The Miracle Equation by Hal Elrod, 2019
A book review by John C. Vaughan, III

 “Miracles are not contrary to nature, but only contrary to what we know about nature.” Saint Augustine

 You can produce Miracles, and other good things, in your life and in the lives of those you love by maintaining ***Unwavering Faith*** and putting forth ***Extraordinary Effort*** into a good process over an extended period of time.

 This can be true for everyone, including you, if you can **picture something good** in your future that would be meaningful to you. It can be as big or small, as easy or complicated as you like. When you have identified the one picture that stirs your emotions, then you have what will serve as your driver to give you the persistence needed.

 Hopefully you are enabled with a good vehicle, so you can maintain Unwavering Faith. Good works put into a good process over an extended period of time, by nature will produce good results, even miracles. The exact miracles may be somewhat different than you picture, but rest assured they are worth it. You can bet your life on that.

 Simply wake up every day and invest time into becoming a better version of the person you were when you went to bed the night before. Live in daylight compartments. The extraordinary effort isn’t necessarily hard work, it can be defined as fun. What is necessary is that the effort be sustained over an extended period of time.

 Your journey will include all sorts of unexpected paths, challenges, relationships, and lessons that will guide you to new opportunities. Sometimes you will need 20 seconds of courage to continue on the best path. Remember this affirmation “I attract and have the people and resources necessary to achieve my goal and enjoy other things.” Results will be better than you thought were possible.

Hal inserted these tidbits along the way that helped me absorb his message:

Page 20. Once you understand how to succeed, you will think and act differently from the majority of people.

Page 36. Your success story will include a mantra that you recite to yourself every day. An affirmation.

Page 58. Our brains are on high alert for anything that could take us out of our comfort zone. We have a fear of failure or discomfort. Staying safe is no longer only about avoiding predators; now we avoid opportunities too. For the most part, we fear the unknown. Instead, consciously choose to focus on and maintain the faith that things will likely go right. Be no afraid.

Page 81. It’s okay to feel bad when something doesn’t go according to plan, but not for more than five minutes. Set a five-minute timer on your phone anytime you experience any unwanted result and give yourself five minutes to feel bad about it. When the timer goes off, say “**can’t change it**” out loud. Be willing to accept unconditionally all situations and circumstances in your life that are unchangeable and out of your control. Page 92, read the tattoo on wrist story. You will immediately think of someone who has suffered for decades and could heal, if they would only say and realize: “can’t change it”.

Page 106. The real purpose of setting a goal is to develop yourself into the type of person who can achieve your goals, regardless of whether you hit any particular one or not. Some goals you’ll reach, and some you won’t. Page 114. Be willing to see yourself as better than you have ever been before.

Page 121. Most of us work on too many goals at once, with no clarity as to which of our goals deserves top priority. We usually feel overwhelmed and engage in activities with the least significant consequences - - like watching a movie when a phone call could be more effective. Instead, live in alignment with you highest priority, choose one mission. Your productivity will then increase. Page 146. It can actually be much easier to achieve multiple goals when you are focused primarily on one.

Page 167. Consider the author of every good book you read to be a mentor.

Page 209. Use a calendar. Set monthly goals. Update your affirmations as you continue to learn, grow, and gain new perspectives.

Page 232. When you finally get to the point you’ve been working toward for so long, you almost never wish it had happened any sooner. Instead you see that the journey and the timing are perfect.

My Story

 My story begins with my Unwavering Faith in the laws of thermochemistry. I learned this from 9 years of engineering study bringing me to my oral PhD exams by two German rocket science professors at the Zucrow Propulsion Lab at Purdue University. The governing differential equations of fluid dynamics and thermodynamics balance things like pressure, temperature, mass, specific heat, enthalpy, entropy, . . .

 I was taught to believe that if you draw a control surface around a complicated process and you wanted a miracle output, then you could pretty well estimate what the necessary inputs should be. There is an equilibrium in nature. Things go into the control surface and something must come out.

 The second thing that came my way was a beautiful process, which my new business upline called “**The Plan**.” What happened inside the control surface was beyond my ability to comprehend or control - - things like people relationships and sales. What was clear to me is this control surface, which I called a “**Miracle Machine**”, produced miracles in people’s lives. I heard inspiring stories of wonderful results in the lives of people and their families - -the output that came from their inputs.

 For me to possibly ever achieve even a “baby miracle” from this process, I had to evaluate the inputs necessary. They advised me of the work involved: People don’t do what they said they would do, some may even laugh at you, you must schedule and reschedule appointments, you drive someplace with zero results, product demonstrations don’t work, you make mistakes, etc.

 I felt confident I could do all the inputs. The work needed would not kill me. I also felt confident in the Thermochemistry that something good would most likely come out. Maybe small, maybe not for me, but something good, in equilibrium, had to be produced.

 One problem, did I deserve miracles in my life?! Do I deserve to be any happier or more successful than others? Since I couldn’t honestly believe in that entitlement, I declared that if good things happened and since I couldn’t control the process, I would give God the credit. So I could now proceed.

 I committed to 3 hours of inputs into the Miracle Machine every month for the nine years I was obligated to serve my military commitment for all my free education. Sometimes I felt I would not be able to show The Plan 3 times in a month for one hour each, but that was what I said I would try to do. Since stress was something unusually unpleasant and harmful to me, in self-defense I decided I would define all my efforts as FUN.

 So first I was blessed with an Unwavering Faith that good inputs into a complicated process must result in some good output; and that I could do the inputs. Second, I was introduced to The Plan - - a process that produced miracles and other good results for people. Third, I committed to making the inputs over an extended period of time (9 years).

 But it took me a month of activity to picture my meaningful driver. My wife then gave me a photograph in a frame to put on my living room wall that was an emotional dream. To be able to buy some property we had found on the water where we could eventually have a home and where family could come and have a good time on vacation. When I was growing up, the good family times I remembered were gathering on the water someplace and having fun. That picture was achieved. We paid for the property with our new additional income. That picture was replaced with a picture by our phone of an award trip to a place like we had never been - -the El Conquistador. After reaching that goal came other pictures, on our refrigerator. Some pictures got old and faded but we marched on, not realizing that our main benefits were going to be far more than financial, and a miracle was coming our way.

 So I was blessed to have the Faith, to see the Plan, and to be able to enjoy making the Effort. All of us can achieve the Miracles along our different paths through life. I believe in Hal’s Miracle Equation advice.

 ***Make This Your Best Decade.***