



# Practical Magic 101

Thanks for requesting Practical Magic 101! This is a primer designed to teach you the basic magical and universal principles. This primer will also enable you to begin using magic in daily life with simple exercises for developing purposeful use of intention.

## *Note*

Before we dive in, please note that I use words such as Universe in this book. Feel free to substitute the words that appropriate for you. Many of my clients use words like Higher Power, God, My Heavenly Father and Higher Self. Magic is an experiential art so find the words that work best for you according to your history, beliefs and experience.

## *The Definition of Magic*

First thing's first. Before I can show you how to use magic in your daily life, you'll need to know the definition of magic. Unlike the normal pre-conceptions of magic, which sometimes involve white rabbits and black hats, magic in this context is the *study of intention*. Thus, when we use magic, we are deliberately shaping our intention to create and attract the desired outcomes and conditions.

The important thing to understand about intention is that the force of our intention is always at work, whether we are deliberate about shaping it to attract the things we want or unconsciously allowing it to create at will. Thus, if we don't purposely shape our intention, the reality we create is usually uncertain and inconsistent.

If you think that magic is something foreign or new, consider how you already use magic, or your intention, in everything you say or do. Do you ever say something like, "I'm going to wash the car today" or "I intend to finish this project on time"? If so, you are stating your intention, and those statements will begin to attract the object of those intentions to you. More importantly, if you follow through on a statement of intention, such as washing the car, you have just done magic!

Magic is really an everyday affair that can produce some extraordinary results with just a little daily attention.

## *Do We Need Magic?*

I get asked this question quite a bit. The answer, odd as it may seem for a Practical Magic Coach, is "No." We don't actually need magic. Our lives will continue to function normally without any use of magic. Could we attract everything we needed into

our lives without the use of magic? Certainly. The ascended masters on the planet do it all the time. But magic does make it easier for us to attract what we want.

Magic, not unlike meditation or any other spiritual exercise, is simply a diversion of the mind. The mind is at the seat of all illness, dis-ease and discomfort in our lives. Did you know that the mind actually has no direct contact with the world? Only the body, with the five senses, and the spirit have direct contact with the world. The mind takes the inputs from these two sources, applies some rules, and produces output. The problem is that the output of the mind is often untrue and misleading. Did you know that most of us form the majority of our beliefs by the time we are five? More importantly, once we form these beliefs, we tend to hold them for life – even though many of these beliefs are false or no longer serve us. These false beliefs, coupled with the often misleading output it produces, wreaks a fair amount of havoc in our lives. Thus magic is a way to divert the mind from these misleading beliefs and focus it on attracting the things we desire. There is more on this topic in later books, and as you begin to do the magical exercises proposed in this book you will come to understand this topic with more clarity.

### ***The Universe is Friendly***

This is a basic assumption that underlies all magical and universal principles. If we could get beyond mind, we would find that the Universe is completely friendly and benign. A premise that follows from that is that our natural state is one of prosperity, health and abundance. There is nothing that we cannot be, do or have. *We are limited only by our minds and our beliefs.* An additional corollary to the above statements is that when we can simply let go of our beliefs and burdens, we will return to our natural state of prosperity, health and abundance. Ultimately, we need not work so hard to receive or deserve these things.

### ***Basic Laws of the Universe***

As we move into the millennium, we will come to discover that all of the old rules are breaking down. There are no rules except that *what we focus on will manifest.* This is the only rule. However, I use the universal laws as stated by Abraham-Hicks ([www.abraham-hicks.com](http://www.abraham-hicks.com)) because I like their clarity and simplicity. I recommend that you check out their website. I have found their tapes to be useful, daily reminders to focus on the things I want rather than the things I don't want.

- **Law of Attraction:** This law states that like attracts like. Wherever you place your focus and attention, you will attract more of the same. Your focus includes the words you speak and the thoughts you think. For instance, if you focus on your company's cash flow problem, you will attract more shortage of cash. If, on the other hand, you put your attention on a recent successful product launch, you attract more innovative products and successful launches for your company.
- **Law of Deliberate Creation:** This law states that the law of attraction is in effect whether we use it deliberately or not. We have the ability to create and define everything in our reality, including the people we interact with, the type

of work we do, and the level of income we attract. This law asks you to make more decisions everyday about what you do want, and to focus there.

