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## *Spiritual Magic*

A young man was exploring a cave near his home one day when the beam from his flashlight ignited a faint sparkle on the ground. He instantly flashed the light back to the spot, walked over, and began surveying the cavern floor. Again the sparkle appeared. He leaned down and picked up the source of the reflection and found a fairly ordinary looking rock. As he studied it more closely, he realized it was a raw diamond. He buffed it and discovered that it had to be six or seven carats large. He was not an expert, but he knew it would be worth a handsome price if it were of decent quality. He placed the jewel in his pocket and explored the floor for more jewels. He searched deep into the cave but found no other evidence of anything of value.

When he left the cave, he reached back into his pocket to find only a large hole, as though the diamond had burned through the material. He immediately raced back into the cave and hurriedly retraced his steps, scouring the ground for his briefly owned prize. He searched for hours into the night but to no avail. He returned the following day and the day after that.

He soon lost his job as a carpenter because he failed to show up for work as a result of searching for the diamond that he knew would land him a fortune. Why waste time on a job, when he would be wealthy once he found his treasure, the one that was rightfully his? He eventually lost his home as he ran out of money to pay rent. He set up a tent near the cave so he could spend more time searching each day. He became a hermit, letting go of all relationships and hobbies to focus on his obsessive quest.

Twenty years passed in the blink of an eye. He finally realized he had wasted at least a quarter of his life on something that may not have been as valuable as he had imagined. He decided that he would spend one more day searching, and if he did not find the diamond, he would give up and start a normal life. He searched and searched on hands and knees until they were both stained with sooty blood. He worked for eighteen hours straight knowing this would be his last chance. Now he wanted to find the diamond as much to appease his guilt over wasting his life as to enjoy the illusive fortune he had originally sought.

Exhausted beyond all means, he fell onto his back in despair. It hit him how ridiculous he must have looked lying there on the floor, dirty, exhausted, and completely without a life. He began laughing at the sheer absurdity of his folly. He could not stop laughing as his mind flooded with realizations that could only come from letting go of a twenty-year-long obsession. Realizations about everything he had missed out on: the pride of contributing to the world through his craft, the joy of sharing in relationships and raising a family, the love of friends. In that moment, he found his jewel. He recognized that had he not spent those twenty years searching, he might not ever have appreciated as much as he did in that moment the value of a simple, meaningful life. He felt grateful for his lesson and vowed to enjoy life for each moment from that day on.

The moral of this story is quite evident and represents what we humans often do even if not to such a mythical extreme. We tend to look outside ourselves for answers and to the future for happiness. You probably thought our friend was going to find the diamond once he gave up, but he did not find that physical object. He found something much more valuable in his heart—a jewel of understanding.

But there is one final part of the story I haven't mentioned yet. As he lay on his back laughing for hours, his flashlight glazed across the walls of the cave and eventually revealed to him a ceiling dripping with raw diamonds. In looking down for twenty years for his single diamond, he missed the fact that he was surrounded by a much greater reward—a magical array of beautiful treasures beyond any-

thing he could imagine. What is surrounding you that you may be missing by paying attention to the mundane or the limitations that you have learned to accept? What might you stumble upon if you surrender to a higher principle of life?

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*Open to your magic!*

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In the end, our friend sold the diamond mine, gave most of the money to charity, married and had a family, went back to carpentry, and lived a comfortable and simple life until he died. Oh yeah, and he also occasionally taught seminars on how to enjoy and appreciate the magic in every moment of life and the Zen of carpentry, which was very rewarding.

The simple message of this book is to be aware of the inner world. Practice being alive in your soul. Expect a miracle in each and every moment. Expect magic to happen, look for it, and you will open to a world of unlimited possibilities. The magic of which this book speaks is obviously not to be confused with magical tricks of a sleight-of-hand artist. The magic of the soul is true spiritual alchemy—the art of transforming the world of form through the power of spirit. By opening to the magic of spiritual reality, we bring the magic of our souls into our everyday lives.

