



MINDFULNESS AND FOCUS

The ritual of focusing on the power of words on the coin, particularly before sleep and first thing in the morning, taps into the benefits of mindfulness. Focusing on a single task (like repeating words) quiets the mind and helps reduce distractions. Morning and night routines are often associated with higher cognitive focus and retention. Starting and ending the day with a deliberate focus on goals or intentions helps keep one's subconscious mind working on these goals throughout the day and night.

Sleep and subconscious processing: The moments before sleep are particularly powerful for influencing the subconscious. This technique may use this time to anchor positive thoughts or goals, which are then processed by the brain during sleep, improving the likelihood of waking up with clarity or motivation to pursue those goals.



SHARING POSITIVE OUTCOMES (RECIPROCITY AND SOCIAL REINFORCEMENT)

Sharing your miracles with others could be tied to the law of reciprocity in psychology. When you give (in this case, by sharing your positive outcomes and inspiring others), you often receive in return, whether through feedback, support, or encouragement. This creates a feedback loop of positivity. Additionally, social reinforcement (where positive behavior is rewarded socially) increases the likelihood of continuing the behavior.

VISUALIZATION AND GOAL SETTING

The act of imagining and visualizing miracles can be linked to the science of goal-setting and visualization techniques used in sports psychology, business, and personal development. When you actively visualize an outcome (miracles, in this case), your mind starts looking for ways to achieve it. Visualization activates the brain's reticular activating system (RAS), which helps to filter important information and opportunities that align with your goals, essentially making you more attuned to chances that will help you succeed.



PHYSICAL OBJECT AS A SYMBOL

The coin itself serves as a physical symbol or reminder of one's intentions. Physical objects used as mental anchors can have powerful psychological effects by reinforcing beliefs and focus.

CONCLUSION

While the science behind this practice is more psychological, its effectiveness relies heavily on belief, habit formation, positive reinforcement, and the placebo effect. These principles are well-established in psychology and neuroscience, and when applied consistently, they can lead to real changes in behavior, mindset, and perception, ultimately resulting in outcomes that may feel like "miracles" to the individual.



DISCLAIMER : The information provided in this manual is purely a recommendation to help you achieve better results in using the Miracle Coin. The outcomes you experience depend largely on your belief and dedication to the practice. Individual results may vary, and there are no guarantees regarding specific outcomes. Use the Miracle Coin responsibly and with a positive mindset.