

Class notes for Participants of Reclaim Your Magnificent Life

Module 6- Magic in the messes

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In this first section, we are going to explore some of the things that hold us back, and use our agency and magic to bring presence and transformation to these patterns that don't serve us. We are also going to have a (certainly not exhaustive) but helpful overview of how to navigate the hardest of times. Please engage with this module judiciously, If you are currently in a very dark or overwhelming time, this information will serve you, but it's possible that it might feel like too much at this moment. Listen to your heart and body and interact with the recording in whatever way is the most useful and healthy for you.

As we move through this module, notice what you are noticing, what feelings come up, can you notice them without pushing them away, or judging the feelings or yourself? It's a process and it develops with time, but this is where the deep magic happens and here is where we begin.

Before we go into the trenches as it were- lets get in touch with our magic-

Review- Decision, agency, Delight, Wonder and gratitude, Play, Love and connection, Tools of transformation, Recognize- what is here, Remember-What is true- you are present, you are powerful, you have agency, and with that agency and the tools of imagination and perspective you ask: What is possible? And in this deep knowledge of our truth, our power and our magic, we turn joyfully to the places of potential, of growth, the places with compassion and presence, love and curiosity can transform into greater freedom than we could even imagine! Are you as excited as I am?!?! Lets get started!

Magic in the messes-The messes happen- It's not about thoughts, feelings and life situations not happening. That will always be the case. It's about knowing how to navigate the things that come up. This takes time, practice, and experimentation to find YOUR way of dealing with your unique life experience.

- Living as the Observer and participant is KEY!! Notice your thoughts and feelings and have them, in order to be able to release them, instead of letting them have you.
- Revisiting the Magicification of the currently unfun- we've worked on this in past weeks, but this is really where everything comes together, so lets touch back into this. This will take practice, but with some practice, before too long it becomes a reflex and just the way you do life.
 - First- Recognize what is here. Notice what thoughts, feelings and circumstances are you experiencing right now? Can you separate the story of your current perspective and assumptions about the situation and accept them plainly as what they are?
 - Remember What is true: You are the Magician who opens the doors to experiencing the magic of life. You have a choice on how you perceive, hold and move forward from this moment.
 - Ask with imagination and perspective- What is possible? Here are a few possible questions to ask:

- What aspects of this are delightful? What parts of the experience are pleasurable? What parts of this will feel pleasurable after it is completed? Can I hold that future experience in my body now to make the completion of the task more enjoyable?
- Where is the wonder here that I am not currently seeing? Can I bring that awe and appreciation
- How can I bring my sense of play and laughter to this situation
- How can I bring others in to support and bolster me through this?
 - Can I connect with someone to collaborate, cheer me on, or just keep company? Can I enjoy and feel grateful for the love connection that person and I share?
 - Is this something I am doing that will benefit someone else? Can I imagine how delighted or grateful they will be as they experience this?

Emotional fallen logs that can get in our way

- Last week's lesson with self consolation or pity, and helplessness also goes for many other emotions besides just pity and helplessness, experiment with any difficult emotion, what do you find?
- Shoulds and supposed tos- shame and judgment
 - Second dart
 - Ya got should all over yourself-Shoulds come from shame which comes from assumptions of what it means about you as a person if you don't do that thing. Can you experiment with what happens if you set this aside? You can even reach and pluck the imaginary shame and set it to the side. Now look at the situation I could do this thing, or I could not do this thing. Either way there will be experiences and results from that decision. Which one best serves me?
 - Also, sometimes but not always, asking "says who?" or "why" can yield informative results

Project areas & Patterns- When you start to see places or patterns that are constantly derailing you or holding you back, IT'S PATRY TIME! For serious, this is a big deal!

- I've mentioned through this class, "What we appreciates appreciates" but there are two other parts to this "What we resists persists" and "What we can feel we can heal" Facing and being with the hard stuff is not always an easy path, but it is the only way to freedom.
- Once you can see them, you've already done the first step: Recognizing what is here. High five self! Then you can begin to bring your presence and your agency to that space, be present, bring compassion and start to transform it. As these patterns are ingrained and habituated, this process is slightly more nuanced than our normal transformation process.
 - First- Recognize- then go deeper
 - First-notice and have compassion, letting go of shame, judgment. (more on these in a minute)
 - Second- Get curious- Start making observations and asking questions-
 - When does this happen?

