

*The
One
Minute
Miracle*

by

Daniel Millstein

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The One Minute Miracle

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1
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A Note *...from the author*

The One Minute Miracle© was first published in 2002 as The Mudra of Light©. Thousands of Teachers of Peace around the world are using it daily to enrich and empower their lives.

The new title 'The One Minute Miracle©' more describes the benefits of the practice than did 'The Mudra of Light©', i.e.: 1). It can be practiced in less than a minute 2). It is miraculous in it's power to change one's mind.

At this time on Earth we need millions of us elevating our personal and collective consciousnesses through prayer, reflection, mediation and meditation. The One Minute Miracle is common ground for this evolution to take place.

The word 'mudra', meaning "lock" and pronounced moo-dra, comes from the Yogic tradition and we are grateful to that community for their extensive teachings of this yoga for the hands.

If you are reading this right now, we are connected. I am writing this to you directly as I sit in my garden. I am saying to you in some future now:

*"You are Light...and that Light... which you are...
and I am...connects us...now... and forever."*

--Dan

The Prayer

We are like beautiful leaves
In the Garden of God.
Softly flowing in the Light,
Full of Life and extending Love.

Who cares about illusions
Of separation or differences?
We know deep in our Hearts,
The Sweet Truth is always present.

So whenever the flowing leaf
Gets stuck by an outside fact or thought,
Patience, Understanding and Loving more,
Are the Blessed opportunities.

And when all doors are open,
As they do constantly when we gather
In the Name of GOD,
The whole Universe rejoices!

Note from the author of *The Prayer*, Maria Cristina Uhart:

This Prayer is a reminder of who we are. We are Light, above everything, and Light is not passive. It is very powerful and spreads as we pray. Effective prayer helps us transcend suffering and difficulties. What can we do facing a violent act or aggression? Do we want more violence or more love in our lives? We can decide what we want. We are much more than our pain, our anger or our worries. Our joyful thoughts and sweet truths can help us to judge less and love more in every situation.

The One Minute Miracle

1



“I am light”

2



“I am life”

3



“I am love”

4



“I am beauty”

5



“I am the sweet truth”

6



“I see only the enlightened”

For the best experiences of the Mudra of Light Ceremony, physically follow each of the 12 positions shown while repeating the accompanying affirmations aloud.

7



“I am my joyful thoughts”

8



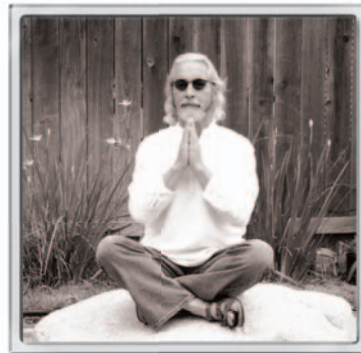
“which I join together as one”

9



“and offer it to God as my gift”

10



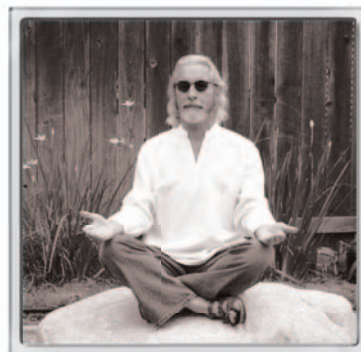
“my will and your will are the same”

11



“as I live from my heart”

12



“and give all of my love to the world”

“I entered and beheld with the eye of my soul...
the Light unchangeable.”

---*St. Augustine*

“Once again the world is turning to prayer;
lets pray the good prayers so the good Gods listen.”

---*Daniel Millstein*

Introduction

I am so grateful to God, to Spirit, to my Teachers, to my family, to my friends (and to my conflicts and struggles) that The Mudra of Light is touching lives around the world. And, I am grateful that I was chosen to receive it.

When driving my car, I am always pleased to “see more clearly” after I have squeegeed the dirt from my windshield. I am still capable of driving with a dirty windshield but the world looks much better, and I feel more awake when the extra layers of dirt are removed from my view. I know that this simple practice will do that for you. The Mudra of Light ceremony shown on these pages reminds us to choose our loving thoughts over our fearful thoughts.

“When we are inspired by some great purpose, some extraordinary project, all our thoughts can easily break their bounds. Your mind transcends limitations, your consciousness expands in every direction and you find yourself in a new, great, wonderful world. Dormant forces, faculties and talents come alive and you discover yourself to be a greater person by far than you ever dreamed yourself to be.”

