

Class notes for Participants of Reclaim Your Magnificent Life

Module 4-Instigating the magic of Love and Connection

©One Flea Circus 2023 not for Reproduction or Distribution

Review-

Decision- Agency

Delight- everyday experience

Wonder- nature and invention

Play- fascination and glee

Somatic Love and Connection Exercise-

- In this exercise We will be imagining someone you deeply love. This is preferably a person- but could be a pet or even a place.
- For the first time you do this, if possible choose a relationship that grew over time rather than someone you loved deeply and instantly at first sight like your newborn child or grandchild.
- Choose who or what feels the most dear to you in this moment.
- If the person you chose is someone who you also have romantic attraction with, use this exercise to focus on the emotional qualities of connection and love rather than attraction.
- Minor squabbles and disagreements aside Focus on one whose love is in good current standing in your memory.
- Choose one. You can return to this exercise later and repeat it with other dear ones as well! I hope you do! It feels delicious!

Feeling Connection and Love-

- Picture yourself alone
- Now bring to mind your loved one-
- In the moment you think of that dear one, what sensations do you feel in your heart in your chest in your fingers in your face in your toes.
- Imagine you and this other being present together sharing time and space together. When you are present together there is something extra, an energy that is created when your two souls connect. Focus your attention on those feelings in your heart and soul. From your head to your toes, let them grow, enjoy! luxuriate!
- What does it feel like to you? How would you describe it? Thick or thin? Dense or light? Grounded or floaty? Perhaps both at the same time? Perhaps a sweetness or a sparkly feeling? As you focus on the enjoyment, notice WHERE in your body you feel it. Does it have a shape? A color?
- Can you remember the first time you met this being? Where were you? What did you see, smell, touch, hear in that moment? Was there a spark of connection the first moment you met them? Or was it a slow build up over time? Once you felt connection, revisit that journey of how it grew roots and blossomed, with time, familiarity, trust, understanding, appreciation, admiration, what was the moment when you knew that connection had deepened into love?
- Feel this love in your heart, let it swell, feel the wonder, the gratitude, the Delight,

- Drink it in and keep this sensation fresh in your heart as we journey through the rest of our time together.

Love languages: Your magic ID-

[The 5 Love Languages: The Secret to Love That Lasts](#), Dr. Gary Chapman

These may be familiar to you or they may be brand new. Either way listen and feel into these love languages and take notes on where you recognize yourself- There is a brilliant free website <https://5lovelanguages.com/> which has all sorts of free quizzes and resources for furthering your understanding of your love language and tools of how to integrate it into relationships if you want to dig in further! It's fascinating! For this moment spend some time thinking about each one and at least have a rough idea of the how you show love and like to receive it.

- Touch
- Quality Time
- Acts of Service
- Gift Giving
- Words of affirmation

Party time!!!!

Level up achieved!

It's party time and I'll tell you why! Look at everything we've learned!

- Decided to take agency over our magical lives
- living as the observer and participant, by noticing and cultivating the magic you are experiencing
- Knowing your Magical Identity-
 - "The Whats"-Delight, Wonder, Fascination, Laughter
 - "Hows and whys" of your Play Personality,
 - and now the "How" of your love language- how you give and like to receive Love!
- CONGRATULATIONS you Life Magician! **Always more to explore, but you now know that you are incharge, you know where to look, how to discover and cultivate and go back for more!**
- Would you say you now feel CONNECTED to your magic,
- As you hold all of your experiences of magic in your heart, can you revisit the idea of Magic being your new sweetheart? Can you see your magic as an energy that you have a relationship with? What if you realized that this sweetie called magic was as excited and delighted by you as you are of it? Your magic wants to light you up from head to toe! To see you thrive and glow and be in awe of life.
- Maybe this new sweetie of yours-your magical life experience have moved passed liking each other. Maybe you are even in LOVE with your magical life! If not yet, no worries! Let it continue to grow roots, and blossom and grow. Spend time with your magic, stay curious, get playful,
- I think this calls for a celebration!Dance break!
<https://www.youtube.com/watch?v=HmR2IZjuMvC>

Now we get to bring our magic identity to how we connect with others.

Next-Needs and desires for connection are so individual- Check in with yourself and know your connection needs and wants-

Some questions to ask yourself:

- Introvert, extrovert, what % each?
- energy/ overwhelm levels
- Noticing what kinds of connection and with who fills or deplete you
 - Feeling of expansion or contraction
 - Get curious. Asking who what when where why?
 - Do I feel awesome or drained
 - At the time
 - The next day
 - Every time or only on occasion
- Looking at your current experience, what does it feel like you are craving?
 - Deeper connection with a specific person?
 - More friends and connections around specific delights, fascination, play?
 - To receive more love in my love language?
 - To feel greater connection to the world in general?
 - Notice what you feel you are craving, take action towards fulfilling that desire.
 - Fulfilling your desire for connection is your responsibility. Even if you desire connection with a specific person, if that person is not willing or able to connect with you in that way, be open to finding other ways of finding connection. Possibilities and opportunities abound once you know where to look.

