

Class notes for Participants of Reclaim Your Magnificent Life
Module 7- Looking back in amazement, Living from our magic, and moving forward in excitement!

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Welcome to our last module!

Breath and centering

Before we get started let's just take a moment to celebrate everything we've done!

We have- become the magicians of our lives by deciding, taking agency, being curious, cultivating, engaging, connecting, remembering our power, transforming the unfun as well as being with by turning towards and holding space for the hard stuff.

We've learned to connect to our bodies to feel more deeply, recognize and cultivate the feelings of enjoyment, delight, pleasure, gratitude, wonder, awe fascination, glee, love, connection, compassion, belonging and possibilities

You've also discovered what lights you up as you've explored and identified several aspects of your unique magic identity and have started using it not only to create a deeper connection with the magic all around you, but also to connect even more deeply with others and as a tool for transformation when life feels dark and difficult or even just a little bit messy.

With all these tools and experiences We've started to see, and appreciate more deeply the magic of our everyday routines, people new and near, and life all around us!

HO. LY. COW! You are totally incredible, I wish I could give you a cookie! Look at all the skills, perspectives, resources and tools you now have access to! I'm so proud, I think I might cry. And here's the amazing news, the more you work with these practices the deeper, richer and more lovely they get!

*****Please remember this is a beautiful journey, not a destination. You've made a brilliant start on your path, and I hope I have the privilege of seeing you as you blossom and grow as you travel on.

Remember the story I told from the first module about my friends learning a handstand trick, and the one said, (Story) You're doing it, and the more you do it, the bigger this space of magic gets! And bigger and bigger and bigger!

“JUST”

This is a really big course! We've covered a ton! This is only a first pass. As we talked about in the first class, Everyone learns at their own pace, in their own way and has their own journey. What feels like an easy stepping stone to one person may feel like a 40' brick wall to another. The guidance I give on any given topic may feel like a detailed instruction manual to one person

and a blank sheet of paper to another. Whatever your experience in each module, its perfect, because it's you being honest and discovering where you are right now. I

've also minimized and maximized in order to get you the most breath and depth possible over this whole course but further exploration on any of these topics will not only clarify but also deepen your understanding. Any one of these modules can and may in the future be complete courses on their own.

Also know that weirdly enough, getting used to feeling good is its own journey. It has to do with negativity bias and practiced pathways through the brain. It is a muscle, a habit that can be lovingly cultivated with time and practice. Over time as we continue to steward our thoughts and feelings, this ratio begins to shift.

The point is not to leave this course and have a perfectly magical life forever more. notice the areas where you shine, listen in to your feelings to notice where there is excitement and expansion and branch out and grow into these areas. Notice where there is resistance and contraction. Here we approach with compassionate, curious presence to grow our roots, our foundations deeper and stronger.

To do this we are going to move into a somatic exercise

Branching out, blooming, and growing roots -

- **Building a somatic greyscale (explain grey scale)-** Notice your feelings as you move through this exercise. Each situation will feel different and give you information about how to interact with it. Take any notes or take a somatic snapshot inside your body as you experience the feelings. See if you can feel into a sense of expansion or contraction . These are more subtle feelings and often ride underneath the bigger feelings. Expansion normally rides under feelings of love, joy, peace and gratitude. Contraction under fear, anger, shame, etc. If you can't feel either of them right now, no worries. it will develop in time.
- This first section is Branches and blossoms- joyful areas to expand into-
 - **1 What does it feel like when something new and exciting drops in your lap?**
 - Imagine someone has just invited you to do something you've wanted to do for years!
 - **2 What does it feel like when something is challenging, and its going to take some work to get good at, but you are dedicated and excited about mastering it?**
 - **3 What does it feel like when something piques your interest-**
 - You're not over the moon excited, but you are intrigued
 - look for mini sparkle feelings the beginning of glimmers
 - **4 What does it feel like when there is a proposal that doesn't feel like delight, but would you not say no to?**
 - The feeling of hmmm, that might be interesting

- These are all places that you can grow into your magic in the sunshine! These are great and exciting places to expand your magical landscape. Go forth, enjoy, as long as they are healthy decisions for you in your path at this time. Listen to if your feelings about it change as you start to explore it,

Next is less fertile but not impossible ground for magic-

- **5 What does it feel like when someone proposes something that you have possibly even tried, and don't dislike, but genuinely have no interest in?**
 - Perhaps there is a feeling of ambivalence or apathy? Perhaps just kinda a blank slate. Feel into whatever this feels like for you.
- This is a place where it is not impossible to find magic. For me I find the easiest way to grow into these places is to find others who inhabit this magic and witness them in their lit up power and borrow and integrate their delight.