The magic of the soul is not something foreign or necessarily mystical. It is a natural phenomenon that we have all experienced in many ways. When we are relaxing on vacation, we may slip into a state of bliss, appreciating the beauty of life around us. When we witness the birth of a baby, we are in awe of the wonder and power of nature, of the Creative Principle of life. When we feel intense love or compassion for another being, we are naturally connected to our soul power. When we are challenged to dig deep into our being to find the courage to face a difficult situation, our soul power flows through us. When we create something that contributes beauty to our world, we do so through the magic of our souls. The practice of the

magic of the soul is a process of deepening these experiences and making them more consistent in our lives.

Another synonym for magic is presence. The more we are aware of our surroundings, our internal processes (subtle sensations, emotions, and thoughts that condition our experience), our energy, and our soul influence, the more we will experience magic. We can recognize and experience the magic, sacredness, spiritual power in each situation we find ourselves. If the situation is pleasant, experience all the joy and wonder that is available in the moment. If the situation is unpleasant, painful, or even oppressive, allow yourself the freedom to feel pain, loss, or anger and also be present for the spiritual magic that exists within the situation itself. When we recognize the presence of the sacred, we automatically open ourselves to growth.

Spiritual magic exists in every experience whether we recognize it or not. Every experience leads us further along our path of evolution even if we are not aware of the growth. If we do recognize the magic, our experience of any event will be filled with much more power and freedom. When we look back on challenging moments, we usually recognize them as moments of intense growth. In retrospect, we may even feel blessed for having gone through them. My suggestion, or really, my echo of the ongoing suggestion from your own soul, from all souls, from the collective soul, is to recognize each blessing in the moment. Imagine how much more powerfully you will respond to a challenge if you accept it as a blessing, as a magical experience of growth, while embracing all the elements within you that are challenged.

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*Be alert to the magic of life.*

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In many eastern disciplines, one traditional practice is to be non-judgmental. Finding the magic in every situation is a technique that can help us to accept whatever is happening in each moment. Seeing what we experience as magical creates a sense of vitality, which is

one way I experience spiritual reality. There is a peace to the realm of the soul, but there is also a profound vitality.

Try experimenting with different terms or phrases that work for you. Try labeling a situation or condition as being filled with “spiritual power” or “potential for growth” or “sacredness.” You can apply this strategy to any situation. I find it extremely useful for the “small stuff” that we get uptight about. If I drop something on my toe—instead of losing my temper completely or feeling the victim of fate—I may start to get angry, then catch myself and watch my reaction while choosing to see it as magical.

By seeing our experiences as magical or sacred we release our tension around them. Most of our tension and stress is the result of our resistance—resistance to pain or discomfort. By finding the magic in every moment, we can have greater appreciation for that which is enriching as well as a far greater potential for growth from that which is challenging. It must be emphasized that the goal is not to escape the pain (or any emotion), even though our experience of pain may be diminished significantly. In fact, we can go into the pain and experience the sacredness there. In doing so, we give up our resistance, look for the growth, and appreciate the wonder in every experience of life. We can feel our pain and other emotions at even deeper levels, freeing the energy in the emotion more fully and learning more from the experience.

Try this exercise: Every time you feel any kind of discomfort in the next week, whether it is the result of a conflict with someone, physical or emotional pain, or loss, use the discomfort as a cue. Let it be a reminder to you to look for the magic, sacredness, or opportunity for growth. See if the situation changes when you look at it from a deeper, more present perspective. If no deep awareness comes to you, you can still use it as a reminder to be present to your soul energy, to be the best you can be in that moment. In this way, every experience becomes an opportunity to go deeper into the true self.

Leading a magical life does not mean we will no longer have challenges. But through this practice, we can respond to challenge in a more powerful way and come to resolution much sooner and with

healthier and more fulfilling results. At times, we may fail in our intention to practice this, as challenges may appear too overwhelming. But the more we recognize and experience the magic in every moment, even in retrospect, the more we reinforce an increasingly powerful and fulfilling existence. The longer we practice, the more ingrained and automatic the process becomes as we increasingly accept the truth of spiritual magic on a subconscious level.