- **Law of Allowing:** This law states that our negative beliefs, thoughts and statements are the only barriers to the complete fulfillment of every one of our desires. The moment we express a desire for something, the universe is already delivering it to us. Our ability to receive is limited by the negative thoughts we think and statements we make.

The next exercise will help you begin practicing some of these laws in daily life.

### ***The Place Mat Exercise***

This exercise is also adapted from Abraham-Hicks and I use it because it doesn't take a lot of time, and it's very effective. It's called the Place Mat exercise because Jerry and Esther Hicks, the originator of this exercise, used to draw these out on place mats in restaurants. This exercise helps us to shape our intention on a daily basis. The goal is to take time daily to create sacred space and clear intention through this or any number of additional exercises. This exercise helps to diver the mind for short periods of time each day.

1. Daily take a fresh sheet of paper and draw a line down the middle. On the left side of the page, write "Things I Want to Do Today." On the right side of the page, write "Things I Want the Universe to Do For Me Today." Alternatively, if you have a charge on the word 'want,' meaning that you feel the lack of the things you desire when you use the word 'want,' use something like "Things I am Appreciative of the Universe Delivering Today." Appreciation is often the strongest attractor of the things we desire.
2. On the left side of the page, write only the things you really want to do today. Do not include things you have to do, should do or don't want to do. This is not your to do list for the day. This is an exercise to settle your mind on items that please you, that you are looking forward to, that inspire you.
3. On the right side of the page, write the things you want the universe to do for you today. This includes things over which you have no control, things you don't want to do but have to, or things you just don't want to think about. Ask for inspiration or willingness to do the things you have to do but don't want to. Ask the universe to take care of things you don't want to do. Ask the universe to make your travels timely and without delay (you have no control over this). Whatever you would like the universe to do, including bringing you certain states of being like joy, ask and it is given.
4. Once you have completed your list, spend at least 17 seconds feeling pure positive emotion while focusing on each item. In other words, contemplate each item on your list and just feel good for 17 seconds. Our positive emotion is the key to bringing manifestation into our lives quickly and easily. The goal is to string together 17 whole seconds of pure positive feeling for each item on your list. This takes a little focus, and it's worth it. Each 17 seconds of pure positive emotion is worth 2000 hours of physical work on the world plane.

### **A Few Tips:**

- Keep your list short, limited to 3 or 4 items for each side of the page.
- Start with small, more general items and build up to larger, more specific items. Like learning any new skill, it takes a while for you to build your belief, which is what allows you to receive the gifts of the universe.
- If you feel stuck either in this exercise or in a certain area of your life, ask the Universe to show you the limiting beliefs you hold which no longer serve you. You might also want to ask the Universe to help you release those beliefs, and to show you the next right step.
- Keep your sheets together in a notebook so you can go back and review the progress you've made.
- Keep it simple. Don't make big work of this. Keep this simple, short and fun.
- Check out [www.abraham-hicks.com](http://www.abraham-hicks.com) for more info on this topic. They are the originators of this exercise.

### ***A Note on Daily Work***

Your magical work should be done daily and consistently. At first this may seem a bit difficult, since we are all quite busy and it takes 21 to 30 days to form a solid habit. However, the more consistent you get, the better results you will get. We are everyday people, which means we need to settle our minds and clarify our intent everyday or we get off track. When you do a singular, specific, deliberate intention everyday, you build up a vast reservoir of energy with which to manifest. When you stop your exercises for a single day, you release it all and have to start all over. Keep your exercises short, but stay consistent. Healers say that it takes the body 1 month to heal for every year a condition has existed. The same is true of our mind. It takes time, perhaps 1 month for every year we have held a negative or faulty belief, to heal our minds.

Stay quiet about your work for a while. When you speak to too many people about it, it tends to dissipate your focus and reduce the strength of your creations. Keep your focus on the inner world, not the outer.

### ***Practical Magic 102***

I suggest that you do the Place Mat exercise for at least 1 week before going on to Practical Magic 102. Thanks for playing with us and have a most magical experience with all of this. Remember, don't make big work of this. Have fun, relax and just see what happens. You will be surprised before you are halfway through!

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Stephanie Yeh is a Practical Magic Coach dedicated to teaching people how to create the desired conditions and outcomes in business and life with the daily use of magical principles. For more information on Practical Magic Coaching or for a free initial coaching session, visit the website at [www.practicalmagiccoach.com](http://www.practicalmagiccoach.com) or call 1-888-44-MAGIC (1-888-446-2442).