And last is places where we grow our roots

- **6 What does it feel like when something scares but excites you?**
 - That constriction but excitement at the same time, You want to do a thing, but there is a barrier you have to go through first. choose which analogy feels like the right level of challenge for you. Depending on your level of adventurousness, standing at the edge of a swimming pool, or high diving board, or about to jump out of a plane to skydive
- **7 What does it feel like when someone proposes something that is a hard no?**
 - Feel this closing off. feeling this tightening and shutting down. Perhaps there is anger or sadness that are present?
 - It is of course TOTALLY fine to have things that you just don't like! However I have found some of the places I needed to grow the most is when I felt strong resistance to something and thought I understood exactly why i disliked it and in deeper investigation, there was so much softening and deepening that happened in those places. ***
 - **if you can approach and be with this feeling of discomfort there can be some amazing opportunities to grow into some Next level wizardry by asking "why?"** -The power of being compassionate but curious about resistance is so transformative! It's party time! Get excited! This is an amazing way of finding incredible expanses of freedom and groundedness once you find your way through it.
 - When I notice I'm resistant to something, I get excited, because I know it is most likely a juicy area of growth. I practically compulsively need to dig into and investigate it. A current project area for me is "the competitor" play personality. explain
- 6s & 7s are where we learn more about ourselves and grow our roots. Again, you are allowed to have things you dislike, but exploring and understanding why and even questioning those whys more deeply can in many cases allow you to set down some very heavy burdens we've been carrying for a long time without even realizing it. This should be done slowly, compassionately, judiciously and in some cases with the help of a therapist or other healing professional.

Can you feel into the difference between the different flavors on the scale? Shift back and forth between “**getting to do something you’ve wanted to do for years!**” and “**something that is a hard no?**”

This is a ginormous skill that will serve you so well as you move forward. It can be a lot to wrap your mind and body around, feel free to revisit this exercise in the future until it feels like it is yours.

Bringing it all into your beautiful magical landscape

It’s much easier to feel connected to your magic when you are in the container of this class, held in this space, than it is on a random gray Tuesday in February.

I have taken enough online classes myself to know the syndrome of “Wow! That was great!... What the heck did we learn?” As you know by now, this class is not about knowing what magic is about, its about building a relationship to it and getting it into your life in a day to day, moment to moment way!

While we are in this space together, let’s document all the beautiful richness we have found in our explorations and put it into a tangible form we can take with us along our path, no matter where our journey takes us.

This is our last inclass exercise and is in a big way a culmination and a snapshot of everything we’ve done together. I’ve created a worksheet to make this easy to follow along, which I highly recommend using, but if you have a different way you would like to keep track of this information,(paper and pencil, list on your phone) feel free to do it whatever way works best for you. Or use the worksheet now and put it into another form later.The important part is to put it into physical space in some way shape or form so you can see it, interact with it, remember it and use it as a tool and a trampoline in the future.

For each module, we will do 3 things:

1. **Somatically Feel**-we will start with a mini somatic revisiting of what we discovered and felt in that class- as I speak this part feel it in your body. Take time, luxuriate in the feelings and sensations of each one, knowing that as you do, you cultivate and strengthen that experience in your brain and body as well as making a literal roadmap of how to get back to these experiences.
2. **What we know and where to grow**-We will have a brief outline of the talking points of each course. As I speak this part use your somatic Greyscale to note which places you felt intrigued and excited to grow into and explore more (Mark these with a B for Branching out and Budding) and places that feel scary but you know will be important places to bring your agency and magic to grow stronger and more resilient (mark these with an R for Roots) (If you like you can also mark the areas that you feel you deeply understand and feel you have really well integrated in your life with **M** for “My Magic)

3. Your Magical Identity -For each module I will lead you through a series of questions to capture some of your key touchstones in each area.

If you have been fully doing the in class exercises and writing down your discoveries along the way, then this section of the review is a simple cut and paste from your homework that you can do after we finish the exercise, while I ask these questions here, just let them wash over you and write down any new discoveries or realizations that come to mind. If you haven't been doing the in class exercises, here's one last opportunity to get some of your discoveries down and recorded while we are sharing this space together.