When we are in the experience of appreciating the sacredness in life, we open to a world of unlimited possibilities. Because we are alert to the magic, we notice opportunities that we might otherwise miss. Opportunities stand out because we are looking for them and expecting magical experiences to occur. We find ourselves “in the right place at the right time.” Life becomes filled with a deeper level of peace and meaning as we recognize every experience as something magical and know that each experience leads us to an ever-increasing expression of our soul energy.

Applied to a dramatic life experience, such as the death of a loved one, this practice can be more challenging and at the same time more rewarding. Chapter 9, *Magic in the Dark*, goes into this in greater detail. We can go into the intensity of our pain over loss and, believe it or not, find magic there. Contained at the heart of our pain is the magic of our love.

Kahlil Gibran expressed seeing the magic in every moment beautifully in this excerpt on pain from *The Prophet*:

Your pain is the breaking of the shell that encloses your understanding.

Even as the stone of the fruit must break, that its heart may stand in the sun, so must you know pain.

And could you keep your heart in wonder at the daily miracles of your life, your pain would not seem less wondrous than your joy;

And you would accept the seasons of your heart, even as you have always accepted the seasons that pass over your fields.

And you would watch with serenity through the winters of your grief.<sup>1</sup>

**APPRECIATING EVERY MOMENT**

Nearly anyone who has survived a life-threatening illness emerges with a profound appreciation for life. The simple things that we sometimes take for granted can become profoundly valuable when threatened with the possibility that they may be lost. The ability to communicate and enjoy the company of loved ones, to grow and succeed, to play, to learn, to read, to smell a blooming flower are all priceless opportunities that we can be grateful for. We don't need to have our life threatened to appreciate these wondrous gifts. The farther along I travel on my magical path of the soul, the more I see these daily events as awesome privileges.

In the Carlos Castaneda series about his apprenticeship with a Yaqui Indian sorcerer, Don Juan constantly reminded Carlos to relinquish his self-importance and to use "death as an advisor." In *Journey to Ixlan*,<sup>2</sup> during his vision quest to "stop the world," he noticed a beetle crawling along a rock. While observing it, he had a realization. "The thought crossed my mind that death was watching me and the beetle." He recognized their likeness in that moment. "The beetle and I were on par. Our death made us equal." Our realization that we are no more important than any other being due to our mortality or any other reason can open us to the recognition that we are one with all beings, with all life. We can recognize that we are as beautiful as every other being. By using death as our ally or teacher, we can increase our appreciation for every moment and our sense of responsibility for utilizing each moment as an opportunity to grow.

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*Live life as though each moment is your last.*

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Recently, I asked this question at the dinner table with my family: "If you knew that the world was going to end in the next ten minutes, what would you say to me, to each other, in this moment?" We had a very profound conversation as each member of the family

looked into their hearts for how they felt about the others. I recommend trying this sometime. Or when you are sitting with a friend and feeling the conversation is boring (which may be an indication that you are not seeing the magic in the moment), ask your friend what they would say to you if they knew they would die in a few moments. Ask yourself as well. It may open you up to a magical moment that is the potential in every moment.

We can also recognize the magic that is present in every loss. I know someone whose son was quite disappointed because he had lost a very lucrative contract for some office remodeling. Later, he considered it a profound blessing because had he gotten the contract, he would have been working on one of the top floors of the World Trade Center Towers on September 11, 2001. Is there a situation in your life where you are feeling a loss that may in fact be a blessing in disguise? We can give thanks for every situation with the understanding that we may not always see the hidden benefits.

What is beautiful in your life that is not being recognized in this moment? Imagine living life as an experience of awe and wonder. This is the magic of the soul. Is it possible to do this all the time? Maybe not, but then the question is, how much awe and wonder can you allow into your life in this moment? Practice letting more in on a consistent basis.

As you are reading this book, what is there that is magical in your life, in your immediate surroundings, in you? As you read this sentence, allow yourself to feel all that is magical about you and your life . . . feel your deepest love, your highest dreams, the beauty in your environment wherever you are, the growth you are experiencing from what is challenging you. Rest here on this page for a moment while you experience the fullness of your magical existence.

