

Module 1- What is magic, Decision, Discovery, and Everyday magic

What is magic?

Magic is being blown away by the miracle that is life, to be in awe and gratitude of the **opportunity** to feel, experience and enjoy. To take the incredible gift of agency and imagination to cultivate and transform our life experience. To laugh, love and feel connected to others.

To intimately know and steward your unique magic that lights up your heart, to explore it, cultivate it and fall in love. To let your magic fill you and spill out into the world.

To challenge the limits of how good we think life can be until the magic of life becomes the place we live FROM and its loving embrace holds space for commonplace, the difficulty, and distress that comes our way.

To live from a place of possibility and excitement for what is here and what is just around the corner. To make play, delight, and fascination, as common as eating, sleeping and waking up in the morning.

To be in awe of the extraordinary, play in the preposterous, delight in the magnificence of the mundane, and to take the compassion and courage of light in our hearts into our darkest times and find comfort there.

Our class modules

- 1. Decision & Discovery- Deciding to Reclaim your magical life and Discovering the magic you already have- Becoming a delighted magical detective and finding the magic right under your nose.
- 2. Cultivation- Intrinsic & ingenious magic- Digging deeper into the miracle that is life as you nurture and luxuriate in your magical lit up heart
- 3. Community-Others-creating a space for love connection, lighting up others hearts, co-magicification and the magic of feeling seen and loved by others, understand your dear ones' magic ids and ven diagrams
- 4. Recalibration-Transformation- Getting yourself back on track when you are in a less than desirable situation and transforming the ordinary into the extraordinary!
- 5. Engagement-Play- To partner with your magic in the current moment and say yes to whatever life brings your way
- 6. Living from your magic- Your new magical life-To live from your lit up heart as it flows out of you into the world and to allow it to be the ground you walk on as you continue to expand into your miraculous magical life.

Invitations-

Novelty-In this space let everything be new. A new perspective, a new depth, a new experience.

Connecting the dots- With these new experiences allow space for new pathways between familiar experiences

Expansion- let's find that glimmer and expand the territory

Permission to be silly- nuff said

Magic Filter-Perspective and allowing

Permission to learn in whatever order and speed you learn in-. Pick up and integrate what make sense to you, ponder what doesn't make sense to you. You are doing great.

New Relationship Energy- Magic is your new sweetie

And so we begin with a decision

Decision to reclaim your magical life- Saying yes to the Journey

- Agency- Your ability to make change or take action
- You are here because you want a more magical life, but life is already magical, you are the magician that through **agency** and attention allow magic to be revealed.
- Magic doesn't happen TO you it happens THROUGH you. When you notice it, invite it in, get curious and play, magic begins to fill your life experience and into the lives of the people around you.
- Living a magical life is a journey not a destination, and every journey of 1,000 miles starts with a single step. You have to decide to go on the journey before you can go anywhere.
- Claim the lane- Decide to let life be magical, decide that you will find it appearing all around you, in deeper more beautiful ways than you could have imagined. This is the very first step. It may take some time to notice the shifts, but they are already happening.
- So lets put this into practice in physical space

To stand and receive these words in your heart and once the poem is done take one step forward into a new space and make some big movement.

Invitation to magic and adventure-

Welcome dear traveler. I hold you in my heart.
I am in awe of the twinkle in your eye,
Oh for the day you know the beauty you are
Lit from the fire deep in your heart

Sparkling like sunlight on a shimmering pond

Come with me

To explore the known and find rebirth

to explore the unknown and find home

Come with me

To be curious, and to rejoice in the details

To be amazed and full of wonder at the grandeur of it all

To be compassionate and kind with ourselves and others as we grow in love

And to be filled with delight as we unfold into the arms of gratitude

Oh my dear one, Oh my love

entering space

Becoming an “enjoyment” & “everyday magic” detective

- Congratulations on your decision to Reclaim Your Magical Life!
- When most people think of magical moments, they think of mountain top experiences, epic adventures, or even a trip to Disney Land.
- Those are all great, and they are all certainly magical. But what about the magic right under your nose. The magic that is already here.

