

**Reclaim your Magnificent Life**  
**Class created by One Flea Circus**  
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**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- Different flavors of enjoyment**
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**

**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

**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**

**How to engage deeper into play**

**Magical Play identities** by looking at the How and why of our play using Stuart Brown’s brilliant Play personality structure

**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
- 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**
  - **So many different ways to shift perspective.**

**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**
- **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. Somaticly 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.

**2. What we know and where to grow**

**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!