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*Breathe deeply and feel the peace that is  
available in this very moment.*

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Recognize that in this state of peace you need nothing. . . . Now, from a position of needing nothing, ask yourself what you want in your life that would bring greater fulfillment and creative service to you and those you influence.

### **MAGIC IS EFFORTLESS**

The belief that we benefit from struggle, that we must toil to get what we want, is a fallacy. If we want struggle, we should approach every goal from an awareness that it will be difficult to accomplish. If we choose magic, we will approach every goal with the belief that its accomplishment will be effortless. Try letting what you want come to you, rather than going after it. There are times when we learn through struggle, but ultimately the lesson we learn is that struggle is unnecessary.

About ten years ago, I taught a one-day workshop on subpersonality (unhealed aspect of the personality) integration, and I had an epiphany about my own patterns of struggle. I conducted and participated in a psychodrama involving role-play as a subpersonality interacting with other subpersonalities around an arts-and-crafts project. I acted out a stubborn subpersonality.

During the course of the exercise, a woman in the class innocently suggested that we build a structure with some of the materials that had been provided.

“Yes,” I replied. “And we can build it all the way to the ceiling.”

“No,” she said. “That would be too difficult, we don’t have to build it so high.”

“Then why bother,” I concluded.

In that moment, I recognized that all my life I had chosen goals that were nearly or even completely impossible. I needed to do something impossible to feel worthy, to accept myself, and to live up to my perception of the expectations of others and my internalized parental voice. Anytime I anticipated a task that would require learning a new skill, I would automatically expect it to be difficult. Of course, that expectation would usually be fulfilled. I suffered repeatedly by creating difficult projects to prove my worth or by making

easy projects difficult out of a deep-seated belief that life was a struggle. There was a constant pressure I placed on myself to succeed and an ever-present but subtle accompanying fear that I would fail.

I had been working on letting go of struggle for some years before this epiphany. As a result of my ongoing work and a growing dissatisfaction with a life of struggle, I was ready to accept an easier, more magical way of living. The role-play was the catalyst for breaking out of the old mold and embracing a more powerful way of being. From that moment on, each time I would catch myself in the creation or expectation of struggle, I chose to switch it to one of simplicity—I would expect that the goal or task would be accomplished in an effortless and magical way.

As a result, my life changed miraculously over the next eight years. I went from earning a very modest wage for doing rewarding work in a stressful way to earning a six-figure income for doing rewarding work with less struggle. And I was empowering people by using spiritual principles through corporate management. But the truly magical transformation was the one that occurred within me: a continuing appreciation for the power of my own soul and a deepening of my inner path. There have been challenging moments through more recent years that have triggered my struggle tendency, but each one has helped to reaffirm that struggle is unnecessary. The tendency to create or expect struggle still crops up in subtle ways, but it no longer controls me, and I am able to access a more magical strategy almost instantly.

When I was first promoted to managing editor at Sage Publications, I applied the techniques of this philosophy to my business goals. The success that resulted was unprecedented in the company. The department I managed had been behind schedule for more than five years, and costs were increasing by about 10 percent per year. Within one year, the department forged ahead of schedule (and has remained there for eight years). On an annual budget of about \$1 million, costs were reduced by 15 percent the first year and another 7 percent the following year. The total savings for the company over

two years alone were over \$350,000, which was calculated after bonuses were given to reward the staff who implemented the successful strategies. I was labeled a star manager in the company as well as one who empowered his employees.

When I was promoted to director and given responsibility for the production and printing of all publications, which included more than 200 books and more than 800 journal issues per year, my staff and I put systems in place that reduced printing costs by nearly \$200,000 per year. Through my influence and the hard work of my staff members, the bottom line for the company was increased by millions of dollars over my eight-year tenure at Sage. While this success was the result of applying sound business practices, it would not have been nearly as effective without the application of sound *spiritual* practices. It was brainstorming, visualizing success both alone and with my staff (I taught these principles to them as well), praying for the right people to fill open positions, asking for spiritual guidance at every important decision, and giving thanks all along the way that actualized such a dramatic effect.