# Practical Magic 102

Thanks for requesting Practical Magic 102! This is the second in a two-part series of primers designed to teach you to use magical and universal principles in your daily life to attract the outcomes and conditions you desire into your business and your life. These exercises will help you shape your intention deliberately and clearly to create realities that are pleasing to you.

## *Note*

Before we dive in, please note that I use words such as Universe in this book. Feel free to substitute the words that are appropriate for you. Many of my clients use words like Higher Power, God, My Heavenly Father and Higher Self. Magic is an experiential art so find the words that work best for you according to your history, beliefs and experience.

## Exercise from Practical Magic 101

Before we move into Practical Magic 102, review the Place Mat exercise from the 101 class. How did that go for you? Were you able to see some pleasing manifestations? If you didn't get exactly what you wanted, here are some techniques you can use:

- Experiment with the words you use. We all have different meanings for the same words. Find words that are powerful and re-assuring for you and use those.
- Did you do the exercise on a daily basis? Consistency is the foundation for manifesting consistently. If you have trouble getting to this exercise on a daily basis, ask the Universe to remind you in comfortable, positive ways.
- If you put a number of major or large items on your list and you were not able to manifest them yet, scale back your focus for a while and ask for little things. Learning to do magic is like riding a bike – you have to start from the ground up. Large requests can take a while to manifest either because we have little belief that they will or because they are so important to us that we focus too hard on them. That's why asking for little things works. They are less important so we usually carry less charge and expectation about them.
- Have more questions? Feel free to send your questions to [info@practicalmagiccoach.com](mailto:info@practicalmagiccoach.com) or call 888-446-2442 and leave me a message. I'd be delighted to answer your questions.

## ***What Makes Magic Really Work?***

Magic always works but we are not always ready to receive the results into our lives. Did you know that anytime you make a request of the Universe, the result is always immediately on its way to you? Many times, however, we fail to receive that gift either because we expect it to appear in a particular form (different from the form in which it actually appears) or because we resist it with the force of our negative beliefs. Here are some insights and actions which will help you receive the gifts of the universe more easily.

### ***Align Yourself on All Levels of Your Being***

We are multi-level, multi-faceted beings. When we say “I” we are actually referring to a number of personalities, levels and archetypes. Often, when we are not manifesting as well as we would like, it is because the different levels of our being are not properly aligned. Consider these levels and check to see whether the whole of your being is pointed in the same direction:

- **Physical:** Do the needed footwork, the actions on the world plane. Pick up the phone, knock on doors, place an ad in the newspaper.
- **Mental:** Think only about what you want. Focus on those aspects of your present that you like and they will expand. Nothing in your present you like? Wish, dream and sleep your way to the desired reality. Sleep is a wonderful antidote to negative mind activity.
- **Emotional:** Feel only good. This means you have to turn your attention on those things which make you feel good. Negative emotion indicates mis-creation.
- **Spiritual:** We are not human beings having a spiritual experience. We are spiritual beings having a human experience. This means that we are larger than what is happening to us, we are not our bodies, our minds, our events or our pocketbooks. We must have the ability to step back and look at the ultimate spiritual experience in everything.

### ***Internal Shift***

Magic begins to really work for us when we make an internal shift to see and use it in every corner of our lives. This shift is different for everyone. However, an example in physical reality that may help is that of the smoker. If a smoker simply commits on the physical plane to stop smoking, and withhold cigarettes from himself, he may stop smoking for a while but he is relying on sheer willpower. Ultimately, willpower is not effective against the mind, which is very powerful, and he will probably begin to smoke again. However, if he makes an internal shift, an internal commitment (which usually takes place on the emotional and spiritual levels) to become a healthy person, then he will likely stop smoking permanently.

We are also likely to make the internal shift when we hit bottom, when the things we used to be able to tolerate are no longer tolerable. For instance, I really began to use magic in every area of my life when I could no longer tolerate working in an office environment – the same environment that I used to love, then came to merely tolerate. Because I could see no physical way to arrange the conditions to my satisfaction (in terms of sufficient income and the ability to work at home), I finally began using magic in all areas of my life. When we hit bottom, a new desire is born within us. Rather than tolerating the conditions in our life, which is a downward spiral, we are uplifted by this new desire and hope for something new and different. That is when the internal shift occurs.

Don't worry if you don't see this shift happening in you. You may not need that kind of shift in your life to effectively use the principles discussed here. *Everything is always in perfect order.* These are helpful guidelines, but definitely not rules.