- What triggers it?
 - When do I notice there is a problem?
 - Here's the big leverage point folks: Is it possible to bring more attention and awareness to notice what are the steps and patterns that happen BEFORE it becomes a problem?
 - Bring more awareness- can you slow down the experience or bring more presence into the process to understand and bring more agency in any way?
- What helps?-
 - What can I do on my own?
 - Effort and will power should mainly be used in the creation process of new patterns and habits, if much will power is needed to sustain any system over a long term, it will break much earlier and more often.
 - Habit forming- some of my most important go to habit forming tricks are- Make it fun and easy to do the right thing, make it hard and or painful to do the wrong thing, and set the bar so low you can trip over Atomic habits- identity based habit forming.
 - Ask yourself: Is this enough? With time and practice, will this be enough to overcome this pattern or project area? Or do I need help?
 - zone of proximal development- explain
 - How can I take agency to get more support?
 - Community and loved ones
 - Physical support- a brace, technology, an app?
 - Professional help
 - Seeking out different healing modalities
 - When a practitioner or professional says something is impossible, it means they can't help you with it. What it means beyond that is up for discovery

Remember, you are the one who has to show up and do the work, but that DOES NOT mean you have to do it all on your own. Part of staying in your power is recognizing where you need help and asking for it.

What you can do- Here are some Tools and techniques for breaking down patterns and dealing with them when they happen

Breaking down patterns-

- Agency and Curiosity and letting go of judgment and shame is the key here: (more about shame and judgment in a minute) First curiosity-What do you know about this pattern? When does it happen? How often? Why does it happen? Are there any triggers emotionally, mentally, physically that bring it on? Do certain people or places seem to make it more likely to occur?

- Working backwards(What are the thoughts, feelings, signals the step BEFORE it becomes a problem) start where you are at. Wherever you are, whatever you can notice from where you are right now is great.
- notice what you notice and see if you can go a step earlier the next time. Every repetition is research and practice. (example: meditation bringing your mind back)
- Is this pattern caused by mental, emotional & spiritual or physical imbalance? Look for clues, make a guess, and stay open to discovering its a completely different cause than what you expected. I've had issues that seemed clearly in the physiological/ metabolic issues that were totally caused by emotional issues. I've had mental and emotional issues that were totally caused by metabolic imbalances.

Having your parachute ready

- When things get hard and messy, remembering, making decisions and wise choices get much harder. The time to build a parachute is not after you jump out of the plane, but while the sun is shining and our feet are on solid ground. so let's plan for the inevitable messy situations spend some time exploring and sewing our parachute here together:
 - Also Think back to what has worked in the past to help me shift and transform or ease this pattern
 - mentally, Emotionally, physically? (meditating, going for a walk, dance break, walking away from the situation for a moment)
 - Based on what you know about this pattern, what you know about your needs in that moment, what things think they might help avoid escalation and or ease the reaction? Make a plan before hand, and make it as easy to support yourself and your body. Next time I feel (blank sensation, or notice I am doing (blank) am going to do this. Make it concrete and the barrier to entry as low as possible.
 - Example: put on running shoes, walk out front door. Or walk over to meditation table and sit down, put some food in my belly, take a nap
 - Keep a list of what works or doesn't work also make this list easily accessible. Make a place, a piece of paper, a document, a list, whatever works for you, and make what works easiest to see.
 - Wherever it is, it should take one (max 2) actions to get to it from wherever you are when this pattern normally occurs.
 - In our final review module, we will be creating a map/ list of our own personal magic, also keep this list where it will be easily accessible, or even better in plain sight!
 - Interact with these lists often so your brain remembers them as a resource when things get confusing
 - having emotional fire drills - In a time of calm, put your body into the motion of the plan. Say to yourself, ok, this thing just happened, then do the action step that leads to the plan of attack, walk over and put on the

shoes and go out the door, walk to the meditation table. Etc. put the pattern into your body a few times.