We can all create magical results in our lives by expecting the miraculous, asking for guidance, and visualizing success. Recognize that whatever you want can be achieved effortlessly, magically. Each time you contemplate a task, make the affirmation that it will be achieved with magical simplicity.

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*Claim your power.*

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## MAGICAL CREATIVITY

You deserve everything in life that would be fulfilling to you, and accessing spiritual magic can manifest that which you desire that is truly fulfilling. Ask for what you want, but let go of any expectation that you will receive it. The process of asking and letting go is where the growth is to be found. If we look for results, then we are

not practicing the magic of the soul. Magic depends on trust. Ask for what you want through prayer, visualization, and affirmation. Recognize how its fulfillment will benefit you and those you influence. Trust that how and when it manifests is in perfect harmony with all that is.

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*Let it go.*

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Be perfectly content without what you want and it will most likely find you. If it doesn't, something even more magical will. Continue to reaffirm that you don't need it. The more we accept the reality of each moment, the more peaceful we are inside. The more peaceful we become, the more power and the more energy we have to grow and manifest what we want.

Most of what we believe is possible or not is based on what we experience with our senses. Having joined the ranks of the great philosophers of the ages, modern science through quantum physics tells us that the *real* world—the world of energy (or one aspect of the real world)—is not at all what we perceive with our senses. We are all connected physically through energy as well as through spirit—although the latter has not been proven—yet. Our opportunity is to stretch beyond what we see, touch, hear, taste, and smell and to reach out to the real world. How do we do this? Experiment. Believe in that which seems improbable, even impossible.

Practice looking for the *energy* within the physical reality you perceive with your senses. Be aware of the quality of energy that moves outward from you. We are energy. We know this from a mental perspective. Practice making it real from the level of deeper intuition, feeling, and sensation. Let your mind and your beliefs become still, and at a subtler level intuit the oneness that we all are. As you are reading, feel the love that connects you to all life. See if you can feel a tingling sensation around your body as you become aware of the energy that connects you physically to all life.

Imagine yourself as a center of whirling energy, and as you move through the world, your energy blends with the energy of everything around you. The more positive your motivation and your intention in every situation, the more profound will be your influence on the world around you, and the more the world will feed back to you positive experience. Imagine that the energy around you is light, and when you add your positive intention to it, it is like a mist flowing outward through the light. The mist merging with the light creates a luminosity that is not present when the mist is not there. As human beings we have the opportunity to bring spiritual energy together with physical energy through our intent to integrate them.

By recognizing ourselves as energy, we can begin to operate in the world of form from a place of cause. When we identify as the energetic Creative Principle running through all life, we become more than the creation and part of the creating. Try approaching your goals and desires in life from a causal perspective. As creative energy you can create whatever you want. Don't hope for what you want. Intend what you want while appreciating everything you have.

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*You are a spiral of loving light  
flowing in all directions.*

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The energy of our being is vibrating and therefore in constant motion and change, but we believe we are the same because we look and feel *relatively* the same. Affirm that you are a new person each day. The limitations you had yesterday do not need to exist in this new day. If they do crop up during the day, recognize them as continuing opportunities on your magical path of growth and affirm again in the moment that you are new and no longer need the same patterns. Will you get discouraged if you do not succeed each day or each moment? Only if you are looking for results instead of enjoying the magic of the process. And besides, if you persist, you will not fail. You will succeed at creating a new you. I guarantee it.

Practice recognizing and directing the power of your beliefs—your mental influence in the world. When I walked on hot coals at Stuart Wilde's Warrior's Wisdom Training as part of my research for an article for *Meditation* magazine, I had to step beyond my belief of what was possible.<sup>3</sup> I was able to reach a point where I *believed* I could do it. I know many have refuted the legitimacy of the fire-walk exercise, but I witnessed some who were burned, yet I and others were not. Why? Because we believed we could do it. If I had not learned to believe I could succeed before the walk, I am certain that I would have gotten burned. What is it in your life that seems impossible? Believe you can do it. See it happening in the energy beyond the level of sensory experience.

