supports me unconditionally and gladly handles all of the details when I simply get out of my own way long enough. As Walt Disney said, “If you can dream it, you can do it!” When you take a few minutes a day to passionately bask in feelings of appreciation and positive anticipation, you consciously call forth realities that match whatever you envision in your imagination. Whatever you see in your imagination is the “Preview of Coming Attractions” in your life!

8. ✨ Notice the positive aspects of others.

Make a point to notice the positive aspects of each person with whom you come in contact. Once you acknowledge the admirable qualities of others, they can better recognize their own attributes. As a result, they become eager to demonstrate even MORE of their magnificent potential for you to see and appreciate. Catch somebody doing something right, then take the time to acknowledge them for it! Notice how good you both feel! If this makes your heart sing, you may want to do it more often!

9. ✨ Choose to experience more joy in your life.

When you invite unconditional love into your life, you automatically experience joy because love and joy are inseparable. Joy is relatively easy to access—all you have to do is remember your blessings and think about the things you wish to INCLUDE in your life. Before doing *The 15-Minute Miracle*™, I foolishly allowed myself to concentrate upon things I wanted to EXCLUDE from my life. It was like going shopping and making a list of everything I didn't want. When I finally realized the correlation between what I thought about and what I brought about, I began to shift my attention to things I preferred to experience instead. Now that I understand this principle, I only make a list of things and experiences that I DO want to experience.

10. ✨ Always be for issues, never against them.

Have you ever noticed how much better you feel when you take a proactive stand on issues as opposed to pushing against things you don't like? Whatever you are FOR empowers you, whereas anything you're AGAINST weakens you physically, mentally and emotionally. Every time I hear someone express what they're against, I silently translate it into what I am FOR. For example, if someone says, "I'm against violence," I think to myself, "I'm FOR peace and harmony among all nations." If someone says, "I'm against crooked politicians," I say, "I'm FOR world leaders who demonstrate wisdom, compassion and impeccable integrity."

11. ✨ Be sure to always speak from your heart.

According to The Institute of HeartMath® in Boulder Creek, California, the electromagnetic energy that runs through the physical heart is 60 times more powerful than the energy that runs through the brain! Magnetically speaking, the human heart is 5,000 times more powerful than the human brain. This is why heart energy is so significant. Speaking and acting from the heart makes even the most challenging of situations easier to deal with because it enables you to express how you authentically feel. It's impossible to speak from your heart without telling the truth. This is why you are likely to feel freer and more empowered. It's been said many times: "Know the truth, and the truth shall set you free." Yes, we know—the truth might cause a little discomfort at first, but it's the only thing that will offer you that sense of well-being you long to experience. Go ahead—open your heart and speak your authentic truth. You may be amazed at what happens when you tactfully and kindly express how you truly feel!

12. ✨ Live each day as though it were your last.

Many of us live our lives based on the old adage, "Today is the FIRST day of the rest of my life." This statement suggests that every day is a clean slate for us to enjoy. It enables us to release and let go of any negativity from the past so we can start off fresh each and every day. As comforting as this philosophy is, I find even more depth and meaning in living each day as though it were my LAST. It certainly causes my priorities to surface in a hurry and keeps me focused upon things that are most important to me. It inspires me to appreciate the unfolding of every precious moment. It also enables me to follow my bliss more easily by staying focused upon the present. My ability to appreciate even the smallest of things is amplified as I observe the wonders of nature. Since adopting this concept, I perceive each new day as another exciting opportunity to play this magnificent Game of Life.

13. ✨ Become a shining light for others to emulate.

Aspire to be a positive role model through the power of your example! Although your words are very powerful, they pale in comparison to your actions. When all is said and done, nothing speaks louder than consistently walking your talk. When you live each and every moment of your life in love, joy and appreciation, people will find you irresistible. Many will feel compelled to say, “I’ll have what you’re having.”

14. ✨ Make up your mind to find answers and solutions.