Use these skills and explorations from the last few modules Deciding to take agency and be the magician who creates opportunities for Magic connection and love to flow into your life Exploring and enjoying how your magic Identity interplays with how you connect with others. You have so much to work with already you magical monkey you!

Others

Let's start with people we already feel connected and share either a little or a lot of love with.

Connecting with loved ones- Romantic, familial or close friends For this exercise, Pick One person who you'd like to deepen your relationship with. Which things are you already doing? Where does it feel like something is missing? How could you take agency in this area?

Magic ID venn diagrams Exercise-Pick your human- maybe the same from the first exercise or not

- Ask yourself about their magic Identity

- What brings them Delight, Wonder, Fascination, and Laughter? The “whats” of their magic Id
- What is their Play personality? Motivation and how they play?
- What is their Love language? How do they give and prefer to receive love?
- What are their connection needs and desires?
- You can do this work secretly on your own, but I highly recommend asking them questions! Get curious, this is a treasure map to creating deep rich lasting relationships. Ask them if there are things that are missing. Are there some secret delights that you don't know about ? Maybe you can explore these together! Make it a collaboration
- How do you want to take note of these things? Make a list? As simple or as complicated and nerdy as you like Make a real diagram, Maybe ask for help filling it in, consider posting it somewhere where you both can see and add to it.

DIG IN!

First Delight, Wonder, Fascination, and Play

- rejoicing in common ground- What do you share? Wahoo! Make these shining stars of your interactions!
- witnessing and celebrating each other where you don't.
 - Seeing them- witnessing them in their magic and enjoying it, They love it and you love them! It lights them up even more to feel seen and supported in their magic and you're getting a second hand magic effect.
 - How do they want to be supported in their magic? Cheering them on as they cross the finish line of the marathon, Listening to them as they explain something nerdy that you don't understand but you can tell they are very excited about? Making dinner on Tuesdays so they can have a weekly time to read a novel of their choice?
 - How do you want to be seen and supported in your magic?
 - Can you sometimes make time or space for one of you to bend parts of your magic Identity to fit the others as a gift of connection and joy? Watch them light up!
 - Being seen- Invite them to return the favor! Explore how you like to be seen and supported in your magic. Create invitations and ask for what you want! If you don't know, ask for help exploring and trying things, listen inside for what feels juicy and delicious.

Love-

- Loving others in your love language
- Loving others how they like to be loved and
- being loved the way you like to be loved
- Giving your love language to yourself!!!
- Delightful app on the 5 love languages site.

Connection

- The person you are connecting with has specific needs and wants for connection just like you do. Revisit the list of questions you asked yourself about your connection desires, and either ask your loved one, or observe them and start to notice their patterns.
- Figure it out together!-Discuss how you can help fulfill each others' desires without putting responsibility on the other person. If there is a specific desire you have that they can't or don't want to help with, ask for help brainstorming ways that everyone can get their needs and desires met. (eg You LOVE going to art museums and deeply enjoy sharing the experience with someone, your partner HATES going to art museums, It bores them to tears, Can you together think of a friend or a way to find a group that enjoys attending art museums together?)
- How can you bring your Magic identities into how you connect emotionally & physically.

Bringing magic to the hard stuff- Relationships aren't all sunshine and roses How do you bring your Magic identities to:

- Overcoming challenges together
- Patterns, Habits and Internal Narratives
- How do **they** want and need to be seen and supported in the hard stuff?
- How do **you** want and need to be seen and supported in the hard stuff?

What if you opened up space and now or in time and trust can you open a space to let THAT PERSON and YOUR CONNECTION WITH THEM be a part of your magic?

- Any tools or exercises, can you use them to dig deeper into that person and the connection you share?
- Deeper Discovery- Fascination of the other
- Novelty- Decision and agency of novelty and renewed delight
 - Forward- new experiences/ adventures/ growth
 - backward-Remembered novelty/ Cultivating wonder
- **This is deeply beautiful and vulnerable but is such a profound way of loving someone and renewing and vivifying your love. Can you let them in that deep?**

Others- People you don't know...YET!

- **Where to find connection**
 - Meet-up groups
 - Facebook events that pique your interest
 - Class at a community college or arts or movement center
 - Walking, running, hiking, biking groups
 - Where do parts of your magic profile gather
 - Once you find them, get curious about what other events or activities they like. High probability of more overlap.
- **How to create connection**

How to make a connection- With honesty and integrity

If you take a moment to look at your own experience, you will find you are already doing many or all of these things as you make new connections. See which parts are more difficult, or that you already excel at. These are based on research of recognized play signals as well as personal experience. Maybe your style is different than mine. This structure may not be appropriate for certain social situations like meeting a monarch or perhaps some other cultures, but in general I find these to be good guidelines.

With all of these remember from last week - Grab hold tightly, let loose lightly, be a gold fish and SWx4- If someone responds negatively or not at all, don't take it personally, just move on to the next encounter with a smile on your face

Level 1-

Soft eyes -

Smile, head nod, acknowledgement- amount appropriate to situation

That is it! Huzza! You did it! High five!