In some of my workshops, I teach people how to break boards, a skill I learned in kung fu training. It can be a great metaphor for breaking through blocks to achieve what we want in life. Standing there, facing a solid board that you have to break through, can bring up the same issues that hold you back from achieving your dreams in life. It usually brings up some degree of fear. If you fail, it will hurt your hand much more than if you succeed.

The keys to success are the following: 1) Focus your intent or will. You must have your power behind the action. 2) Concentrate. If you don't zero in on the center of the board, it isn't going to break. 3) Visualize your success. See it break before you strike. 4) Trust. Let go of your expectations and surrender to the process.

It is possible to break a board without succeeding at all of these steps, just as it is possible to achieve goals without succeeding at each step. By using these steps, however, the likelihood and quality of success is increased both in board breaking and in other accomplishments. The break will be cleaner and more painless. The accomplishment will be of a higher quality.

Any person of average strength can break a board if they hit its center, yet I have seen six-year-old children succeed and strong, 200-pound men fail. The greatest deterrent to success is fear. If we have a fear of failure, it clouds our focus and concentration. People do all kinds of misguided things out of fear. But to see the face of a sixty-

year-old woman (or anyone for that matter) go beyond fear and break through the board is a pretty phenomenal experience. It is impossible not to feel the energy release that occurs, whether you are breaking the board or observing the event.

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*Experience the energy  
release in everything you do.*

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One popular spiritual theory is that our need to grow is something that we should transcend. We should be present and let go of our desire to become more than we are in the present moment. I agree that life can only be lived in the present moment, but our inner desire to grow, to become more than we are, originates from our soul intention to evolve our personality. In the spiritual dimension there is no experience of past and future. Everything is happening in the now. But this doesn't mean there isn't a past and future. They just don't exist sequentially. Time is based on perceptual reality. So if we are truly present in the moment, we are including in that moment our past, our future, and our infinite existence.

Our desire to be more is one of the fundamental distinctions about being human and has led humanity to develop so quickly (in both healthy and unhealthy ways) over the past millenniums. Our desire for fulfillment is what inspires us to succeed. Desire is part of the formula for magical creativity. The trick to making our development healthy is how we utilize our desire to grow and in which direction we choose to move. The more we choose from our hearts, the healthier our choices will be.

Nearly every choice we make or action we take has two basic motives expressed in various degrees. We are motivated by some desire of our personality or ego and also from a higher motivation of our soul. For example: In teaching workshops or in writing this book, I am expressing my soul's desire to empower others, to spread

light through the teaching. My personality also strives for success in order to realize practical values such as an income to meet my basic needs and provide for my family. My ego, which is an unhealed or less developed part of my personality, has needs such as recognition or self-importance. If we are successful at achieving our soul intent, it is in part because we have minimized the influence of our ego, and to some degree, our personality, and maximized the motivation from our souls. This is the basis of the practice of the magic of the soul or of any effective spiritual practice.

If we are driven by our ego or subpersonality needs for recognition and importance, then we will have great attachment to the outcome, because we will feel unimportant, perhaps even unworthy, if we don't succeed. We will have fear of failure. This is true, to a lesser degree, with regard to our personality needs for security. The more we are motivated by our spiritual, soul purpose, the more at peace we are with the outcome. If my soul purpose is to teach and empower people, it doesn't really matter if I reach one person or a million. It doesn't matter if I am an international spokesperson or if I am able to teach by setting an example through my interactions with my family and co-workers in a modest career. In practicing this philosophy, we can understand the relevance of the phrase, "Thy will be done." When we truly give our lives over to the magic of the soul, or to Spirit or God, we are content to serve in whatever way is presented to us as an opportunity.

This doesn't mean, however, that we should demean the personality or even the ego for its motivation. Spiritual growth or any growth is an ongoing process. We can recognize how far we have come in emphasizing the influence of the soul and de-emphasizing the influence of the ego. We can accept where we are and continue to strive toward greater growth. We can embrace our ego with compassion and understanding, for our weaknesses are the steps upon which our path of growth ascends.

