

Magic of Transformation- What is here, what is true, what is possible

Review- Decision& agency, Delight, Wonder and gratitude, Play, Love and connection

In this module we are talking about Transformation

how to find the magic and play of transformation in everyday hohum objects and situation,,

Then we will talk about how to take this same magical practice into dark and difficult corners of life,

then we will finish up with your magical praxis of the week

Introduction to Transformation- Transformation is you and some other entity accepting an invitation to co-create something new. This can be with an object, a situation, a thought, a relationship. Sometimes the other entity is not aware something new is being co-created, sometimes it is not even sentient. There are always certain aspects you don't have control of, but when you shift your awareness from the thought of "I don't have control" to "Where do I have agency? Where is there room for transformation and play?" Everything starts to change. How do we do this? I'm so glad you asked!

Recognise ,Remember, Imagining the possibilities or in other words What is here, What is true, What is possible.

look around the space you are in, find something that piques your interest,

Recognition- Recognize what is here

Presence, Acknowledgement- Connection and being with the object just as it is

Attributes -What are the properties of this? (physical, emotional)

Expectation- what is the everyday expectation of this object?

Potential- What are the potentials of these attributes, can they do other things besides what they are doing?

Remember your power- Ask What is true? The truth is that you have so many skills and tools at your disposal- we've been honing them over the last several modules, lets bring them out to play! Just to name a few we have

Agency- you are the magician that transforms objects and situations

Novelty or Curiosity- you have the ability to see things familiar as if for the first time

Play- you know how to engaging with fascination and glee- this is a huge part of transformation.

Now that you've seen whats here and remembered the truth of your power you incredible creature you, Its time to ask **What is possible?** And use our imagination and perspectives to create transformation.

Imagination- Belief of two different flavors

Suspension of disbelief- Can you set aside your assumptions long enough to believe that this object or situation can be different than it is?

we talked in our module on play about taking the audience with you- Now you are the audience you are taking with you. At a magic show, you know they didn't actually do the trick, but by setting aside your assumptions for a moment and suspending your disbelief transformation is much more enjoyable and attainable.

Whimsy! I do believe in Fairies- Take a moment and feel into this as I describe it. When you let your inner child be in charge of your suspension of disbelief we arrive at one of my very favorite things in the whole world- whimsy. Take a moment and feel into this, Can you remember watching your favorite movie as a kid? That feeling of "Of course Pinocchio can become a real boy" "Peter pan can totally teach me how to fly" and "Those ruby slippers can take her home in an instant!" Hold onto this feeling, cultivate it, honor it! It is gold. Please don't try to fly out your window or buy stock in the ruby slipper teleportation company, but keep it in your heart. It is precious, it is real, it is yours.

Perspectives- Possibilities - shifting your perspective,Saying "Yes, AND!" Asking "What if?" or making proposals

I'm sure there are plenty of other options but here are some of my favorite easy ways to invite play. As I explain each one, see which one or ones work best for your object.

Perspective/ perception

- Scale- what if this tiny thing were gigantic? What if this huge thing were miniscule- The finger trick - **SFO photo**
- Time- slow motion, fast forward- Changing the speed on a record or an audiobook and it sounds like chipmunks are very excited to share their art with you.
- POV/orientation- **trees in a puddle Photo**, mirror on the floor,sitting upside down in a chair, turning your object upside down or sideways. **Handstand photo**
- Expectation/ association-
 - This looks like that- Salt shakers snowing on the plate,Dance of the dinner rolls, toilet bowl brush (a clean one) as a magic wand.
 - A complete & unrelated change- Bread tabs (**IN Hand**)
- Animate status- Object into being, sunglasses face happy chair is happy, puppets

Waiting at the doctor's office- What if that table started tap dancing? What if that ceiling tile pulled back and there was an entire community of people who lived up there that were only an inch tall?

Waiting at a bus stop- What if those fold up seats were actually trampolines and everybody could just bounce away on their bottoms while waiting for the bus?

What if a tree grew upside down by accident with its roots in the sky and its leaves and branches deep in the ground?

What if fire were cold?

OK! On to **Magic in the messes- Transformation addition**

This is the really Juicy stuff guys! This may feel completely foreign and difficult right now, and parts of this you may think I'm a little nuts, but I PROMISE you this is how you really take agency of your life and make some real magic and transformation in your reality. Just like the playful transformation of objects we just practiced, this gets easier and more natural the more you practice it.

A quick caveat- There are three main empowered ways to interact with hard situations.

In our week on play we talked about partnering with and being "in the poop" and taking comfort in the ridiculousness. (aka- deciding that when you slip on a banana peel that it's hilarious)

This week we are of course focusing on transforming the hard into a new situation by changing our perception. The better you get at this, the bigger range of experiences you can transform this way. As you grow in this practice, you will see the edges of what is possible with this expand. It's a beautiful thing.

As we go into this, please know, I am in no way judging anyone in any situation. This is the way our society is structured and has conditioned us to see our reality. Come into this space with an open mind and see what you find here as you explore with all of your magical tools we've been building together.