The tool you will need to complete this mission-Discovery-

- Without our curious awareness, these moments of joy, fulfillment and magic can pass on by like gold coins being washed down the drain. Metaphorical plumbing problems aside.
- Claim Agency- Remember, Life becomes more magical when you decide to allow it to be so. Magic is here waiting for you to let it in.
- Pay Attention- What we appreciate appreciates. When we place our attention on something our awareness of it grows and details start to come in focus.
- Cultivate Curiosity- Be open to finding the unexpected

The magic right under your nose.

- This week we pull out our magnifying glass and search for magic in the place where we least suspect it. Our everyday lives.
- These may feel like a little glimmer of enjoyment that is so small we may not even notice them, but by focusing our attention we can cultivate these moments into sparkling gems that we look forward to and enjoy more deeply.
- These moments can be found anywhere, from putting on your favorite sweater, drinking out of a mug you bought while traveling, the moment your head hits the pillow at night. And a million other seemingly everyday moments.
- Let's break down some common types of “everyday magic” so we know where and how to look for them.

Everyday magic examples and exercises- Part 1 Flavors of every day magic

- Sensations- Think your 5 senses on this one. These are things where you find joy or comfort in your physical or kinetic experience of them: your fuzzy slippers, the weight of your favorite mug, the click of your shoes as you walk across the floor, the early morning sunlight outside your kitchen window. **I love the tree outside my bedroom window and the beautiful fabric art painting above my bed that my mother made. The weight, sound and look of my duvet.**
- Humor or delight- these are things that are just clever or fun **It's official you're awesome mug**
- Excellence- What do you do on a regular basis that you are awesome at? It doesn't have to be important. Maybe no one makes oatmeal as good as you, or you are super fast at unloading the dishwasher and you find it really satisfying. **Getting dressed**
- Memories- Nostalgia time- This was the sweater I was wearing on the day we moved into our new house. My best friend gave me this teacup for my birthday. I bought these shoes as a celebration after that big presentation went so well. **I have little rocks in my room from Lake Michigan, Sutro Baths in SF and the Mississippi River. They are important places from important times in my life and I love seeing them and having them as part of my space.**
- Cherished Ritual- Every morning I put on my sneakers and go for a walk around the block. Every Sunday I read the newspaper. Every evening I close my car door after leaving work and feel the workday completed. Every evening at 5pm I take the dog for a walk. On Saturday evenings we cook a delicious dinner. **Every morning I wake up, put my feet on the floor and walk over to my little meditation table and start the day with a 20 min meditation. I LOVE not having to decide what to do first. It straightens me out and I'm much better off the whole day because of it.**
- Connection-
 - Movement & gravity- connects us to our bodies and the earth we stand on **I love acrobatics, handstands, and walking barefoot on the earth**
 - spiritual practices of prayer or meditation-self and for those of us who resonate with Spirit, or God, or a higher power. **For me again my morning meditation ritual as well as my very often walks in the woods do this for me.**
 - Social connection- The cup of coffee you share with your wife every morning **Once a month I have a zoom call with some dear friends.**

Part 2

- More bang for your magic buck- You may find that some of your “everyday magic” moments contain several of these different type. That's awesome! If this is the case take just one and see how many different kinds of magic you can find

- This is not about analyzing every detail we just want to become curious about why we enjoy what we enjoy so we can bring it into focus.
 - You may love sharing a morning cup of coffee with your partner. Perhaps some or all of these are true for you.
 - Sensation-You may love the weight of your favorite coffee mug, the view out the window and the taste of the coffee
 - Cherished Ritual- You may really look forward to having that time every morning before starting your day.
 - Connection- you really enjoy having this moment of connection with your partner

Part 3

Take a few extra moments to think through your week day, your weekend, your weekly and monthly activities and see what else comes to mind.

Integrations for the week- light and easy this week-

- Pick one, two, or maybe three moments that you noted during the exercises today to look forward to this week. Just notice that you like this moment, look forward to its arrival and when you think of it throughout the week, just enjoy the little smile on your face and heart as it comes to mind.
- An invitation toMagical easter egg hunt.- As you go through your week, be on the lookout for moments of your day or week or objects in your space where you get little heart glimmers when you notice one, stop and appreciate it, With your tools and new awareness, apply a little attention and curiosity to what you are enjoying and drink in the moments.

That's all folks! We went through quite a lot today, don't worry about packing it all in, just enjoy what filters in. I hope you really enjoyed our first session together, and I hope you enjoy the first week of your Magical life!