For every question there is an answer—for every problem there is a solution—and all of your answers and solutions are within. Make it your intention to have fun as you play the Game of Discovery. Make a steadfast intention to find whatever you are searching for and allow the process to be an exciting adventure. With quiet confidence, ask to receive guidance in just the perfect time and in ways that totally delight you! This has proven to be one of the most effective ways to connect with that part of you that knows all. Experiment with this idea and have fun with it.

15. ✨ Release your need to seek the approval from others.

Release and let go of your need to gain approval from others, and begin to look within yourself for your source of validation. We often become dependent upon others for our sense of value when we struggle to live up to everyone else’s expectations. Constantly seeking approval from others can quickly take its toll on you. This pattern is usually developed in early childhood when we realize how good it feels to have someone appreciate us. Because we long to feel good, we can actually become addicted to pleasing others—even at the expense of displeasing ourselves. Learning to make decisions independent of the opinions of others has freed me from the insidious “disease-to-please.” As I recognize the value in myself, others seem to notice it as well! Not only am I much happier, but I’m also able to be of far greater value to everyone else.

16. ✨ Manifest your dreams by playing in your imagination.

You have to have a dream to have a dream come true, so take time out to dream more often. Close your eyes and passionately envision yourself exceeding your wildest expectations. Notice how wonderful it feels as you see and feel yourself experiencing your ideal life scenario. Because LIFE does not distinguish the difference between what is REAL and what is IMAGINED, it responds by lining up circumstances to match your vision. LIFE can only deliver what you choose to give your attention to, so choose to focus *exclusively* upon things you are ready to call forth into being.

17. ✨ Always think and speak using purely positive language.

Your choice of words can make a tremendous difference in how you experience life. This is why it's wise to master a purely positive language that attracts situations and circumstances that match your desires. Because I've learned that LIFE agrees with everything I say, I now choose my words very carefully. No matter what I think or what I say, LIFE always says "You're RIGHT," then proceeds to offer more evidence of just how RIGHT I am. As Henry Ford said, "Whether you think you can or you think you can't— you're RIGHT!" A very wise question to ask yourself each day is, "What do I want to be RIGHT about today?"

18. ✨ Use your P A System—Pay Attention to how you feel.

Communicate more easily with your magnificent Inner Guidance System by learning to acknowledge and trust the feelings that emanate from your heart. You know—that "knowing-without-knowing-how-you-know" feeling. Whenever I choose to ignore my hunches, I'm often very sorry. As you have probably already discovered, life seems to work best when you **Pay Attention** to your intuition. Someone once told me that "Intuition is God speaking to us between our thoughts." If this is true, you might want to talk a little less and listen a lot more!

My new policy is this: I now make decisions based on how I FEEL about things, instead of what I THINK about them. Whenever I perceive life as challenging, I immediately begin to imagine how things could be if all things were ideal! In that very moment, I create a positive momentum that takes over and does all the work. As soon as I clarify how I want to feel, I automatically create an irresistible force that begins to attract the object of my desires. I now **Pay Attention** to how I feel in every moment—this is how I am able to consistently stay in the flow of life.

19. ✨ Release your desire to control how and when things happen.

Like most everyone, releasing your desire to control outcomes might be the hardest thing for you to do, yet it's the single most important thing you must do in order to manifest what you desire. When you insist that things come to you in YOUR time (instead of the ideal time) and in YOUR way (instead of the best possible way), you severely limit yourself! The more you outline how everything must be, the less likely you are to believe that it's even possible! This, of course, doesn't serve you very well because "When you plant the seed of doubt, you will likely go without!" Once you have clearly identified your heart's desire, step aside and let **G.O.D. (Governor Of Details)** take care of those pesky details in just the perfect time in ways that totally delight you! In other words, learn to trust your Higher Power and get out of your own way! Why do all the work yourself when you have access to an entire celestial workforce?

20. ✨ Ask to find delightful ways to do what you love for a living.

In order to create more time to do what you love, find a way to do what you love for a living. When you achieve this, you'll never have to work another day in your life. There's nothing more satisfying to me than living the life I love and loving the life I live. I used to work extremely hard doing something I thought I *had* to do, so I could afford to eke out a little time to do the things I *wanted* to do. Now that I do what I love all the time, my so-called WORK seems more like PLAY.

