

## What is Magic Anyway?

Quote by Arthur C. Clarke: “Magic's just science that we don't understand yet.”

Magic is believing in yourself because it's a belief system.

And here's an incredible quote to make that stick:  
“Magic is believing in yourself, if you can do that, you can make anything happen.” ~Goethe

But here's the thing—it's like confidence or motivation...

We cannot wait for magic, we have to MAKE it and it's intentional. There's no handbook or manual that will help either one of us make it.

And while there are some standards and practices to help you get the process started, it's a very individual recipe that you get to design and customize according to your taste, hot desire, and where you are right now in your life.

It all starts with a thought and that is belief in yourself. The understanding that you are fearfully and wonderfully made, here on purpose and for purpose.

That alone is MAGIC.

Can you imagine that the God of the Universe has declared that YOU are needed here, right now, on this planet, with your people, in this place in time?

Not in the 1800's or the dawn of time, NOW.

Not on another continent, another culture or another sex...but you here now, right now.

ON purpose. FOR purpose.

That is a huge concept, a big fat deal and one that should put some twinkle in your toes and a smile on your face.

CAN YOU IMAGINE?? God Himself chose YOU!!!!

And there's definitely magic in this life of yours...how could there not be?

You have been divinely called after all and now it's time to simply connect with the magic that is already yours—inside of you, created by God for divine purpose and... dare I say it...for you to ENJOY and LOVE this life you've been generously given.

AMEN?

To believe in oneself and to see the magic, is simply to understand 7 huge principles of who you are, and what makes you magical, and create the awareness of these facts so you can live your life on a whole different level.

Starting with awareness–

### **1) Awareness**

Brings us to a greater understanding. Looking for and finding patterns (good & bad).

Awareness creates fine-tuning: we become more active and less reactive.

This process requires gentleness because it's a process that isn't mastered overnight. Don't be impatient; instead, lean into it and allow it to teach!

### **2) Presence**

This is the act of noticing. Paying attention—does this thing, this act, this food help me create the life I want to lead or does it dismantle my dreams? Does this keep me in alignment?

### **3) Emotional Intelligence**

In past Daily Dish shows we uncovered the beauty of emotional intelligence and how that is a driver of making emotionally intelligent choices.

Emotional intelligence takes us beyond simple emotion and discovers the deeper connections to our humanity: a) recognizing your own and others' emotions in an honoring way (not a deferring way) b) managing our own emotions without feeling the need to manage others c) to understand our own emotions & those of others.

The difference is in say sympathy vs empathy. We can easily sympathize with a widow while we have to draw from a deeper resource to be empathetic. Not everyone is empathetic because empathy is an emotionally intelligent emotion that says I will walk with you in your pain even though I haven't experienced it myself. It's beyond saying, "I'm sorry for your loss," and saying instead, "I'm here for you—and you truly are."

Emotional intelligence is a conscious effort. It's messy and hard and requires something from us but it is what puts the sparkle in deep connection.

## **4) Connection**

When we connect to ourselves, others, and God, we are purposefully connecting to our inner garden and intentionally tending it like a knowing gardener babying her prized rose bushes.

This is how the magic is cultivated—creativity is spurred, intuition is leaned upon. We find our uniqueness. The part of us that is divine—remembering WHOSE we are.

This is the truth of connection—it's a True North and collectively and synergistically creates a bridge to our whole selves: heart, mind, body & soul.

## **5) Stillness**

“Be still and know that I am God.” The beauty of this single sentence is a call to your soul to be still.

To sit silently. To turn the lens inward. To create space for the nurture of your heart, mind and soul.

To allow for the blooming—because it's in the act of blooming that you find your own personal magic.

Blooming IS magical—who knew such beauty existed?

And it's in the stillness that this magic happens. Your eyes don't see it, you don't feel it per se, but suddenly, there you are.

Vibrant and in Full Bloom!

Captivated by the stillness.

Creatively focusing on clarity.

Growing in awareness. Emotional intelligence. Love, connection...all of it.

Because you took the time to be still. To allow. To hold this sacred space FOR YOURSELF.

## **6) Inspired Action**

Talk is cheap, especially when it comes to love.

Love shows up, even when it's inconvenient or hard. If you've tended to a baby or an elderly parent, you know this truth intimately.

Talk is also cheap when we don't keep the promises we made to ourselves. We create a degree of untrustworthiness in ourselves and don't believe in ourselves anymore...we have the tattered record of all the broken promises to prove it and believe me, your

amygdala wants to remind you of this—don't change anything! You can't, you didn't before, why would you now?

But I want to remind you, that there's a path opener and it's forgiveness. Forgive yourself for the broken promises and the lack of follow-through.

Do that now and it is done.

To take inspired action, you will need some magic skills and we'll discuss those later.

## **7) LOVE**

Love is all there is. We are arbiters of love if we are to understand our purpose and create the magical vibrancy that's waiting for us.

Love asks us:

What would love do?

How can I show up?

Am I in a place of love?