Level 2-

Create an invitation- words are the easiest

- Friendly greeting
- Notice something awesome about them and speak to it

That's it! Level 2 accomplished! Two high fives for you!

Level 3- Disclaimer- I'm an extrovert who loves deep conversation and tends to be bored by small talk. This is a great way of finding and creating deep connections pretty quickly, play around with it, find your style, your groove, what works for you. Take any of these ideas and run with it!

- Ask them a question that can't be answered with yes or no
 - Their job (usually safe but not always leading to magical conversation) try following that with "What's your favorite thing about your job?"
 - Their family or pets (sometimes this can be a stressful topic, or people might not have any, but also a good way to start)
 - Their favorite thing to talk about (jackpot!) Remember this one from Module 2? Feel it out, I jump right into this question, but maybe you feel more comfortable working up to it. If someone is clearly shy I'll establish trust with some small talk before coming to some version of this question. Here are some variations
 - What is the most amazing thing in your life that you want to tell me all about?
 - What do you find endlessly fascinating?
- Watch light in their eyes **Let their inner light lead the arc of the conversation.**
 - It may start with just a glimmer, or a sparkle, as you feed it with your attention and interest it will grow.
 - get fascinated and delighted! They are sharing their secret magic with you! This is sacred! Can you let their fascination be your fascination?

- Listen, ask questions, and reflect awesome bits back to them to show them that you are following them and want to know more.
- ask questions that lead to deeper discussion or reflect back. This is not a show! These are genuine responses based on what you are hearing
 - “How long” have you been intrigued by “whatever it is” or How old is the person you’re telling me about
 - What is your favorite thing about that?
 - Wow! That sounds incredible! Tell me more!
 - That’s so great that you have this in your life.
 - I don’t understand what you just said and I would love to, will you explain it more please?
 - So it’s kinda like “this” is that right? Cool!

You are creating the space for connection with them. You are witnessing their magic. You are creating a foundation of safety. If you want to be a Pro at Connection Magic Make it about them and their comfort. Once people feel seen heard and lit up by the magical space you’ve created they are eager and interested to hear about yours

I’m gonna let you in on a not so secret. Being a good conversationalist is 98% about being a good listener that shows interest in what the other person is saying and asks a few questions about what they are hearing.

A few things to keep in mind

- **Wait for them** to steer the conversation back to you and ask you questions. If you allow yourself to be deeply enthralled in **their magic** they are sharing **with you**, (even if you have no interest in the subject matter itself) this won’t feel like any kind of a burden. It
- Sometimes people are shy, they may feel more comfortable directing the focus back to you, you can then create the space by talking about something you enjoy lightly leaving room for them to participate. Watch for lights in their eyes and a physical or energetic lean in as you talk. when you see it, ask them questions about if they have similar experiences or other questions that invite, but don’t push them into the interaction.
- This take time, practice, finesse, and finding your own style and rhythm. Make it about them and your genuine interest to create connection with them!
- If none of this works, and it still feels like ships in the night, or you can not genuinely get excited about anything they are saying or vice versa, it may not be the best fit for a new connection, and that is ok!
- If you’ve had a nice long conversation and they never made space for asking about you, feel into the situation and see if this is a connection you want to pursue, maybe yes, maybe no.

Top tips for creating or deepening connections new or old

- Explore your needs and desires for connection and take agency on making them happen.
- Be the invitation you wish someone would extend to you.
- Play the “I started it first” game

- Create invitations: “Hello!” “How are you doing” “what are you grateful for today?” “What’s something you find endlessly fascinating?”or “I think this would be fun! Do you want to join me?” How can YOU create space for the next step of interaction
- If your invitation involves some sort of play or joke,make sure everyone is playing
- Make enough invitations that you get turned down sometimes
- Grab hold tightly, let loose lightly.-Eric Bass SWx4-Jack Canfield
- Watch for the light in their eyes and the lean in to the conversation. Follow the yellow brick road.
- Allow people to be seen, and light up their hearts (it doesn’t have to be big, but it’s powerful)
- Making a connection is not about you! Make it about THEM and then later US!
- Listen!!
- Speak to the beauty or amazingness you see. Verbal complement Diarrhea - give credit.
- Put your magic out in the world in some way, You may never see it, but you starting it or even just letting it be known may change the way someone views the world, themselves, or a certain situation. And may come back to you in unexpected ways. Banana Peel example.

The magic of connection in the wild.

- Continue having a daily time to connect with wonder and gratitude.
- Spend time connecting to your magical identity of Delight, Wonder, Fascination, Play, Love, and connections
 - Notice what ways do you feel full to the brim and glowing
 - What ways do you feel lacking? How can you take agency over creating and nurturing this relationship with your magic
- If making new connections is something you’re jonesing for Go for 5 rejections from strangers- do your best to not get rejected though. See how many connections you make in the process, if you don’t make a connection, you’ve got one of your rejections knocked off the list.
- Make one concrete plan and attempt to take the lead on creating deeper connection with someone or someplace you love

Objectives:

Review

Somatic Connection and Love

Love languages

Magic ID completed profile!

Your connection needs

Instigating deeper connection with a dear one

Instigating new connections

Where

How

Magical Praxis