

*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 #3

“Mirror Mirror...”

See the Beauty

The Magic of Life; Re-Connecting with your Spark

is a free ebook series

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A child's laughter, Marilyn Monroe, White Roses, the smell of Lavender, the grandeur of the open ocean, dolphins, kindness; all of these are things I find beautiful. I have been attracted to beauty in many forms since I was a boy and later as professional in the beauty industry. I realized long ago what has been said many times and in many ways throughout history; that *real* beauty was not exclusively external, but came from the internal.

Have you ever met a celebrity? Have you ever met 60+ celebrities? Well, one of my first opportunities to work with big and I mean BIG stars came when I got to do hair for a video that had more than 60 stars in it. Everyone from Meryl Streep (who, by the way thought I had a great "derriere" (Not the word she used!) to Mickey Dolans (a has been celebrity from the 70's group The Monkeys) was at this taping, so I can safely say that there was beauty from each end of the spectrum represented that day.

What I learned that day about beauty and how it is perceived could fill a book, but the main thing that stood out, (besides Meryl's compliment!) was that there were a few of celebrities that challenged my belief about beauty. In many ways they were sort of B list celebrities whom I recognized, but never really thought twice about, but in real life, they were drop dead beautiful! There were a couple in particular that were so radiant, I almost didn't recognize them because my idea of them was not "beauty".

As I watched these women I began to realize what they had that many of the "Beautiful" stars that day didn't have; a sort of... inner light. I'm not kidding or exaggerating when I

say that. These women literally looked like they were lit from the inside out; a kind of diffused pale white light emanated from them. It was the most amazing thing and I was utterly fascinated. I couldn't stop looking at them. They weren't just beautiful, they were *attractive* and that attraction was not only a physical attribute. That attraction came from this strange combination of confidence, happiness and that extra thing in Hollywood they call the "it" factor, which I still can't put into words, but I'm sure that light has something to do with it. My whole concept of what beauty is changed after that day.

“Beauty does not linger, it only visits. Yet Beauty’s visitation affects us and invites us into it’s rhythm, it calls us to feel, think and act beautifully in the world: to create and live a life that awakens the beautiful”

~John O’ Donohue

I tell you this because a deceptively simple yet extremely effective way to begin to get back in touch with the Magic in your life is to begin to be conscious of beauty. When I say beauty I mean anything (a thing, experience or person) that is in your life already or something that you happen upon during your day that you deem beautiful to you.

Being deliberately conscious of beauty does a number of things; it signals the Universe that you want a more beautiful experience of your life and when you begin to focus or refocus on what your soul tells you is beautiful, then more beautiful things, experiences and people will be attracted into your life. When your life begins to become more and

more populated with beautiful experiences, things and people, then your energy will slowly begin to shift and the portal to Magic will be opened even wider.

It is literally impossible to be consistently focusing and inviting beauty into your life and have the contrary be true. Through the law of attraction you will begin to see that if, for example you love white roses and begin to visualize them, think about them and buy some to have in your house, you will begin to see them manifesting in your outer experience. Don't be surprised when one day walking the same path that you travel for years, you suddenly see there is a white rose bush that you had never seen before. Once these kinds of experiences begin to happen for you will know that you are getting back in touch with the Magic.

Magic Spell

See the Beauty

Allow yourself to be conscious of the beauty that is all around you. When you see or experience something beautiful, stop, take it in and give it reverence.

Since beauty is a subjective judgment in a way, it doesn't matter if anyone else agrees with you. For our purposes, here are some guidelines that will help when choosing what is beautiful;

1. Does this thing/experience/ person make you feel a sense of happiness?
2. Does this thing/experience/person make the world is in some way a little better place because of it/them?
3. When you see/experience this thing/experience/person do you have an inner sense of relief?

*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 Magical week and Look for
your next Magical Tool
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