It may be helpful to show you what the end result of that internal shift looks like. Once we have made the shift, we become *willing*. Willingness is the key. We become willing to:

- Be shown the next right step
- Release our need to know what the future holds
- Accept rather than tolerate the conditions of our lives (or change them)
- Apply universal laws to all aspects of our lives, not just the easy ones
- Surrender will (remember, the Universe is all knowing and is thus more powerful than the use of self-will alone)

### ***Make Daily Conscious Contact with the Universe***

The goal of the majority of magical exercises is to make daily contact with the universe. We are everyday people so we must establish that contact everyday or we quickly get off track. More importantly, this conscious contact creates a window, a channel, through which the universe can speak to us and offer guidance. So daily contact helps us stay connected and develop a working relationship with higher powers and beings.

Examples of ways to make daily conscious contact with Universe include the Place Mat exercise, prayer, meditation or journaling. The key is to practice these exercises consistently for at least 40 days. For some reason, 40 days is an effective standard which brings definite manifestation into our lives.

### ***Coaching or Support Group***

We rarely learn to manifest the realities we desire by ourselves. We always stand upon the shoulders of our teachers, who set forth guiding principles for us to follow, and we learn best in the company of others who share our focus. More importantly, when we first start using magical and universal principles, our understanding of these principles is tenuous at best, so having a coach or support group improves the rate of our progress.

For instance, do you know about the 100<sup>th</sup> monkey principle? Scientists have observed the behavior of monkeys on a series of remote islands to study learning patterns, and they discovered that monkeys do not need to be in direct contact with each other to learn. One monkey on one island learned to wash her food, sweet potatoes, to remove the sand. She taught her playmates and her mother this washing technique. In turn, her playmates taught their mothers this technique. The washing technique did not spread beyond that one island, or beyond the group directly related to the first monkey's playmates or their mothers. However, when 100 monkeys on that one island had all learned the washing technique, scientists discovered that all of the monkeys on all of the islands suddenly

began washing their food. Apparently, when the number of monkeys washing their food reached a critical mass of 100, the entire group was affected.

What is the importance of this 100<sup>th</sup> monkey story? It's an example of how many beings focused upon the same thing can suddenly make rapid leaps in progress. Thus, when you work in concert with a coach or support group, the entire group is likely to make much more rapid progress than you would by working alone. More importantly, whenever you transcend or make progress on a particular issue, you help the rest of humanity make progress in that same area! On a practical level, participating in a coaching or support group that meets regularly will give you the repetition need to grasp the universal principles more firmly. Most of us need to hear something 6 or 7 times to retain about 60% of what we hear.

How can you find a support group or coach? Look for people who have what you want, such as success, peace, serenity or particular skills. Then ask them to either help you, as a coach or mentor, or join you in forming a group. People who are successful usually achieved their success with the help of others, and are usually eager to pass on the help that they have received. To find out more about finding people to support you, request the article, "Building a Support Network" on the Practical Magic Coaching website at [www.practicalmagiccoach.com](http://www.practicalmagiccoach.com).

### ***What Happens When We Begin to Use Magical Principles?***

It's important to describe the typical experiences most people have as they begin to use magical principles in their daily life. The journey is not always smooth, and it's good to recognize the possible bumps in the road as they appear.

First, as you begin to use magical and universal principles in your life, you are stepping one foot into the magical world, while keeping one foot in the three dimensional, physical world. With one foot in each world, you will be able to manifest very easily in certain areas. In other areas, the manifestation will probably be more difficult, especially on larger issues or areas in which you have a lot of resistance. Have patience. The ease in manifestation will eventually spread to even those areas where you have had chronic resistance for many years. *We cannot grow in one area without growing in all other areas of our lives.*

Second, as your trust in your ability to manifest grows, and as you develop a deeper relationship with the universe, you will begin to take more actions from a place of trust, rather than from a place of fear. Action from fear is equivalent to insurance. We fear that catastrophes may happen, so we buy insurance. Action from a place of trust means we need less and less insurance. All is truly well, always, but until we can believe that fully, we still take action from a place of fear. Our belief creates our reality, so although all is well, all may not *appear* well to us because we have created a reality in which there appears to be danger or threat. It is important not to push yourself in this area. Do not go out and cancel your health insurance as a test of your trust. Let it come to you in the perfect time. You will know when you can safely let go of insurance.



