

*The Magic of Life:
Re-Connecting with your Spark*

The Magic of Life: Re-Connecting with your Spark

By

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Magical Tool # 2

“Hark I hear the Angels sing...”

Cultivating the Art of Listening

The Magic of Life; Re-Connecting with your Spark

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I am going to be completely honest with you. I can't remember a time in my life when I didn't have a kind of inner knowing that there was much more to life than what I was experiencing on the outer surface of things. I've always known in my bones that there

was a kind of thin veil between what I was seeing and experiencing in my outer reality and a magical internal world that was endless and which was actually the *real* world. I know that may sound kind of crazy and “new agey”, but then again I was born in California in the 1960s! Besides I said that I would be totally honest with you.

***Don't underestimate the value of doing Nothing, of just going along,
listening to all the things you can't hear, and not bothering.***

-Pooh's Little Instruction Book, inspired by A. A. Milne

I tell you this because as a kid around 8 years old I started having stomach problems that almost turned into bleeding ulcers... yikes! I guess it was because I was one of those “sensitive” children...lol So, I was taken to the doctor who said that he didn’t want to prescribe medication to someone so young, but instead he suggested that I try *meditation*. Once again...California 1970’s ;)

To my surprise the meditation actually worked and it was the end of my stomach issues to this day. I tell you this story because not only did my stomach feel better, but something began shifting within me because of the meditation. It’s hard to put in words, but *all* of me just “felt” better. Mind, Body and Soul felt relieved and safe. In many ways that initial exposure to meditation was the start of my journey and me actively searching out what lay beyond that thin veil.

***“Look within. Within is the fountain of good, and it will ever
bubble up, if thou wilt ever dig.”***

Cultivating a way to get beyond what your mind is telling you and reaching the deeper more peaceful realms of your heart and soul is where true Magic comes from. I want to address something here right away, from my experience many people have a negative or religious connotation to the word meditation and I totally understand that. I think that it's easier to think of it as LISTENING instead of meditation. Meditation is used in a variety of ways by many people and cultures for thousands of years. At its core, basic meditation is about LISTENING and being completely present in the now. That's all, I swear!

Are you aware of your thoughts? Can you hear your thoughts? Are they in your head just living their own lives and running the show, while you are on for the ride? I can't stress to you enough the importance of taking the time daily specifically designated for you to LISTEN. In many ways that's what meditation is, listening. When I say listen I am talking about quieting the mind's endless chatter for just a little while. It doesn't need to be a long time, 5-10 mins. a day consistently will yield amazing results. And if even that's too much then at least being able to get the point where you can notice the endless chatter in your mind and be able to say to it, "Thank you for sharing..." will really help you get clear and know what *you* want and not what your *thoughts* tell you that you want... There is a difference.

When, for example you get to the point where you can really listen for even just a few minutes, most days of the week, you will begin to feel or sense a very subtle, energy just underneath your conscious mind. We will speak more about this energy in an upcoming

Magical Tool. But as I said, I'll always be honest with you; at the beginning of listening *Spark* or meditation it can be very hard, possibly confusing and frustrating. If for example, you are getting the hang of it, you are very quiet and you think you hear or feel that voice and the voice is saying something like: "What the heck (or something worse! LOL) are you doing?! This stuff is crazy! Wake up!" If you hear or feel ANY version of that, then that's more thoughts and not the subtle, ever-present energy that connects you with the Universe. . That's the voice of your ego, which is doing its job and trying to keep you safe from the unknown. After all it's scary to let go of control and just LISTEN... That is the situation when you would say "Thank you for sharing..." and keep LISTENING. It is in the listening that we can get in touch with our intuition and it is from there that you flow with life.

Magic Spell

Cultivate the Art of Listening

Letting go of your constant mind chatter for a little while and Listening to what's beyond helps you "Feel" better on every level.

Much has been written about ways to hear and LISTEN to our intuition or our internal guidance system. I want to share with you 3 very basic ways that I have found have worked for me and my clients, especially if this is new to you, but first here are the guidelines that I recommend:

- Start off with 3-5 mins. At least 4 days a week
 - Be kind to yourself and don't worry about results. Just be.
 - Think of these as going on a vacation (The last one is!) from the craziness of your mind. Who doesn't want and need a vacation?!
 - It is best to do these sitting up either in a chair or cross legged. Do not lie down because you will be tempted to fall asleep.
1. **Breathe**- This is the most simple of all methods, but do not be confused; this can also be one of the most effective ways to quite your mind and begin to LISTEN to what is beyond your thoughts.