Think and feel into how these topics have historically and newly reveal themselves in your life. Feel free to pause the recording at any point to think and feel more deeply into any question or topic

Note that the first module will be structured slightly differently because it was actually one and a half lessons put together.

This will take a little bit of time, but please think of this as a celebration and a victory lap of all the things you've discovered and uncovered along the way. This is how you remember it and bring it with you. By doing this exercise you will have not only a map of the territory you have covered to remember it, but a roadmap for the future of all the places big and small, mundane, magnificent and messy to grow into next!

Over time these somatic states become more familiar and we can pull them easily into our experience. But not only is the creation of this list a joyful activity within itself (especially for those of us who identify with Stewart Brown's play personalities of the collector and explorer) it is also an amazing tool for moments in the future when life doesn't feel so magical.

This is our last module together for this class. These are the tools and resources I can give you to support you in your magical life moving forward. Make the time to do this. You will thank me later (wink) I'll wait while you either pull up the worksheet or figure out where and how to write this down. I promise I won't do ~~aaa~~anything interesting till you get back
(Elevator music)

Oh great! I'm so happy you have somewhere and somehow to write down all this yummy goodness that is coming into bloom.

Your Beautiful Magical Landscape- Final in class exercise

Let's come into our bodies and breathe.

Module 1-Intro- Decision

1. **Somatically Feel- Part 1** You are the one who opens the door to the magic all around you. You are amazingly powerful and you have the power to choose how you perceive and interact with the magic of life! It's here, it's there, it's every everywhere! All the time! Make that choice to live more and more from that space!

Part 2- **Somatically Feel- Becoming an “Delight” & “everyday magic” detective-** You get to experience pleasure, joy and delight and by noticing them and feeling them you get to feel more of those wonderful feelings and notice them in your life more easily and often.

2. What we know and where to grow- (B- buds and branching out, R- for roots, Optional M- for my magic)

Invitations-

novelty

Connecting the dots-

expansion-

Permission to be silly-

Magic Filter-Perspective and allowing life to be magical

Permission to learn in whatever order and speed you learn in- This is your journey,

New Relationship Energy- Magic is your new sweetie

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

- Agency- Your ability to make change or take action

Part two of intro-

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

3. Your Magical Identity-

- What memories bring you delight?
- What thoughts or topics?
- what physical activities
- mental activities.
- What spaces?
- What rituals or regular parts of your schedule have little or big delight in them?
- What people in your life bring you joy and delight?

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

1.Somatically Feel- We have squishy comfy beds not full of straw, indoor plumbing, and washing machines. Due to a number of amazing parameters life is even possible on our planet. we have thumbs and we get to eat delicious food that our body transforms into energy that allows us to keep living and breathing and doing this incredible thing called life. The earth spins and our bodies breathe without us having to think about it.

2. What we know and where to grow-

Cultivation of magic moments-

Negativity bias

Feeling feelings in our bodies

Using our feelings and sensations to deepen and cultivate our magical moments

We flipped backwards our ponderance of “What if human beings could fly?!” To see our world through the lens of novelty, curiosity, and amazement

We rediscovered the wonder Intrinsic magic inherent in nature & the ingenious magic of modern conveniences

and with that wonder felt the gratitude for the amazing privilege of being alive!

We explored our magical Identities and felt into what people, places, experiences, and topics bring us most easily to a state of wonder, awe and gratitude.

3. Your magical Identity

- What memories come to mind when you feel wonder?
- What thoughts or topics leave you totally fascinated and amazed?
- what physical activities bring you to a state of awe or gratitude for its existence?
- What mental activities bring you awe and or gratitude? Meditation, reading & research? Podcasts or audiobooks?
- What spaces create an experience of amazement and rapture?
- In What rituals or regular parts of your schedule have you discovered little bits or huge amounts of wonder and gratitude?

Module 3-The Magic of Play -

1.Somatically Feel-You get to play and experience being fascinated, exploring, playing, discovering, engaging and pushing past boundaries and limitations that you find there.

