

Kip Rosser



A PRACTICAL BOOK OF  
EVERYDAY MIRACLES



More than fifty simple miracles you can perform to  
reveal the endless wonders of being alive.

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A Practical Book of

EVERYDAY  
MIRACLES

Over fifty simple miracles you  
can perform to reveal the endless  
wonders of being alive.

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in a limited edition of five hundred copies.

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*For Sianna, who knows.*



One meaning of the word “miracle,” as defined by the dictionary, is “a wonderful marvel; an extremely outstanding or unusual event, thing, or accomplishment.”



A significant part of the American way of life might best be described as Instant Culture. It's what we seem to want: instant cash, fast food, instant weight loss, faster computers, instant internet connections, instant fitness, even instant enlightenment. Much of the time, there's a trade off or consequence. The fast food turns out to be packed with sodium, fat, and empty calories. Instant coffee is hardly any competition for fresh ground. The fantastic exercise gadget that promises "the body of your dreams" becomes a fantastic piece of sculpture in the corner of a room because the results are never instant enough. The bottom line is that shortcuts usually fall short.



**E**veryday miracles are meant to be performed. Each of the miracles in this book is a purposeful exploration. They are wide and varied in scope. Some are astonishing little novelties that can be performed in a minute or two, yielding a sudden, intense encounter. Others are the result of altering the very depths of the specific way that you alone perceive things. You will find that several of them require a little practice. Others are physically strenuous, to be approached with care. There are also miracles that are, in essence, carefully guided meditations. You may find it helpful to have a loved one or friend actually read some of these miracles to you while you follow along, performing them. Still others will take you on a journey where the sheer power of your own mind will transform everything around you.



Above all, this is a book of DOING. If you read it cover-to-cover you may say, “what wonderful things to think about.” However, if you choose to DO this book, perform the miracles first-hand, you will live moments that stay with you. Their impact lingers in the memory. All of them can be repeated without losing any of their power, and they are here to be shared with others. These offerings are simple ways to be amazed by yourself and the world around you. I hope they will leave you feeling revitalized, surprised, mystified and a little more joyful every day.



## PREPARE

*In the direct act of looking is often the untapped ability to see anew. Miracles soon emerge everywhere; in the five-pointed star inside an apple, in a moth's wings, in scattered garden stones, or the veins on the back of an ancient pair of hands.*

*Try in this moment to remember how it feels when a look, a word, an object triggers the recalling of last night's dream, a dream that was forgotten as the day began.*

*Prepare now, and open yourself to the potential for a deeper knowing, a second awakening.*



## Vibration

*Vibration is a good word. The right word. Everything is made up of atoms, atoms made of smaller particles, all in constant motion. Everything vibrates. Hold your hand in front you as motionless as possible; there is still vibration. Your own voice is the vibration of small folds of membrane in your throat. Some say the entire universe is a single vibration, begun at the moment of creation and continuing outward for all eternity. To fathom this, to feel your presence in it all may seem unlikely. Yet, in a small way, an all-encompassing vibration from within to without you is easy to find.*



Any room or space will respond to vibration, reaching a threshold of powerful resonance. To find this resonance is to live within it. To find it carries not only the sensation of being both inside and outside of the body, but of being the vibration itself.

Locating and sustaining the resonance in a small enclosed place is easier than in a large one. A good place to start: in the shower.

This resonance is elusive. Find it by creating vibration – by humming. With eyes closed, draw in a long, deep breath. While exhaling, allow for sound, hum your breath out softly. With each exhale, seek out the lowest, most effortless, relaxed tone possible. Feel it in the throat, in the neck and shoulders, deep in the chest.

After five breaths, the tone is low and calm. With lips slightly parted, continue to breath and allow the tone to rise. Slowly hum the tone from low to high, then higher.

Be patient. Slide the tone from low to high and back again, easily, like singing do-re-mi. There will come a point when the tone “catches;” sounding and feeling as if you are



resonating the whole room and the room, in turn, is resonating you. When it happens, there is no mistaking it. The tone vibrates the room, your body, coming from everywhere and nowhere, from you as if it is you.

Listen. Listen...



IN THIS MOMENT AS YOU READ  
Take five fully conscious deep breaths.



## Change

*All is change. From the churning of the sea, to the movement of plants, to the currents in the air, all is change. Daily we age, minute to minute our feelings change. Second to second, even when standing still, our bodies change, adjusting for balance. We vow to change things about ourselves, our lives, our surroundings. In the workplace, changes are forever suggested to increase efficiency, productivity. Why then, adaptable as humans are, is change so often difficult?*



**L**et's examine change at its core, in ways so elemental that the miracle surfaces. To fully inhabit simple change at the moment it occurs is to gain access to a miraculous new path we can walk.

Close your eyes and take five deep, relaxing breaths.

Clasp your hands. Absorb yourself in the total sensation.

Now, shift so that the thumb that was on top moves beneath the other, and all other fingers shift down, too. This is what change feels like.

Close your eyes, taking five more deep breaths.

Fold your arms at your chest. Saturate yourself with the feeling.

Now, switch the arm on top and refold your arms. This is what change feels like.

Sit on the floor, cross-legged. Chances are, this is so unconscious a habit that, like hand clasping, you always do it the same way. Experience it fully, then re-cross, putting the bottom leg on



top. This is what change feels like.

Sign your name. Put the pen in the other hand and sign again. This is what change feels like.

Observe yourself. How many insignificant things do you do precisely the same way each time?

OBSERVE

the way you get into a car  
the way you flip through mail  
the way you open a jar  
the way you skim through a newspaper  
the way you climb into bed each night  
the way and order you put your shoes on  
the way you sit on a couch  
the way you fold laundry  
the way you hold a phone  
the way you dry yourself after showering

Know that many life circumstances are usually far more complex and difficult to adapt to when change looms on the horizon. Some changes may be impossible to accept.

Yet, if you will commit to mastering change in a few of the above simple tasks, the real miracle is that you will be able to meet the prospect of



change with an openness to new possibility because you know, at your core, how basic change feels.

CONSIDER

Change is inevitable. Change simply is. To continually oppose what is keeps us forever in conflict with a phantom.

Who would ever desire this?



## Eat

*As humans, our tongues can distinguish only four flavors: sweet, sour, salt, and bitter. Eating is so normal an activity, such a regular occurrence, often done on the run. If we break the process down in a very deliberate way, what will be discovered?*



**O**n the kitchen table place a glass of water, a fresh strawberry, a potato chip, a wedge of lemon, and a slice of green pepper. To clear your palate, take a drink of water.

Pinch your nostrils closed tightly, so that you are completely unable to smell anything. Breathe through your mouth.

Pop the fresh strawberry into your mouth. Crush it against the roof of your mouth and chew slowly, without swallowing. Feel the juices. Try to taste all you possibly can for thirty seconds, then... let go of your nose and savor the intense depth of flavor.

Can any words begin to describe it?

Clear your palate with a sip of water. Repeat what you've just done with the other foods.