Life can get super hard! I am in no way denying this but we often have many more options and much more agency than we realize most of the time.

No matter how good you get at this though there are some situations or parts of situations that only transform through time and compassionate presence. Grief, for example, needs to be felt and moved through at its own pace. We will discuss this, and how to bring our magic into these situations in our last module.

For now, back to the awesome power of Transformation!

So here's the great news, You've already started!- Gamification of the unfun! In one of our exercises from Play week we used our play personality to transform unfun tasks to be done. Let's take a quick look at how this fits the transformation we are exploring today.

What is here? Recognition- You recognized that you were discontent with the situation, and knew that it still had to get done

What is true? Remember your power- You took your magical agency and decided to take action to shift the situation.

Then ask **What is possible?** you used your **Imagination to transform your perspective** and the way you interact with the task

Let's take another look at the structure. Before we do, bring up a mildly messy situation that you currently feel a bit helpless that you would like to transform. Start off easy, as you get more practiced with this you can transform bigger and bigger things.

Recognize- What is here- What is being experienced

Status Quo	Life Magician
This is happening TO me: I was looking forward all week to going to the beach today, so of course it is raining on my one day off. This is the worst.	This is happening: It is raining. I am not going to the beach today.
Emotional Reactivity: I'm so sad and upset! I want to cry	Presence- I am noticing the feelings of disappointment and sadness.
Self soothing & consolation; Sad and upset at the weather (at the weather you guys) and stays in that mood. Stupid weather.	Compassion and being with: It's ok to feel sad and disappointed. I can have compassion for the fact that I am feeling these things, then I can move on to plan B for the day.

Now I have to introduce you to a new aspect of your Decision and agency that is your #1 tool for transformation maybe you see it already. It is:

STOP COMPLAINING!-

Complaining is surrendering your agency!

You become helpless, the victim of the circumstances. Not complaining doesn't mean pretending you don't have circumstances. It means acknowledging the circumstance then putting your attention on what you have, and what you can do.

What is Self Pity, and where does it come from?

Lets take a moment to rebrand, Self pity, complaining victimhood, they all have a connotation of immaturity and indulgence. Let's strip away the shame and judgment and just call all of this "Self consolation".

Self consolation is a tool we learn before we have embodied our agency. We are more powerful than that now, and getting more magical by the day! Still, the self pity feels good at first. It may feel comforting, but as you start to pay attention to it, there is an ickiness underneath like fake sweetner or too many twinkies. It gives us a place to stick to, to feel held. The problem is that this is THE MOST EXPENSIVE INDULGENCE ever! The price is your agency! It never fixes the problem, and costs you your freedom.

In the words of Vincent Felitti “It’s hard to get enough of something that almost works.” You can’t! It will never work. It will never satisfy you. It will never solve the problem.

Consolation Bananas

Self consolation is simply an old pattern that as we explore it , we start to recognize as maladaptive. Most of us are used to this feeling of self consoling in this way. As we step into this new space of holding our agency in difficult moment, it can feel empty and wrong. Like there is nothing there to hold us. TRUST ME! THIS IS WHERE IT ALLLLLLL BEGINS! Say yes to this and watch life unfold.

Sometimes it’s not even as strong as self consolation (aka pity) sometimes it is just a simple assumption of “that’s just the way it is” or “I don’t have any agency over that” Just notice that thought or that feeling and start introducing the possibility of that not being the whole truth. Many times you can’t change the whole situation to be what you would want it to be in this moment. That’s not the goal. But when we recognize this as an assumption, a thought that can be examined and changed, things have the opportunity to start moving.

Think of a little kid wanting to take their security blanket to kindergarten. They feel vulnerable and unsafe without it. There will probably be some tears and maybe even some screams of discomfort at the newness, but after a few days or weeks, they feel free and confident without it. You are so beautiful, powerful, magical and strong. I can’t wait to see you step ever more fully into this power you have inside.

Somatically feeling Complaining and self pity-

Look back at the last exercise. Feel the difference inside as we shift back and forth between the two columns: the contraction of self consolation, and the expansion of presence and agency

Start on the Status quo side: what does this feel like? This is happening to me, Emotional Reaction, staying stuck

Then move into the Life magician side: This is happening, presence, Compassion and being with

Move back and forth. Feel the difference, feel the contraction vs the expansion.

Pause the video and notice what you are feeling. Write down any notes. Take a snapshot in your mind of what these feelings feel like in your body.

Now let’s focus on just that feeling of seeing the situation plainly for what it really is. With your situation in mind and with the truth of your agency in your heart just take a moment

and remember this feeling of compassion, of options of possibility. If you'd like to take a moment to write down anything you noticed.

Now Sometimes telling a story can help us discharge the emotions around it. If something feels pent up and you need to share it, please do so, but try to stay in your agency asking for compassion not pity as you do. Phrase the story with the words and emotions of "This happened" instead of "this happened to me"

If you find that you have told a story of something that happened more than 3 times (maximum 5) challenge yourself to start shifting this pattern, the story of victimhood is getting written and repeated in your brain, and when it gets repeated that's how it gets remembered.