One of the most important practices that I have embraced on my path is to accept myself the way I am and still desire to grow. This is a dichotomy, of course. When you reach a dichotomy, it usually



means you are on the right track. The truth lies at the core of any dichotomy and contains the positive elements of both sides of the polarity. At the level of the personality, we see dichotomy, but at the level of soul, we experience wholeness. How can we love ourselves the way we are if we want to be more? If we try to understand it logically, we probably won't get very far. Try accepting that both ends of the polarity can be true even if it doesn't make sense to the rational mind. In fact, accessing the world of soul requires suspending rational thought. Not necessarily trying to eliminate it, but simply putting it in its proper place. Most of us tend to give more power to our minds than is effective. We can learn to use our minds as tools to accomplish the mission of our souls rather than using our minds to identify who we are. The secret is to recognize that we are more than our minds and to direct our thoughts from a soul-conscious perspective.

Recognize intuitively that you can accept yourself the way you are and affirm your continued growth. Be honest with yourself and accept exactly where you are in your spiritual growth, for it is part of the beauty of who you are. Practice appreciating everything you have on a physical level, recognizing that all of it is impermanent and that what is truly important is what you have inside you. Get to know that inner part more intimately.

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*Accept yourself completely.*

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Recognize that you deserve everything you want, yet there is nothing you need beyond what you have inside you. Strive for what you want with complete detachment from any results. This is another dichotomy that has tremendous power when it is embraced. It may take practice to let go of expectations, but the more practice you give it, the more effortless it becomes. Once we achieve a level of detachment, there is usually a larger desire or goal that will challenge us to

higher levels of detachment. Focus your intent in the now and completely let go of any expectations for the future while you passionately declare with the full intent of your soul what you want from the universe.

Below is a formula for magical creativity. Use it to create whatever you wish in life.

*1. Visualize success:* Develop a clear picture in your mind of your accomplished goal. Include the feelings associated with the accomplished goal in your vision (see chapters 5 and 8 for more on affirmation and visualization). Ask for help from your spiritual guidance to create the right picture as well as to help you through the steps of accomplishment. Re-create your picture throughout the process as it evolves.

*2. Create an action plan:* Write down all the steps you will take and the resources you will need to acquire to accomplish your goal. Include personal resources such as determination, persistence, receptivity, love, etc. in your resource list.

*3. Implement the plan.* Take the steps that you have mapped out in your plan. Make sure you infuse the action with your emotion—the enthusiasm generated by the clear picture of the end result. Focus your intent to accomplish your goal. Be willing to do whatever it will take to reach success. Be aware of emotional issues that come up throughout the process, accept them, embrace them, and heal them (see chapter 6 for more on releasing and directing emotion).

*4. Let go and trust.* Let go of any expectation that you will accomplish your goal, and enjoy the process. Know that if you do not accomplish the original goal, something even more joyful and magical will come out of your efforts.

These steps are not necessarily sequential and can overlap and be repeated throughout the process. The following exercise is a visualization technique for manifesting goals. You can use this exercise in conjunction with the steps above for creating magical success in your life.



## **Exercise for Manifesting Goals**

(Track 2 on Audio CD)

*Contemplate a goal you would like to achieve in your life. Close your eyes and breathe deeply. Feel your body become more relaxed with each breath. Get a clear image of your goal. Ask what might be standing in the way of that goal becoming real. Get an image of that block. See the image of the accomplished goal grow larger and brighter while the image of the block becomes smaller and faded. Link a symbolic physical sensation to the large, bright image of your accomplished goal, such as pressing two fingers together, touching your heart, or taking a deep breath. Ideally, it should be a physical act that you can perform in any setting. Affirm that you deserve your accomplished goal and that it will occur if it is healthy and good for you and others who will be affected by its accomplishment. Affirm that any time you have doubts or are confronted with a block to your goal that you will use your anchor to make its fulfillment real in the moment. Affirm that your goal has already been accomplished in mind and therefore exists in reality and will be manifested in the world of perception if and when it is what is best. Completely let go of any expectations about its accomplishment. Give thanks to your spiritual guidance for your accomplished goal. Feeling at peace, centered, loved, and empowered, take a deep breath and open your eyes.*