21. ✨ Remember that you always get MORE of what you appreciate.

Have you ever noticed that when you admire the positive qualities in people, they seem eager to show you even MORE of their wonderful attributes? Every time I rave about how delicious something tastes, my host or hostess fills my cup, bowl or plate to capacity! It's as though I automatically get second helpings of whatever I appreciate. As I demonstrate my appreciation for anything at all, LIFE seems to shower me with MORE things to love, admire and appreciate. Expressing simple gratitude has proven to be the quickest and easiest way I know to reconnect with my sense of well-being! By all appearances, this must be one of LIFE's best-kept secrets!

22. ✨ Set it up to experience the life you love by using steadfast intentions.

Just for fun, create an intention each day that reflects something you desire to achieve. One of my favorite intentions is to find expedient and miraculous ways to easily accomplish all that I set out to do in ways that are fun and rewarding. When these parameters are met, I really don't care how they manifest. I just ask LIFE to surprise me in ways that amaze and delight me! I like to contemplate my intentions just prior to going to bed because the thoughts I ponder just before drifting off to sleep are naturally processed by my subconscious all night long. In fact, I actually like to write my steadfast intention on a piece of paper, place it in a little pouch and put it under my pillow. I call this my **S L E E P E E** technique (**S**olving **L**arge **E**nigmas and **E**normous **P**roblems **E**asily and **E**ffortlessly)! This is, without a doubt, one of the simplest and quickest ways to access answers, solutions and creative ideas! If you wish to wake up totally refreshed and eager to embrace the day, make it your primary intention the night before to enjoy a restful sleep and to wake up to a bright tomorrow filled with infinite possibilities!

23. ✨ Remember who you really are and honor your divine heritage.

It's time to accept and honor your divine heritage. As you remember your spiritual essence, you can more easily accept yourself just the way you are. When I finally realized that I am the offspring of the magnificent Creator of All That Is, I experienced a profound appreciation for just BEING. Since we all share the same divine gene pool, how can you possibly be something less than the Source that created you? We are the divine creations in whom our Creator is well pleased. Each one of us is an essential part of LIFE and LIFE is an essential part of each one of us. Without LIFE, WE are incomplete—without us, LIFE is incomplete. We can only BE that which we ARE. Since we are LOVE, LOVE is all we can offer. Since we are LIGHT, all we can do is SHINE. Indeed, you are LOVE and you are LIGHT. You are a divine reflection of the Creator of All That Is.

24. ✨ Trust that LIFE wants to deliver whatever makes your heart sing.

Know that LIFE supports you unconditionally and is always here to accommodate your every need. LIFE is on your side and is just waiting for you to ask for assistance. It automatically brings you things that match the focus of your attention, so focus your attention wisely. Whatever you think or say, LIFE agrees with you and shows you more evidence of just how RIGHT you are! That's why it's in your best interest always to think and speak exclusively about what you DO want.

25. ✨ Release and let go of any beliefs that no longer serve you in a positive way.

It has been said that things are done unto us according to our beliefs. If this is true, wouldn't it be wise to choose to maintain only those beliefs that serve you in a positive way? Since the moment I released all of my limiting beliefs (both known and unknown), every day of my life has been an amazing demonstration of miracles—one right after the other. Always remember these six words: "As you believe, so shall it be."

26. ✨ Lighten your load by releasing your temptation to judge and control others.

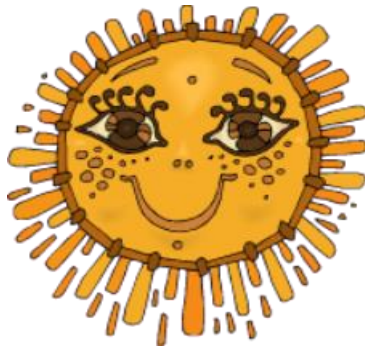
Most people agree that it feels much better to be in love than to be in control. The only thing you have any real control over is your thoughts! Trying to control the conditions of life and the behavior of others is a full-time job that is only likely to frustrate and discourage you. Instead of struggling to control the actions of other people, you can easily influence their behavior through your appreciation of their positive qualities. This is one of the biggest keys in creating loving and lasting relationships. The next time you're tempted to judge or criticize someone, take a moment to say to yourself, "Judge not that ye not be judged." And the next time you feel compelled to control someone else's behavior, ask yourself, "Do I like it when others attempt to control me?"

