

Logical Miracles

How to use this card:

*Pass this card around. Each person please state your name and read a small section of the content on **Logical Miracles**:*

CONCEPT 12: LOGICAL MIRACLE

What takes place in the natural course of things when your needs are met

The dictionary says a miracle is an extraordinary event that manifests divine intervention in the lives of humans. It is highly unusual. “Logical” simply means capable of using reason. At Suppers we assume that miracles are not so unusual after all. We can reasonably expect them to happen when people receive the nourishment and support they need in safe, nonjudgmental settings. Reversal of the progression into diabetes, freedom from food cravings, relief from depression or anxiety, and more rewarding relationships are just a few of the logical miracles we see in people who work our program. Dreams that seemed impossible prior to getting your needs met become ordinary outcomes once your needs are met. They become logical miracles.

Ruby’s Story: Why Am I Crying?

There’s a phrase we use at Suppers that described my situation perfectly: “sane person, crazy body.” Not that I advocate splitting mind and body, but if my rational mind was able to observe my crazy behavior, how crazy could I have been? My body insanity always happened like this:

Around 5 p.m. I would be on my way home from work, looking forward to getting home to relax and have dinner. About halfway home I’d start thinking about friends and family situations, and somehow my thoughts would get darker and darker. Rationally, I knew that everyone was fine and there was nothing to worry about, yet my thoughts were out of control: a dear friend was ill and going to die; people I love would be killed in a devastating accident. I would upset myself so much that I’d start to cry.

Why was I crying?

Whenever this happened there was nothing going on that would explain getting so upset, yet there I was, driving home with tears streaming down my face. The only sane conclusion was that I was going crazy!

Then one night at a Suppers book review meeting we were talking about blood sugar and mood chemistry. We discussed false emotions and how these occur when blood sugar drops. I realized in that instant that this is what I experience on my drive home from work. Of course! After a stressful day at work I get hungry. I know I have some problems with blood sugar, but I never connected the dots. My rides home are filled with false emotions, irrational thoughts, and uncomfortable feelings that go away as soon as I eat.

What a relief to read about my experience in a book by someone who understands the problem. First, I’m NOT going crazy! I’m a sane person in a crazy body. I just needed help coming to the realization that I can get control over these emotions by making sure I eat what my body needs to level out my blood sugar. All it takes is a healthy snack at around 3 p.m. Who would have thought that a well-timed cup of yoghurt or chicken soup would rid my drive home of demons? My friends at Suppers encouraged me to run my own experiments to see which foods carry me the longest and journal the experience. It doesn’t take much – half an apple with a little cheese will see me through until dinner.

How I feel is *data*. The change felt miraculous, but it wasn't. I just experienced the "logical miracle" that Suppers says can happen when you start giving your body what it needs. Knowing how to interpret my body's signals has been hugely empowering. Thank goodness for these meetings and the sanity they have brought back into my life.

Continue around the table by briefly sharing how you relate to the Suppers concept of Logical Miracles.

What would your logical miracle be? What positive changes might take place in your life if your needs were met for nourishing food, emotional and social support?

Discussion Prompts (Each person select a prompt that works for you.)

- Discuss assumptions that may have to change as you work on your logical miracle.
- Which "muscles of intention" will you need to build to create your logical miracle?
- Discuss whose help you'll need and what supports you'll seek.

Ideas for Next Steps:

Experiments and Observations:

- Do a thought experiment: Imagine your logical miracle in detail. Observe how you feel about the changes you will need to make.

Between Meetings:

- Read how other Suppers members related to this concept.
 - For people who struggle with weight and unwanted eating: [Read Rose's Second Story](#), page 179 in the 2nd edition of *Logical Miracles* and on the Suppers website.
 - For parents who struggle with family eating: [Dana's Story](#), page 180 in the 2nd edition of *Logical Miracles* and on the Suppers website.
 - For parents who struggle with a child's health issues: [Dylan and Grandpa Danny's Story](#), page 182 in the 2nd edition of *Logical Miracles* and on the Suppers website.
 - For people who struggle with an autoimmune challenge, [Oliver's Story](#), page 189 in the 2nd edition of *Logical Miracles* and on the Suppers website.