This is how it goes: Close your eyes and first take 3 deep breathes in through your nose and out through your mouth. Then begin to notice thoughts coming and

going in your mind, as you do consciously let them go and remember and focus on your breathe. Keep doing that over and over and over and over and....

Variation: If you find closing your eyes leads to sleep or it's too hard then you can focus on a candle flame and do the same process.

2. **“Let Go”**- This is very similar to Breathe, but instead of focusing on your breathe, you are focusing on the phrase “Let Go” and repeating it audibly or silently over and over and over and over and.... In many traditions this is called a Mantra and specifically in Transcendental Meditation or TM for short, you are given a very secret mantra that you are not supposed to tell anyone else because it's so sacred...

Got time for a funny story? Sure you do ☺

Here goes...when I was in my early twenties I had decided that I wanted be trained in TM. The process is a little involved and you go through a few weeks of education and guidance with a Guru. At the end of this process there is a big ceremony where each student goes alone in a room and the Guru whispers your special mantra in your ear and you are never ever to repeat that mantra to another soul as long as you live. It's all very, very ritualistic, full of reverence and just a little bit scary.

Fast forward and it's my turn to go in to receive my mantra. I go in and sit in the traditional lotus position on the floor (ouch) in front of the Guru. Now, when he gives you the mantra you are meant to repeat it over and over with the Guru until

he feels you get it. (Now you have to know that this took place in the mid/late 1980's)...

As we are sitting there alone in this room, the Guru signals me to lean forward so he can whisper this great secret mantra in my ear so that no one else but he and I can ever know it. I'm leaning in and strain to hear his raspy heavily accented voice as he whispers so quietly "Sha... Sha.... Sha..." I repeat he leans forward again "Shad...Shad...Shad..." I repeat a few times and he leans forward yet again and whispers "Shad...Shad...Shaday...Shaday..." I repeat a few times before I realize my mantra is the 1980's iconic singer SADE!!! I start cracking up right there in front of the Guru and I can't help it SADE...SADE...SADE ... I could have died of laughter.

So... to say the least my mantra being a Smooth Operator pop icon from the 80's did not work for me lol. So, I just created my own mantra that did what I needed it to do; helped me "LET GO" of my thoughts and re-connect with the magical energy just below my conscious mind.

3. **Visualize-** The last technique I will share with you is meant to help you just slow down. It isn't exactly a listening form of meditation but helps you take your focus off thoughts that take you away from your spirit and instead replace them with more peaceful and freeing ones.

The Magic of Life:

The first thing you need to do is get very comfortable, because you are going on a *park* mini vacation! * If you have some very soothing music that makes you feel very relaxed it can really help “get” you there.

Take deep breathes as before and when you are ready; in your mind’s eye take yourself to the most beautiful, relaxing and regenerating place you can imagine. That place could be the beach, forest, mountaintop, or anywhere that makes you feel FREE, ALIVE & PEACEFUL.

You’re going to go exploring in this perfect place just because you can and you are on vacation without a care in the world... Everything is absolutely perfect

As you begin to explore your environment I want you to do your best to See every colour and detail of the place; Look at the sand, the flowers, the trees or the buildings etc... Feel the temperature in the air and on your body. Hear the sounds that come from the environment: the waves, cars, children playing, birds etc... Do something while you are there; run up a hill and sit and look at the view, swim with the dolphins in the water, Ski down the mountainside etc...

As your doing all these things and noticing all these elements just keep reminding yourself how amazingly good you feel. In fact you can’t remember anytime in your life when you felt this carefree, peaceful and relieved...ever. Breathe that all in and then slowly come back to the present moment. Give lots of thanks for having this amazing mini vacation and take the images and feelings with you throughout your day.

*Your success and peace are my goal with these tools. Contact me if you have any questions or concerns about applying these Magical Tools. I am always here to help you either with individual coaching or with a variety of workshops and tele-classes. Visit my website www.MaxRyan.net

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Have a Fantastic week

and Look for your next Magical Tool

in your Mail Soon ☺

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