27. ✨ To be of greater value to others, allow LIFE to fill your cup to overflowing.

We cannot give what we do not have, yet most people spend an entire lifetime trying to do just that! When our own cups are full, we are in a much better position to help others fill theirs. I used to think it was selfish to focus upon my needs and desires. I was told from a very early age that it was better to serve others than to even think of attending to my own needs. Now that I allow myself to experience joy and abundance, all I want to do is share it with others. It's essential that each one of us take responsibility for creating our own happiness. Once we are happy, we typically want the whole world to thrive. Think about it. Do happy people lie, cheat, steal, commit crimes, abuse children or promote wars? Not likely! If every person in the world made it their top priority to find ways to be happy, we would probably have to convert all of our prison facilities into party facilities!

28. ✨ **Release and let go of any resistance or resentment you have toward others.**

Before you can move forward in life, you must be willing to release and let go of anger and resentment because hanging onto to these joy stealers is like drinking poison and expecting someone else to die! Holding grudges never hurts the other person nearly as much as it hurts you! When you think about it, you will realize that most people (just like you) do the very best they can, based on their understanding of how life works. If they COULD do better, they probably WOULD do better!



Now that you have read **28 Ways to Get Happy in a Hurry**, you have a wonderful roadmap that will help you get from where you are to where you prefer to be more quickly and easily. To get there even faster, make it your ongoing intention to MEMORIZE and MASTER just one of these time-tested tips each day. By focusing upon just ONE of them at a time, you will be able to integrate them into your life with amazing ease. Once they become part of your internal programming, you will likely notice a measurably positive difference in how you experience life. Have fun experimenting with these ideas. They have proven to work wonders for thousands of others, and we feel confident that they will do the same for you! Above all, remember—we love you and support you on your journey.



Out of many of our so-called challenges, surprising gifts and amazing opportunities sometimes emerge when we least expect them. That's exactly how it was for me with the discovery of the **Comforting Word Bouquets**.

They came into my awareness shortly before I discovered *The 15-Minute Miracle*[™]—a time when my husband Ron was experiencing an all-time low in his life as he was struggling to regain his wellness. He had only enough strength to tell me what was causing him to feel so overwhelmed and discouraged.

After writing down the concerns he shared with me, I prayed and asked for divine assistance. I asked for the best way to translate Ron's feelings into words that expressed what he **PREFERRED** to feel and experience. To my utter amazement, 18 beautifully articulated Word Bouquets flowed through my awareness so rapidly that it was all I could do to write them down fast enough.

As you read them, may you, too, experience amazingly positive results. And when you take the time to read them aloud or copy your favorite ones word-for-word in your own handwriting, you are likely to experience even greater benefits!

Comforting

Word ✨ **Bouquets**

to Open Your Heart and Inspire Your Soul





Confidence

When I feel SURE of myself, I find it easy to communicate more clearly, which naturally gives way to a delicious sense of boldness and courage. When I feel this way, I feel capable of accomplishing most anything, which makes it easier for me to take whatever action is necessary. The more confident I feel, the more successful I am at realizing my dreams and achieving my goals. **Today, I AM** a magnificent expression of unshakable confidence and poise.



Contrast

I used to think that similarities were more desirable than differences until I realized the benefits of diversity. I am so grateful for contrast because it adds greater clarity and awareness to my life. How could I possibly appreciate WARMTH if I had never been COLD? How would I know JOY if I were not aware of SADNESS? How could I be grateful for ABUNDANCE if I had no understanding of LACK? Every aspect of my life is a gift, and I now choose to remember this the next time I feel fearful and overwhelmed. I intend to embrace ALL so-called challenges of life as I experience them because I now see the value they have to offer. To better appreciate anything in life, some degree of contrast is desirable and necessary. **Today, I AM** looking forward to experiencing the wonderful variety that contrast provides in my life in ways that totally delight me.



