Based on our clinical research, we have found that the following techniques reliably produce change—often dramatic change—within ten seconds after they are employed.

1. The First Miracle-Move: Feeling Through To Space
   Instructions: With an intention to wonder (rather than criticize or fix), place your attention on any sensation or feeling that is unarguably real inside your body. Maintain focus on it until it dissolves, which usually occurs within ten seconds.
   When the technique is applied artfully (and it’s taken us twenty years to research how to teach the artful application), the feeling you’re focusing on—say, tension in your neck—dissolves and is replaced by a spacious, open feeling. You also use this technique to notice the “off-center” feelings that are your warning flags signaling the presence of core emotions in your body.
   When people learn to do this, their lives change dramatically, and not just in relationships. My closest medical colleague has used this technique in successfully treating over one thousand cases of chronic pain (e.g., low back pain, migraine, tension headache).

2. The Second Miracle-Move: Naming Energy Shifts
   Instructions: In conversation with others, notice the shift of energy patterns as signaled by body language. There are specific things to watch and three zones to pay attention to: eyes, hands and mouth. At key moments, name the shift you’ve observed but never interpret.
   Example: “Mary, I notice when I asked you if you could meet the deadline, your eyes blinked rapidly and your brow creased. I’m wondering what you were thinking.”

3. The Third Miracle-Move: Speaking from Discovery
   Instructions: Make any statement that is unarguable, contains no blame and comes from the intention of discovery rather than justification.
   Imagine yourself feeling a racy, queasy feeling in your stomach while engaged in an emotionally-charged conversation. You notice the other person’s gaze wandering off.
   Instead of saying “You’re not listening to a word I say,” use the Miracle-move to say “I’ve got racy, queasy feelings in my stomach. As I tune in to it, I think I’m afraid. I’m wondering how we can communicate here.”
   Instructions: Relax into accepting some aspect of reality, just as it is. Notice where in your body you feel resistance to accepting the reality, and stay with the intention of acceptance until you feel a whole-body shift. You can try it out, using the following instructions, just as I give them in my office.

   Notice the feeling in your body of accepting what day it is today. For example, suppose today is Friday. In your mind, think “Today is Friday and I accept it.” Fill in the blank with whatever day it is. Repeat this sentence a few times in your mind. At the moment you say the day, notice in your body what it feels like to accept whatever day it is. By contrast, imagine how it might feel to resist accepting that it’s Friday. Your body would feel completely different inside, even though it wouldn’t change the fact that it’s Friday.

   Now, use this same technique to accept something real that you haven’t been able to accept. For one person it’s something about the past that can’t be accepted...for another it’s something about a body part...for a third it’s an unbearable loss. Until we accept reality at a whole-body level, our bodies stay poised in a stance of resistance. Focus on your biggest symptom, perhaps, or one of your biggest problems. For example, say “It’s Friday and I’m thirty pounds overweight. Or “It’s _______ and I hate my job.” Or “It’s _______ and I can’t control my drinking.”

5. The Fifth Miracle-Move: Wonder-Shift
   Instructions: When you notice yourself worrying or recycling any repetitive thought pattern, stop the train of thought and turn it into a wonder-question. A wonder-question begins with the words “I wonder...” and asks a question you genuinely don’t know the answer to.

   Example: You notice that you are worrying about whether you have enough money to pay all your bills. You realize you’ve been recycling the same worries for days without any productive ideas. You stop the thought-stream and introduce a wonder-question: How can I always have plenty of money to do all the things I want to do?” Then watch carefully what happens in the next ten seconds.

6. The Sixth Miracle-Move: Immediate Ownership
   Instructions: When any problem arises, make the three following related moves as quickly as you can. Each produces instant results; all three together speed up the flow of miracles. First, take ownership of the issue itself. If you’re in an argument or difficult situation, say “I claim full responsibility for creating this argument or situation.” This puts you in the power position. Second, take ownership of the (unconscious) intention that’s working. Say, “I must have a need to create an argument with you right now.” Third, take ownership of the solution. Say, “I take responsibility for creating a favorable outcome.” Do not under any circumstances let the other person’s reaction dictate how you proceed.

7. The Seventh Miracle-Move: Leading with Appreciation
   Instructions: Before initiating any significant conversation, pause for a few seconds to cultivate a feeling of genuine appreciation for the other person. Once attained, speak the truth of this as your lead-in to whatever else you want to discuss.