2. What we know and where to grow-

How to Engage with Glee and fascination

Covered thoughts and ideas of how to engage deeper into play

We investigated magical play identities by looking at the How and why of our play using Stuart Brown's brilliant Play personality structure

As well as the what of our play by looking at the different senses of humor & our fascination and nerd points

3. Your magical Identity

- As you think through your life, what periods or specific memories stick out as particularly playful?
- What thoughts or topics do you like to play around with and explore?
- what physical activities bring you most easily to a state of play?
- What mental activities, crosswords, sudoku, intellectual banter, word play, contemplation?
- What spaces encourage playfulness for you?
- What rituals or regular parts of your schedule have you noticed play, or created play in new ways?
- Who are your favorite playmates?
- Why and how do you play? What are the undercurrents that make play the most enjoyable? What are your play personalities?
- Sense of humor
- Maes you laugh?

Module 4-Instigating the magic of Love and Connection-

1.Somatically Feel-You get to connect with others in love and belonging, celebrating where your magical delight finds common ground, rejoicing in their magic and fascination, and feeling

lit up by being seen and held in your own delight. You can create opportunities to give and receive love and connection in the ways that feel great to you.

2. What we know and where to grow-

Somatic Love and Connection Exercise-

Love languages by Dr. Gary Chapman Your magic ID-

Your personal needs and desires for connection

Connecting with loved ones- Romantic, familial or close friends

- Ask yourself about their magic Identity
- rejoicing in common ground
- witnessing and celebrating each other where you don't.
- Recognizing, understanding and interacting in agency now that you know each others
 - Love languages
 - Connection needs and desires
- **Bringing magic to the hard stuff in relationships**
- **In time and trust allowing that relationship to become part of your magic**

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

- **Where to find connection**
- **3 levels of How to create connection**
 - **Level 1- Soft eyes and smile**
 - **Level 2-** Create an invitation- words are the easiest
 - **Level 3-**
 - Ask them a question that can't be answered with yes or no- my favorite- What do you find endlessly fascinating that you want to tell me all about?
 - Watch light in their eyes **Let their inner light lead the arc of the conversation.**
 - A few more practices to allow the other person more at ease
- **Top tips for creating or deepening connections new or old**

3. Your magical Identity

- Who are your most dear loved ones? The ones where just being around them makes you feel lit up and seen and so connected?
- What is your love language(s)
- If you are in a partnership or have a best friend,
 - reflect on where and how your magic identities cross paths
 - Where are some places that they shine and light up that you can celebrate them?
 - What is their love language
- What do you know about how you like to connect with others?
- Around what thoughts, topics, or philosophies do you or would you like to have connection?
- what physical activities (bike riding, walking, working out) in your life do you enjoy that you would like to share with others?
- What mental activities? (chess? Book club?)
- What spaces allow you to feel seen, loved, and belonging?

- What rituals or little moments in your schedule have love and connection in them? Hand holding, morning hug, smelling a flower?

Module 5- Magic of Transformation- What is here, what is true, what is possible-

1.Somatically Feel-You have the amazing ability to transform situations and perspectives by practicing staying in your incredible power, seeing things for what they truly are and using your magic and imagination to hold and move through things in a different way.

2. What we know and where to grow-

First we looked at how to playfully transform objects and spaces using the tools of Recognition, Remembering, and Imagination and perspective

Recognize what is here

Remember your power-What is true? The truth is that you have the power to shift how you perceive or interact with this situation with so many tools at your disposal.

Ask What is possible using Imagination & Perspective

Imagination- Belief of two different flavors

Suspension of disbelief

Whimsy

Then we explored how to use this same structure to transform “currently unfun”

by shifting from the Status quo of This is happening TO me:, Emotional reactivity, and self consolation and pity

To the Life Magician who says- This is happening, is then able to notice the thoughts and feelings currently present, and to be able to be with the situation thoughts and feelings in compassion and agency.

We also discussed how shifting and releasing our relationship to complaining can be an incredibly powerful tool for agency and transformation

We felt somatically into the difference between the constriction of pity, victimhood or consolation and the expansive freedom of compassionate presence.

And looked at several different ways to use our powerful magical presence and perspective to bring change to the situation or ourselves.

3. Your magical Identity

- Here I'd like to give you a space to record any moments thus far where you normally would have stepped out of your awesome power of presence, but instead you noticed what was there and got curious about how to shift it. Even if no shifts have happened yet, This is still incredible progress, by writing it down we draw our attention to it and our consciousness starts to gravitate to staying in our agency more early and often.

