

Day Four: Miracle Minutes



Spend one minute each...

- **being grateful for one thing**
- **blessing one person**
- **visualizing one outcome that you want to manifest in your life**

Today we're going to combine gratitude, blessings and visualizing into a single practice that I like to call Miracle Minutes. This practice comes from Tony Robbins' morning routine. (If you haven't heard of him, he's an enormously successful life coach.)

Today, just do one gratitude, one blessing and one visualization. I set a one-minute timer on my phone that I repeat for each of these, and I usually close my eyes, but you can do it however works best for you.

Today we are just getting familiar with this wonderful practice. When we get to Part Two of the book, this will be a core manifesting exercise that we practice every day.

I do this every day (and so does Lobsang), whether I'm home on the weekend, working at home, or working in San Francisco. If I'm home, I sit on the couch, close my eyes, and do it almost like a meditation. If I need to go to my day job, I do it while I'm on the 40-minute BART train ride from my home to my job in San Francisco. I put in my earbuds, set my timer, and close my eyes. It may look a little weird, but I don't think anyone actually notices or cares.

When I'm doing it, I'm exactly the person I want to be — grateful for what I already have, kind and compassionate towards others, and deep into the experience of everything that I want to manifest into my life — “already there.” But also because it works. More on that later. For now, let's get to it.

TODAY'S PRACTICE

Do your Miracle Minutes

Spend one minute each...

One Gratitude _____

One Blessing _____

One Visualization _____