

- Hello friends, and welcome back, I have just a few things to say before we dig into today's module.
- As we talked last week, this is a choose your own depth adventure,
 - If casual listening is what fits into your time and energy, then I hope you enjoy listening and find a few nuggets to take along with you on your magical journey.
 - If you really want to transform your life into a magical joyful experience that you love living then dig in! Take some notes, fully engage in the in-class exercises and feel free to go back and relisten to certain sections that felt intriguing or juicy.
 - magic is a muscle, it gets stronger the more you use it and engage with it so lets get buff.
- To help you dig in deeper and more easily I've created a few resources for you
 - notes, worksheet, and feedback

Module 2-cultivation & the wonder of Intrinsic & ingenious magic-

Digging deeper into the miracle that is life as you nurture and luxuriate in your magical lit up heart

Warm up- Revisit the magical moments from last week what and how you remember it

Module 1 review

- Decision Discovery and the magic of everyday delight
- Decision- we talked about deciding to take agency of making your life more magical and opening the space to let magic in.
- Discover was starting to look around us to see the magic
- And realizing that there are magical moments of delight all around us in our everyday lives.
- Take a moment to look back at your exercises from the last module as well as what you have noticed in your day to day life since then.
- Reflections on realizations start to see patterns- nature, movement, water, quiet, the color blue
- Again, these insights are the beginning of you understanding your magical identity, write it down, explore them, get them into your life.
- Pause if you'd like and reflect.

Lesson 2-

Cultivation of magic moments-

- First let's look at one of the ways we subconsciously cultivate memory that doesn't always serve us. That function is called Negativity bias- this is the tendency of our brains to go to the worst case scenario. our bodies as it turns out are animals that are wired for survival. Earlier in our history two really big threats to our survival were
 - Predators and social alienation

- Predators- So imagine you are walking along and you see a long thin dark shape on the ground.
 - If it is a stick and you think its a snake and you jump back, no big deal.
 - If it is a snake and you think it's a stick, you could be bitten and die.
 - If think it is a snake and you notice that it is in fact a snake and stay the heck out of it's way, you get to live another day.
 - Conclusion: Assuming snake is the safest choice.
 - Social Alienation- Back in the days of hunter gatherers when we relied on our societal groups for survival, if you did something that caused you to be ostracized, you were DEAD! Yiu no longer had accessTo the food, shelter or protection of your community.
- In both of these cases, assuming the worst so you can course correct before death happens means you have a better chance of survival
- We don't want to obliterate the negativity bias completely, if you hear a loud noise as you are crossing the street, you want your body to assume it is a car and respond quickly and accordingly. but the combination of this historic legacy & the chronic over stress and stimulation of our modern lives is a LOOSING combination.
- Luckily with time, patience and repetition we can change this ratio to a positivity bias by having and cultivating positive memories.
- So how do we make memories-
 - One of the very best ways to make lasting memories is to get your feelings and sensations on board and draw your attention to them.
 - Consider the concept of novelty- Lets take traveling or the first day of school or new job. When you are in an unfamiliar environment, your senses are heightened, Your experience is filled with new sights and new smells and with this you are also usually more aware of your feelings of excitement, confusion, etc.
 - So to make a happy memory last, we bring our attention to our feelings and bring on board as many senses as possible savor all this good juiciness for at least 5, if not 10 or 20 seconds.

Somatic exercise- We are going to practice feeling things with our body. Some of you have done this quite a bit, others of you this will be the first time.

- A word of caution-both brilliant and uncomfortable memories are stored in the body- This exercise is a combination of my performance and puppetry training. It also shares several principles with Peter Lavine's work called Somatic Experiencing-
- Somatic Experiencing is a powerful tool for exploring and releasing long held painful emotions- that is not the application we are doing today. -We are not going into anything

heavy and will only touch briefly on the neutral and less desirable memory briefly for contrast.

- If you are not familiar with this work, and especially if you have a history of unresolved Trauma, take a moment to decide how much of this exercise feels good to do. This is your decision, You can decide to do none of it, or listen to the exercise before participating in it. Whatever you choose, I support your decision, but hope that if you feel restricted in this way that you will consider finding a practitioner of Somatic Experiencing as not only can this work be so deeply healing, it also is an incredibly rich tool in augmenting your magical life.
- For this exercise you will Think of 1 of your magic moments from the last week, one neutral, one irksome For the irksome memory I mean just that nothing too big or heavy, just something a little brussley, slightly disappointing, or just something less than desirable. And finally one of your very favorite memories of all time. We will bring each memory to mind, notice the the 5 senses as well as the feel of the emotion in our body.
- Please make sure that you feel safe in each of the 4 memories & that none of them bring up painful association.
- Explain the **observer** - this can be a deep a rabbit hole, but I want to briefly introduce this thought to you. two different ways we can experience a moment
 - **Participant- how most people go through their lives being the one who has the experience**
 - **Observer- the consciousness that allows us to notice that we are having the experience.**
 - **Invitation to be the observer and the participant- to be the one having the feelings emotions and sensation, and to also notice that you are having those feelings**
- (lead through **sensations** and **Feelings**- palate cleanser in between each one, return to neutral)

The wonder of Intrinsic & ingenious magic magic-

What if human beings could fly- by next week, it wouldn't be a big deal.

Take a moment and flip it Flying would become boring, but when you flip it backwards what seemingly boring things become amazing. This is another great opportunity to practice Novelty- when you start to see things in a new light, the ordinary can become incredible!