Module 6-Magic in the messes- approaching the difficult with curiosity and compassionate presence-

1.Somatically Feel-You are the magician that can go with your agency and magic to bring light into the darkness. We recognize that even in the darkest moments, we have the ability to choose how we perceive and interact with the situations we are in. We approach difficulties internally and externally with patience, presence, compassion,curiosity, agency and accepting them exactly as they currently are without blame, shame or victimhood. Surrendering not in defeat, but in letting go of the need to control. In agency asking: How can I simply BE with these feelings or situations in greater peace? What resistance is here? What action am I able to take on my own? Can I break this down into smaller pieces? how can I get the support I need with this? I may not know what to do or how to start, but I know if I turn towards and be with in compassionate presence, I can start to find out.

2. What we know and where to grow-

We continued our journey into transformation using and exploring our structure of what is here? What is true? What is possible?

Emotional fallen logs that can get in our way

Project areas & Patterns-

Tools and techniques for breaking down patterns and dealing with them when they happen

Taking our magic to the big hard stuff-

3. Your magical Identity

- Take a moment to ask yourself in my life, where is in need of greater awareness, compassion and agency?
- What emotional “fallen logs” derail me on a regular basis?
- What habitual patterns or project areas are present in my life?
- What current circumstances feel big and overwhelming? And how can I find the support and ability to be with and navigate them in a healthy way?

Module 7- Looking back in amazementLiving from our magic, and moving forward in excitement!

1.Somatically Feel- You’ve learned so much in our time together. We are rejoicing in all of our skills, our knowledge, our unique magical identities, our powerful presence, and turning with curiosity and excitement looking forward into how to unfold next knowing that the magic of life surrounds us in every moment.

We revisited somatically and celebrated all we learned greyscale

We created the beautiful map of our unique magic identities

Turn with excitement towards the future of growing, identifying some specific places we are excited about exploring, growing and blooming into.

Not just noticing but Living from our magic

3. Your magical Identity- We’re doing this part right now in this exercise, and you just completed it!

Look at this beautiful list you've created. As you see things on the list, feel the sparkles, warm fuzzies, expansion, connection, delight, wonder, play, and so much more

Let the warp and weft of these threads weave together. Let all of these wonderful feelings and the memories of all the experiences we've remembered and shared all coalesce into a beautiful tapestry of colors and light. Can we start to feel into this insane miracle of life and see this as the truth of our existence? to first seeing a glimmer of this space, to foster it with our intention, attention, practice, and insatiable love and excitement, and watch it grow to not just a place where we can rest from the weariness of life, but that we can recognize **the truth that this is the magic that life is MADE of.**

Long ago I was introduced to the attribute of the ability to hold paradox. This is an incredibly powerful tool. This is to be able to hold space for "This is hard", and "I am blessed" to sit side by side. To allow their cohabitation to be its own form of peace. I love this practice so much and it has gotten me through many difficult times, but I've come to realize a deeper even more powerful practice, and that is the ability to hold paradigms. This is where the truths of "I am blessed" & "Life is an amazing miracle" are the loving arms that can hold the current circumstances of our lives. The dark and difficult, the bright and beautiful, and everything in between.

That difficulties and hardships will come and go, and help us to unfold and grow, but that the magic of life is under it all. It holds all of the ups and downs, our high highs and our low lows. Under the distressing thoughts, uncomfortable feelings, difficult circumstances and growth opportunities **is** this beautiful magical life that we are so insanely honored to experience. It is the ground under our feet into which we joyfully and tenaciously push down our roots. From whose firm foundation we blossom and grow into this boundless landscape to enjoy and explore. Rejoicing and being grateful for the honor and privilege it is to have the chance to wake up and experience! to engage, to feel and see the magic all around us.

Notice another thing, you are most likely not engaging in any of the things in your list right now. Yet as you bring them to mind, you feel them, you experience them. We love and appreciate the people, places, things and experiences that light us up, but you are the magician who opens to feeling them inside your body (and the more you notice and feel them, the deeper, richer and more consistent they become). YOU are magic. The most beautiful magical thing in the world could be happening right in front of your face, but without you opening to see it, welcoming it into your heart and your felt experience, it would just pass on by. You create the experience of your magical life. Living a magical life comes from our insides. It isn't an accident, or a fleeting occasional hapinstance. it's a way of being, a cultivated connection to yourself and to all of life. An ability to see things anew, be curious, playful and delighted.

Life is made of magic and miracles in every moment! The magic of life luxuriates and revels in being seen, felt and admired. It's here always waiting for us to engage and enjoy it

When we use our incredible skills to stay present in our power as the observer, and keep our minds and hearts anchored in gratitude for the unbelievable gift we've been given that we get to notice and cultivate the ability to enjoy the heck out of the insane miracles that surround us, our lives start to get REALLY GOOD!