Courage

I now look forward to confidently addressing whatever requires my attention. I choose to connect with that part of myself that is equal to any challenge that LIFE has to offer. When I clearly focus upon ONE objective at a time, I am able to put things into proper perspective. This inspires me to express myself with poise and confidence. It's comforting to remember that everything I want and everything I need already resides within me. I now perceive each stumbling block as a precious steppingstone that is just awaiting my discovery. **Today, I AM** the essence of courage in all that I think, say and do.



Comfort

Since I am a physical person as well as a spiritual being, I truly appreciate the material aspects of life. I give thanks for the wide variety of THINGS that serve to make my life experience more colorful and interesting. Although material possessions may not always be spiritually essential, I appreciate that they make my life more enjoyable, comfortable and convenient. I truly believe there is an abundance of all things in the Universe and that LIFE meets my every need in just the perfect time. **Today, I AM** extremely grateful for the multitude of tangible THINGS in life that contribute to my sense of delight and well-being. LIFE is good and all is well. It's just "The Story of My Life!"



Decisions

Because I always act out of my highest sense of knowing, any decision I make right now is a reflection of my best judgment at this time. It is comforting to know that decisions are only perceptions and can be easily changed if desired. Because I recognize that there is a gift in every outcome, I am able to focus my attention upon finding the benefit of whatever the outcome may be. I am so grateful to realize that all is really well, *regardless* of circumstances. I love knowing that there are no mistakes—only opportunities from which to learn and grow. From now on, I will still my mind and listen to my heart as I honor my inner guidance. **Today, I AM** a loving expression of trust as I make all of my decisions in just the perfect time with certainty and grace.



Forgiving Myself

Because I wish to experience a sense of peace and contentment, I now choose to remember that I am STILL a good person, even when I make mistakes from time to time. Although I sometimes make decisions that I later regret, I always learn something valuable from every experience, which enables me to make much wiser decisions in the future. **Today, I AM** a humble expression of forgiveness. I now invite _____ (my Higher Power) to wisely guide my every step, always inspiring me to be kind, compassionate and understanding toward others. I also intend to remember to extend the same degree of kindness, compassion and understanding toward MYSELF as I do toward OTHERS.



Forgiving Others

Hanging onto resentment is like drinking POISON and expecting someone else to DIE! With this in mind, I now choose to release any blame, anger or resentment that I have ever felt toward anyone. In releasing the weight of these toxic emotions, I experience a sense of lightness and liberation. It comforts me to know that we all serve one another by providing opportunities for our personal growth and heightened awareness. When someone offends ME, they provide the perfect opportunity for me to practice the art of forgiveness. When I offend SOMEONE ELSE, I then play a role that enables him or her to forgive ME. I am now able to see that everyone who crosses my path is an angelic presence. **Today, I AM** an expression of profound appreciation for all that I experience in my life because it all adds to my sense of humility, compassion and understanding.



Guidance

I am so grateful for the perfect inner guidance that resides within me. It feels especially good to remember that I am always divinely supported in everything I do. I now welcome a crystal clear awareness of the most appropriate action for me to take at this time, so I can invite the best possible outcome. I love it when things unfold in just the perfect time in ways that totally delight me. When I am praying, I am talking to God—when I am listening to my intuition, God is talking to me. This is divine guidance at its best! With this comforting awareness, I know I am already experiencing LIFE's grandest plan. **Today, I AM** a perfect expression of the universal wisdom that is available to those of us who are ready and willing to RECEIVE it. I, for one, am both ready and willing to receive it NOW!