Intrinsic Magic-Nature is freaking incredible! The water cycle-Water falls from the sky, thumbs,, trees grow from tiny seeds, the sun, decay and rebirth, senses, breath.

Mushrooms- have several thousand different genders- the Schizophyllum commune is a distinctive fungus with gills that are split down the middle. It is also notable for its complex mating system, which involves over 28,000 different sexes.

<https://www.fungusfactfriday.com/085-schizophyllum-commune/#:~:text=Schizophyllum%20commune%20is%20a%20distinctive,involves%20over%2028%2C000%20different%20sexes.>

Largest living organism on the planet-this title is held by a fungus known as Armillaria solidipes (Honey fungus). Scientists find a network of this fungus in the Pacific Northwest which spans 5.5 kilometers across. This is equal to roughly 2,384 acres, and they estimate it to be over 2000 years old. And weighs over 100 tons

Goldie Locks Zone-

magnetic fields of earth- deflect incoming particles from the sun, without which, life outside the sea would be impossible

Unique location in the galaxy- away from the center of the galaxy an area not heavily populated by many other stars which keeps the orbits of our planets stable by avoiding planetary encounters.

Distance from the sun-If we moved 5% in either direction we would either be frozen or be so hot the planet could not sustain any life.

Universe-

2 trillion galaxies in the universe, and average of 100 million stars in each galaxy

YOU!- you are alive! You exist, and you are able to notice it. You can move your body, you get the opportunity to experience today. "I know the reason I feel so blessed, my heart still splashes inside my chest." Paul Simon

You can't will your heart to beat, life is doing you, and that's just. So. Cool!

Ingenious (Imagination & Creation) Magic- Someone thought of that, and someone made it

Cars, The Wheel, Electricity, lightbulbs, smartphones, your favorite board game, rocket ships (we sent someone to the moon before we could text message!) Bread! Sliced bread! Indoor plumbing! language,

In Class exercises-

2nd Somatic exercise- no where negative- being present with wonder, and gratitude

Feel into the wonder and amazement of everything that was just said- now can you keep that wonder there, and invite in the feeling of the amazing privilege that we get to experience all of these amazing things.

And as you let the wonder and the opportunity of experiencing, we lean back and allow ourselves to be held by a profound sense of gratitude.

With this wonder and gratitude in our hearts let us bring our attention to the fact that this moment that has never existed before, and not only do we have a body to feel these amazing sensations, we also have our consciousness that allows us to notice that we are these feelings.

WOW! Drink it in! Luxuriate in this feeling. Feel it in your body and delight in what you notice. Is there a feeling of limitlessness or expansion? warmth in your heart? How does your brain feel? Is there a tingling anywhere? Explore it, Luxuriate, Remember it in your heart and body.

As you begin to come back, hold onto these sensations and bring them with you, take a moment to describe your experience, any marks on the metaphorical map to help you remember these feelings and return here more often. Pause Here and continue on whenever you are ready

Your magic Identity of wonder Exercise-

- Now Being Present with these feelings of Awe and Gratitude fresh in your heart, draw your attention to what experiences, activities, objects or people in your life make you feel this way.
- Start from the feeling and see what thoughts or images come up. Rich places to look are places where you feel fascination, or experience beauty. Feel free to pause the recording and spend some time pondering.
- You can also look at your notes from last week or your things you noticed over the week that you enjoyed. Where we find delight, we can often find and cultivate wonder and gratitude. Pick one of your favorite things out of your notes from last week, and experience in your mind, as you think of it, do you feel wonder and awe? If not, can you turn your attention to what is absolutely amazing about this event, experience, object or person? Think about all the processes, occurrences, events, or probability that had to happen for this thing to come in your life. How amazing that all of these things came together and you get to be the recipient of the incredible! Go ahead and pause the recording and enjoy.
- You can also do this with seemingly mundane items in life. Pick one thing in your life that you interact with on a regular basis. **My Broccoli example**. Pause recording.

Take a moment to reflect on the notes from this exercise as well as your notes from last week. What themes, patterns do you see? As you reflect, notice which things light you up the very most and spend a moment focusing on them and feeling them in your body

Magical Praxis-

1. Pick a time everyday to cultivate gratitude and awe.

- Mary Moressy- Before your feet hit the floor in the morning, cultivate a feeling of gratitude,
- Before you eat
- Before you go to bed at night

How to do this

- A great way to cultivate wonder is to pull your attention on the miracle it is to be alive!

- If you are having a hard time generating this feeling with just this thought alone, try starting off with some of the items on your list that you already know bring you easily to a feeling of wonder and delight. Pull the feeling into your heart and bring that appreciation and amazement to what you are experiencing in the moment and gratitude for existing.
- Gratitude journals

1. Be a detective for wonder (and delight!) - (and take notes!)

Its around you everywhere, Hidden in plain sight.

Get it into your life in all the ways (3 ideas, pick at least one of these)

5-10 minutes of errands being grateful for everything

Take one object and see how far you can go back grateful each step

Sprinkle into your week some of your favorite bits of magic-

Set your alarm with one of your favorite songs and do a little dance when it goes off.

Take 5 minutes and look through the photos from one of your favorite vacations

Look at your list from last week and add in one more of those instances than you might normally have in your week, smile and enjoy the heck out of it.

This ain't JUST self care, It's Magic Time!

As you are doing both of these practices spend at least 5 seconds (or for extra credit) up to 20 focus on the feelings in your body, Get as many of your senses involved as possible

2. Optional Challenge of the week- Dual awareness- When a less than desirable experience occurs this week, see if you can bring either the feelings of delight, wonder and gratitude into that moment. Just allow both to be there,