If you don't remember anything else from this class, Please remember these 3 things:

- Life is an amazing miracle. The truth of this is everywhere, and in everything! It is the fabric that holds ALL of the situations, circumstances and situations of life. It is the ground we stand on and the sky we reach to.
- You are allowed to have a whimsical, wonderful, magical life full of connection, possibilities and delight. You are the one who can take agency and find support to transform messy and hard situations. Don't wait for it to happen TO you. It starts with YOU. Period.
- This is a beautiful, wonderful and sometimes confusing and complicated unfolding journey NOT a destination. It's not about being perfect, but continually stepping back into your power, and living from that joy and gratitude that you get the opportunity to Live your Magnificent & deeply magical life!

Magical praxis

Living your Magnificently Magical life, and making it yours.

I'm so honored to have been a part of your journey deeper into your magic and the magic all around us. I hope I get to continue to be a touchstone, a light and a guide along your path. Whether this is the last time we are together, or the beginning of a beautiful ongoing relationship. The important thing is to make it YOUR magical magnificent life.

Hold these tools, concepts, perspectives, exercises, and practices, take them into your life and heart in a way that makes sense to you. Hold them and make them yours.

I have a few proposals about how to bring the magic of this class deeper into your life. Feel into them, which ones feel exciting or important to implement?, is there one or two that you like, but you'd like to tweak? Maybe life is very full, and you can only focus on one thing right now. Maybe there is a praxis from a different week that feels more useful to your journey at this time than the ones suggested here. Go magician, transform it make it yours.

Stay in your magical power. Live and rest in the observer, noticing and being curious about and enjoying what the participant is experiencing. This is where you live now, when you notice you've stepped out. Stop, highfive yourself for noticing, and step back into your presence. This again is not about perfection, but compassionate awareness and ongoing practice

Next, Continue spending time and intention with your magic- continue making it your sweetie and life companion by spending regularly scheduled quality time with it.

Continue with the practices we cultivated together over the last modules

- Being a magic detective. Noticing moments of delight and wonder and cultivating them. Don't just notice them. Enjoy them! Feel them! Celebrate them! Look forward to them, and remember them with joy when you bring them to mind.
- Having a time of gratitude and wonder scheduled into your day and taking it with you through the rest of the day
- Having a "self-care" Magic time regularly scheduled. preferably once a day but at least once a week in whatever time, place and way best serves you. Start out small if you need to. Even if it's just 5 minutes at 2pm on thursday, make it important, make it a priority.

List cultivation- We have two maps we have started creating, cultivating and using:

1. We made our magical landscape map with our magic identities as well as places we are intrigued and excited about growing into more magic and delight.

2. In our previous module we gave a structure for creating a parachute plan before things get hard and tracking what works and what doesn't

Now that these lists are created, keep them in an easy to get to and add to format and location. Use them as a sources of joy to reflect and record about how amazing and enjoyable life is, a tool to help you grow and take agency over new areas in your life, and as a resources and leverage point when things get sticky and you need some magic.

Make magic your come from and your go to!

In time, patience and presence, as these practices start to coalesce and create new patterns and new ways of seeing the world, openly encourage letting these fibers of magic weave together and become the fabric that life is made from. The ground under your feet and the way you cultivate and choose to perceive and interact with life.

Life can be magic "when". Life can be magic "if". Life can be magic "in spite of". But please hear me when I say that when your world REALLY starts to get amazing is when you choose to perceive your reality from the truth that Life IS Magic.

As we come to a close of our last module, I just want to say one last time how honored and delighted I have been to share this space with you. And now ask you to close your eyes and feel into this experience as I say it outloud.

This life is mine, I will grow in awareness, agency and magic. Life is full of amazing miracles all around me. It gives me countless opportunities to experience magic and to grow into an even more amazing version of myself. I have love and compassion forgiveness and awareness for me exactly where I am right now, I am magical, and life is magical right here and right now, I open my eyes to see and unfold into it, I say yes and I dig down my roots, and can feel the

strength and beauty in the opportunities for growth that are present in my life. I claim this magnificent magical life with wonder and gratitude for this opportunity to feel, experience, play, say yes, and enjoy the heck out of life!

So much love and magic to you on your journey!