Happiness, Health and Well-Being

I love to experience a high level of health and well-being. When I merely recall a pleasant memory, I instantly feel a sense of optimism and gratitude. These positive feelings cause me to attract even MORE of whatever delights me. I love experiencing an abundance of energy, comfort and flexibility in my body because it allows me to do whatever I desire with amazing grace. With a sense of positive anticipation, I look forward to feeling peace and balance in ALL areas of my life. Above all, I choose to remember that the key to good health is focusing upon things that inspire me to feel grateful. The more grateful I am, the better I feel—the better I feel, the healthier I become—and the healthier I become, the more grateful I am. Ah-ha! I just discovered an ingenious way to become HEALTHY by merely choosing to be GRATEFUL! **Today, I AM** a delightful expression of happiness, health and well-being.



Joy

From this moment on, I intend to find ways to experience abundant joy in everything I do. I also intend to find consistent ways to clearly see the magnificence in everyone with whom I come in contact. Focusing upon that which is positive and promising promotes a wonderful feeling of contentment that makes me grateful to be alive. I look forward to finding ways to become the most blessed and joyful person I know. When I feel this way, I remember that life is filled with positive possibilities. The more joyful I am, the more joyful I become. **Today, I AM** a radiant and vital expression of contentment, peace and joy. Indeed, I am richly blessed.



Life

Purpose

I am now ready to discover my unique gifts—those special talents that allow me to joyfully express my highest purpose for being. As new insights are revealed to me, I feel certain that I am in the RIGHT place at the RIGHT time. I am now prepared to have LIFE clarify my mission, so I can effectively contribute to the greater good of All Life Everywhere. When I am extremely passionate about my purpose, I have no sense of time passing and my energy seems boundless. When my sense of inner-knowing is strong, I accomplish all that I set out to do with amazing ease. I am convinced that the sharing of my gifts with others is the key to my happiness, good health and well-being; therefore, I am eager to know what my greatest strengths and abilities are so I can experience them and share them with the world. **Today, I AM** a radiant expression of the gifts I have to give.



Loving

Relationships

I now choose to be completely authentic in all of my personal relationships. When I am totally honest with myself and others, I feel a wonderful sense of strength and integrity. This not only feels good, but it actually increases my level of health and deepens my sense of well-being. As I express my feelings of love and deep admiration, I feel fully connected with the goodness of LIFE. When I release my need to judge and control the actions of others, people seem to respond to me in a more agreeable way. As I find things to appreciate about THEM, they seem to find more things to appreciate about ME. From this moment on, I choose to share the precious gift of love with everyone, including myself. **Today, I AM** a glowing expression of unconditional love for All Life Everywhere.



Miracles

I am now ready to experience a multitude of delightful miracles in my life. Although most people think they are rare and experienced by very few, I choose to believe that miracles are divinely natural occurrences that are accessible to anyone who is willing to accept them. Although I may not be perfect in every way, I graciously accept these divine gifts knowing that LIFE feels I am WORTHY and DESERVING of them. Albert Einstein said, "Either nothing is a miracle or everything is a miracle." I choose to see EVERYTHING in my life as a miracle from this day forward. **Today, I AM** an "Irresistible Magnet for Miracles" as I open my heart and my mind to receive the best that LIFE has to offer. Miracles really DO happen and they happen to me on a regular basis!



Passion for Life

I now choose to discover ingenious ways to experience enormous passion for whatever I do in my life. Time and energy are boundless when I have a sense of purpose and when I love what I am doing. I feel exhilarated and extremely grateful to be alive as I bask in the joy of the present moment! My creative juices flow freely and my enthusiasm soars as I appreciate all that I ALREADY have, while anticipating the infinite possibilities of the future. **Today, I AM** eager to experience a delicate balance of passion and contentment as I find ways to thoroughly enjoy every step of my journey.



Peace of Mind and Trust

From this day forward, I have unwavering faith that I can BE, DO and HAVE all that I am willing to accept for myself. I experience a comforting sense of peace as I turn all worries, doubts and fears over to _____ (*my Higher Power*). Because I constantly observe that my needs are always met in just the perfect time, I know that all is really well, *regardless* of prevailing circumstances. When I remember this, I feel at peace with all that is. I feel especially content when I bask in the appreciation of things that I used to take for granted. Knowing that LIFE supports me 100%, I now ask to have whatever it takes to rise above any challenge, *regardless* of its magnitude. **Today, I AM** aware that I am in good hands and fully supported in all that I choose to BE, DO and HAVE.