--Patanjali, founder of Yoga Sutras, second-century B.C.

There is a hole in the ozone layer, commercial fishermen around the globe cannot find fish, the Amazon jungle, which supplies 70% of the earth's oxygen replenishment, is being cut down at the rate of thousands of acres per day so we can raise and slaughter more cattle. The fact that people smoke cigarettes and get cancer, drink and drive, and do every manner of unspeakable things to children, their neighbors, even their relatives should tell us something about how we behave as a people. Recorded history says that we will all die someday and we still don't think it will happen to us personally.

There is much to be learned about how we humans operate in the world. The global instant media, since 9/11 and the subsequent “Great

Uncovering,” are allowing us to see it all. We can see clearly that we have not been paying attention.

When we take a few minutes in ceremony, we engage our awareness. Love is neutral! Like God, it requires us to acknowledge it, or agree to its existence before it can exist. As we see Love in others we can see it in ourselves, and as we see it in ourselves, we will see it in others. “Love is love in action,” says Julia Butterfly Hill, the famed activist who spent 738 days in a giant Sequoia tree in order to save it from the corporate chainsaw.

The Mudra of Light is action. The Mudra of Light is motivation to action. We are going to spend the energy we have each the day anyway, why not direct it towards “the Light.” Memory without direction only repeats itself. By “the Light” we are referring to the energy of all life and matter. Serious students of many religions have embraced The Mudra of Light and report it complimentary to their beliefs.

With more than six billion people on the planet, it seems as if one person can have little affect on anything. But examine the life of Buddha, Mohammed, Jesus, Mahatma Gandhi, Hitler, M. L. King Jr.--or your own mother for that matter--and countless others of our teachers and you will see we cannot discount our influence on each other. Each of us has tremendous ability to influence when we express our true potential. Author, Daniel Goleman says, that we are lulled into complacency by the “narcotic of self deception.” This is brought about by our settling into a less than truthful comfort zone that says, “I am who I am and I cannot do anything about it.” To break out of this cocoon requires speaking and acting from a higher truth.

My friend Bo Lozoff wrote a book for prisoners called: We Are All Doing Time-- and that is the point. We are all, at times at least, trapped in a prison of some sort or another. Mine have been too numerous to mention over my lifetime. I have seen evidence that The Mudra of Light Ceremony is a powerful key to our release from limitations and prisons of all kinds.

The Mudra of Light is a meditation, a technique, a ritual, a yoga, a practice and a ceremony. It uses ancient hand gestures and modern language affirmations aimed to direct both mind and body toward balance, health and enlightenment. It can lift the meaning of our lives and open the door to more of our dreams and a deeper sense of fulfillment. It will inspire our children to discover who they are and what they can do to live a sacred and peaceful life.

Practicing The Mudra of Light will reduce the tendency towards violence and crime in every society. To practice The Mudra of Light every day is to keep a commitment with the best of yourself, to transcend your ego's importance for your greater good by awakening the eternal you. The Mudra of Light is a wellness prescription. Will the world be safe for our children in 20 years if we do not include non-denominational spiritual practice which joins us, as Van Morrison and Barbara Striesand so aptly put it, on "Higher Ground?"

It is difficult to get off of a train if it does not stop at the station. So it is with life today. The faster we go the less time there is to contemplate about where we are going and what we are doing. In fact, we are so conditioned to the movement of the train that it seems as if stopping would be a waste of time. The opposite is true. Stopping is really the function of the train.

Our doing, working, sleeping and eating are not our only function here; rather, they are but means to an end--being awake to, and aware of, who we are.

We work so we can relax, pay our bills, feel safe and secure so we can take a break from "doing." Fifty weeks of work for two weeks of leisure. We ride the train so we can get off!

There is a story of the businessman who went on his first safari. In his great hurry to arrive at his destination, he pushed his guides and bearers to almost run through the jungle. Finally, all the natives stopped

and would go no further. “We must give our spirits time to catch up, we have been moving so fast we are losing ourselves,” they said.

We can learn stop so our souls can catch up and learn to move slowly enough--yet efficiently--through our lives so we can see the beauty of the jungle around us as we walk.

I often practice The Mudra of Light as I am walking in the morning--“Ritual Walking,” as Ticht Nacht Hahn might say. I also do my “shower ceremony,” letting the water become my imaginary life force as I move under it.

Some people have laminated their Mudra of Light cards and hung them in the shower as a reminder to do even a minute or two of ceremony EVERY DAY!