- Regardless of whatever is currently feeling problematic, Be compassionate and consistent with yourself and the situation, not perfect- Every time things go not as planned and you find yourself out of your power, think of it as another rep at the gym,. What a great opportunity to practice stepping back into your powerful magical self. See if you can find a place in your heart to thank it for the opportunity for growth!

The big hard stuff- This is really a whole class on its own, but here are some key points to take into the very darkest hardest times in life.

- Containers- When you can't transform the way you hold the situation, can you transform WHAT holds the situation? Can you let your awareness and connection to magic hold the situation in compassion? Again, when things get really big, the goal is not necessarily to transform it away, but how can we allow the magic of life to help share the load and make it easier to carry? Your magic loves you! It wants to help!
 - Ex: Lets say you own a home and you suddenly find out that there are some very large and expensive repairs to be done, Can you let the love and connection that your home has provided hold space for the difficulty and stress of the repairs? Thinking of it as caring for a loved one, a loved one who gets ill, might incur medical bills, but the love you share holds space for the difficulty. You just want them to feel well.
 - Zoom in, zoom out go further upstream- if that doesn't help, can you zoom out further? Go out as far as the fact that you are breathing, or the insane amazingness of the universe, or zoom into the amazing intricacies of biology.
 - I say this from deep experience of many long years of dark and scary places mentally and physically. In the very darkest of moments, when everything is horrible, the things that are left are gratitude and surrender. Finding something to be grateful for, something, anything, everything you can think of. Accept and surrender to what is in love and compassion and hold onto your butt. DO what you have to do, go through what you have to go through, but keep your focus on that gratitude as the light in your heart that will take you through your very darkest night. In this place, pity will EAT YOU ALIVE. Don't go down this road, it leads you off the path into the dark woods away from your light. I love you. You are so powerful strong and beautiful, stay focused on the gratitude. The darker the space, the more deep the gratitude you bring to it.
 - Let things suck- be with them in presence and compassion, be the one who shows up for yourself time and time and time again. Have the feelings, every single one that you need to have to move through it. You don't have to feel them all at once, in fact, Having them all at once is a HORRIBLE idea! There are so many tools, modalities and professionals

who can help you hold this space and dole it out in smaller pieces. If you notice you've stepped into pity, notice, step back into your power, lather, rinse, repeat. This is the only way through.

- Dissociation- is when we disconnect, and remove ourselves from our experience. It would be easy to demonize it, but it can be an incredibly useful and healthy tool when wielded properly. It all depends on where and how you use it. In any given experience, can you feel into the difference between the two and tell which place you are coming from?
 - Are you using it with compassion and presence from the observer as a way of creating reprieve and bolstering strength to be able to face what is going on in your life with more awareness and agency? Like taking a break from a stressful project to go see a movie with a friend then coming back to the project refreshed and ready to go.
 - Or is the participant so overwhelmed and stressed out from everything that is going on that they need to numb out, detach, and disconnect? Stuffing down emotions, compulsively engaging in vices, watching hours and hours of netflix or video games, avoiding things that need to be taken care of, these are all signs of physical, mental and emotional overwhelm. How can you bring compassion, understanding, and support to this freaked out and scared part of yourself and your experience. This part of you needs compassion, agency, and support. How can you provide or ask for what you need?
 - Notice your experience in the moment, but spend time thinking and noticing your patterns in a moment when you are not in overwhelm.

Magical praxis-

Continuing on in our magical practices of Staying in our power of agency to more deeply notice enjoy and participate in the magic of our lives, having a daily time of gratitude that we invite into the rest of our day, and having at least once a week magical self care time.

Turning towards-

Use this undercurrent and ever present magic in your life to stay present and grounded as you turn towards the difficult.

Option 1. Deeper magicification of the currently unfun- take on the challenge, that thing that you just don't like doing, how much delight, enjoyment, wonder and play can you pack into that puppy, I bet it's way more than you could imagine, go ahead, I dare you!

Option 2. Spend some time this week asking with compassion and curiosity what are the project areas, patterns, and emotions that no longer serve me. Work through them with the tools and processes we've discussed today

Option 3. If there is a situation present in your life that seems overwhelming, be curious and compassionate about how you can bring more presence to the situation. Experiment with how you can allow your magic to hold some of the weight of this situation for you. Partner with it, it's here to help.