Positive Perception

It feels so good to view life from a positive perspective, *regardless* of (and sometimes even *because* of) circumstances. As I choose to focus upon the limitless possibilities that abound, I am in harmony with the natural laws that govern my life. I fully comprehend that “what I think about is what I bring about” and “what I fill my mind with, my life is full of.” I now understand that the QUALITY of my thoughts and feelings determines the QUALITY of my life. From now on, I choose to perceive each so-called challenge as a magnificent opportunity from which to learn and grow. I intend to find fun and easy ways to be confident and capable at whatever I choose to do. As I focus my attention purely upon what I PREFER to experience, I automatically attract it into my life with total ease and grace. **Today, I AM** a delightful reflection of my optimistic attitude and positive expectancy.



Prosperity and Abundance

Because it's fun to make decisions based solely upon desire, I now choose to have fun creating abundant wealth in all areas of my life. I am now ready to discover the perfect way to DO what I LOVE and LOVE what I DO for a living. I also intend to discover enjoyable ways to create multiple streams of residual income. My life is already good and just getting better every day. As I experience the consistent generosity of LIFE, I am naturally inspired to share my good fortune with others. I am now eager to receive abundant resources beyond my wildest expectations so I can joyfully contribute to the greater good of all. My heart and my arms are now wide open to receive the generous gifts and gratuities that LIFE wants me to have. **Today, I AM** excited about creating an abundant flow of valuable resources as I graciously accept God's favor and grace.



Restful Sleep

It's so wonderful to naturally drift off into a deep and restful sleep whenever I desire to renew my body, mind and spirit. I look forward to enjoying wonderful dreams that remind me that life is filled with unexpected wonder and delightful surprises. I love to wake up feeling refreshed with a wonderful sense of positive anticipation about each new day. When I am able to sleep well, I have a more positive mental outlook, which deepens my sense of well-being even more. **Today, I AM** renewed and refreshed as I gently awaken and gracefully stretch my body like a lazy cat lying on its back in the sun.

Tools for Transformation





Deluxe Miracle Starter Kit™

For the cost of a high-quality food supplement that may last only a month or two, you can invest in something that's designed to nourish you for the rest of your life!

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2. ***The 15-Minute Miracle™ Revealed*** (manifestation made easy)
3. ***Shortcuts to Miracles*** (LIFE's best-kept secrets in a nutshell)
4. ***The Feel-Good Joy Journal*** (an instant mood elevator)
5. **A Delightful Surprise Gift** (a reminder of God's promises!)

For order information, go to www.15MinuteMiracle.com .

Weekend of Miracles™

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For current information on the dates and locations of Jacquelyn's LIVE events and Tele-Mentoring Programs, go to www.15MinuteMiracle.com.

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I, _____, hereby promise to set aside at least 15 minutes a day to do my *15-Minute Miracle™* in writing. I agree to playfully experiment with it for at least five days a week for the next month!

If for any reason I should not experience a measurable improvement in my sense of well-being after engaging in my *15-Minute Miracle™* for at least **21 days** (five days a week for a month), then Inner Wisdom Publications agrees that I am entitled to a full refund. In other words, I am guaranteed either a happier, more fulfilling life or a total refund of my investment!

Either way, I win!



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Miracles happen to
those who believe in them!

—*Bernard Berenson*



After following the suggestions in this book
may you now play the Game of Life
and WIN more often!

Your Biggest Fan and Greatest Supporter,

Jacquelyn Aldana

Notes



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"I love how I can open this book to any page and instantly jumpstart my sense of well being! On the days I apply what I read in *Shortcuts to Miracles*, I am much more productive."
—Jolie Assina, Architech

"I love this book because it summarizes everything I need to know in simple terms that are easy for me to understand. When I loan to friends, they don't want to give it back!"
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ISBN: 0-9656741-0-X

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