Remember your power- What is true? -Remember-I am a powerful creature and I have the power to shift how I perceive and interact with this situation. Look at all these beautiful tools you have in your wizard's chest.

- Agency/Presence- be in your power. All the time, this is where you live now. When you find you've stepped out of your power, don't judge, just notice and reclaim it. I have agency and I have the ability to see this situation as it really is and choose how to perceive it.
- Novelty/Curiosity- I will stay curious
- Gratitude- What am I grateful for in this situation?
- Play-
 - Can I partner with it?
 - Can I engage with Fascination?
 - If not glee, can I find a way to laugh at the situation
- Opportunity- Can some good come from this
- Support- Love connection community
- Cultivation- What feeling would I like to have in this moment? What does that feeling feel like, can I bring that sensation into my body?

Imagination +Possibilities= What is possible?

Imagination & belief -

- Suspension of disbelief
 - Do you believe that it is possible that this situation could be different than what it is? (doesn't have to be immediately)
 - What if this could turn out way better than I had originally planned?
- I do believe in fairies- bust out your Whimsy, and take it up a level
 - What would it feel like to be thrilled with this situation?.
 - Can this actually be incredible?

- Feel what it would feel like if this actually turned out to be one of the best things ever. Bring that energy into your outlook as you turn towards possibilities

Possibilities- Shifting your perspective,Saying “Yes, AND!” Asking “What if? or making proposals-How can you use your tools to imagine and play with possibilities to find the best possible outcome that serves you, the situation, and all involved in the highest good possible?:

- Harvest the good- Beach example- We’ve really needed the rain, this is so good for the plants.
- Wonder, and Gratitude- Water our most precious resource is literally falling from the sky making life possible on this planet
- Joy and delight
 - Shift focus completely-pop in your favorite movie,take the opportunity to clean out that drawer that you’ve been meaning to for months and think about how you are going to smile every time you open it now cause it is SO organized,
 - find joy and delight in the situation- go out and dance in the rain, go for a walk under that umbrella that you bought while on vacation that reminds you of that wonderful time. Open the windows, smell the rain, and curl up with a good book.
- Can I bring Play to this situation in some way? Many play types are represented in the last example
- Would love or connection be a useful tool right now? invite a friend over for a cup of tea. Call a good friend-If you need to you can let them know you are sad and you just need someone to hold space for that for a minute. Then shift the conversation, or skip that part entirely. Enjoy connecting with them.ask them what is bringing them joy and lighting them up. Experience their magic, feel the glow.
- Mental/ emotional/ Physical state- take a bath, go for a walk, meditate, dance party
- Space- go to the library, a coffee shop, a restaurant, a movie house.

Look at all of the wonderful options you have that don’t involve self consolation and being stuck with what is assumed to be.

THIS IS A JOURNEY NOT A DESTINATION, but with time and practice this CAN and WILL change your life

I am constantly finding new areas of my life where I’ve stepped out of my power, I’ve learned that when I feel that contracted feeling -even if it feels completely necessary and true- if I recognise that this is a place that needs attention, remember my power and step into my agency and compassionate presence, this is where things can start to unfold.

It still feels tantalizing, familiar, and good in this constricted consolation place. Even the place of powerlessness has its own emotional appeal. But without fail, as the relationship starts to unfold, and I step back into my power and I wonder why I spent any time there at all.

Magical Praxis- Make it real! Make it yours!

Continue with your Life magic big 3 exercises

- Being a magic detective.- Find delight and enjoy the heck out of it! Drink it up!
- gratitude and wonder scheduled into your day
- Having a “self-care” Magic time at least one scheduled in your week.

Transformation time- **Recognize, Remember your power, Imagine with possibilities = What is here, what is true, what is possible.**

Level 1 homework- Practice object play and transformation. Pick an object, Recognize-(what is here). Remember- (What is true), and ask What is possible? imagine the possibilities As Can the record player become a treadmill for you fingers? What if your boots were made for talkin instead of walkin?

Level 2 homework- should you choose to accept it! You got it folks- bring that magical transformation to the messes! Or try playing with just the first part of it of:

1. Recognition- What is here? Remember the contracted feeling of Self consolation or helplessness of lack of agency when you feel it coming up. notice it! Even if you don't change a single thing Just noticing the feeling is a GIGANTIC first step.

1. Remember- What is true? You are amazingly powerful! Take agency and remember you have an incredible set of magical tools. You have delight, gratitude, play, love and connection and in this moment you are building the tool of transformation!
2. What is possible?

How can you use your tools to imagine and play with possibilities to find the best possible outcome that serves you, the situation, and all involved in the highest good possible?:

- Harvest the good
- Wonder, and Gratitude- What is amazing? What am I grateful for in this situation?
- Joy and delight- find it in the situation or Shift focus completely
- Can I bring Play into this situation in some way?
- Mental/ emotional/ Physical state- change your thought, change your focus, move your body
- Space- go somewhere else