Third, the things which you used to find tolerable will become intolerable. As you begin to see reality from a new place, and as you begin to manifest the reality you desire, you will no longer be content with the old reality. You will be guided by your new experiences to change those situations which you currently tolerate, but probably do not like. For instance, I used to work in an office and travel 3 weeks out of each month. It became a situation I tolerated, but did not like. Yet, I could find no solution that would free me from this situation. Eventually, as I continued my magical training, I could no longer tolerate the traveling and office work, and I took steps to change the situation. My daily manifestations showed me that I did not have to suffer to earn income, and that when I was willing to ask for help from the Universe, new avenues of work were revealed. The inability to tolerate the things we used to tolerate is part of the Universe's elegant plan to keep us moving forward.

Fourth, as we become more proficient at manifestation, we will be forced to look at old issues about money, business, honest, integrity, values, relationships and opinions. More than likely, these issues are the ones preventing us from creating the reality we truly desire. The examination of these issues may not be pleasant, but it will set us free. This may cause a few bumps in the road, but if we are willing to look at these issues with honesty and integrity, we always move past them. A network of supportive people or a coach can be helpful in this area.

Finally, as we continue to manifest and improve our magical abilities, we will find that division between our two worlds – the magical and the physical – will grow wider and wider. We will rely upon magical principles in some areas of our lives, and physical principles for others. However, at some point we will be asked to step both feet into one world, and live in either the purely magical or the purely physical. This time of choice, which may occur for 2 years or more, can be uncomfortable since it is difficult to live in two worlds at once. You will know when that time of choice occurs and then it's up to you to decide.

Remember that we can always be, do and have anything and everything we want. We just have to be willing to surrender the drama, use of self-will, struggle and opinion. It's all about trust and following your inner guidance. You have all the answers you need. Just ask and it is given.

### ***Letting Go Of Opinions***

One of the greatest barriers in our transition from the physical world to the magical world is the use of opinions. We hold millions of opinions about what we can do, what we can't do, and what is possible and what is not. We create everything in our reality with our opinions. We designate almost everything we see, hear or touch as good, bad, funny, sad, pretty or ugly. These are all arbitrary designations that create a fixed reality.

For example, if you walk into a hotel and find you have opinions about the décor or the staff, and you hold the opinion that the hotel is "poor" or "bad," then the universe can deliver nothing but a poor or bad experience to you. If, however, you walk into the hotel and simply notice your opinions, then release them, the universe will open multiple doors

of possibility for your. You may meet your mate in that hotel. You may be inspired with new ideas or creativity. Every situation is like a hall of mirrors with infinite possibilities and avenues for exploration. *There is no situation that is irreversible.* Simply let go of your opinions. Use this simple exercise below to help you let go of opinions.

- 1) Ask to be shown daily what opinions you hold (on place mat exercise).
- 2) After observing for a week or so, decide which you want to keep and which no longer serve you. Then ask the universe to guide you in releasing those opinions that no longer serve you. Eventually, total peace comes from no opinions and total acceptance.
- 3) Have a bad opinion of someone? Can't get along with them? Want revenge? Find 1 thing each day that you appreciate about them and you will come to love them. That is the best revenge of all.

### ***Additional Resources***

- Get a coach! A coach can help you work through the process of using magical principles effectively in daily life to manifest the reality you want.
- Paxton Robey's book *No Time for Karma* – This book gives a description of the universal laws and his views of the universe. A fascinating read that never gets old. Find it for free at <http://laplaza.org/~paxton/>
- Drunvalo Melchizidek's book *The Ancient Secret of the Flower of Life* – This book describes in detail earth history and the reasons that society is the way it is. The information is quite “out there” and very interesting. Order information can be found at [www.drunvalo.net](http://www.drunvalo.net).
- Abraham-Hicks material – Esther and Jerry Hicks channel the non-physical entity Abraham, who talks with people about how to manifest desired realities easily. For tapes, books and information, visit their website at [www.abraham-hicks.com](http://www.abraham-hicks.com).
- Emmett Fox's book *Sermon on the Mount* – This book gives the same universal principles as described in Practical Magic 101 and 102 in great depth by translating the biblical Sermon on the Mount into everyday language. Available in bookstores.

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Stephanie Yeh is a Practical Magic Coach dedicated to teaching people how to create the desired conditions and outcomes in business and life with the daily use of magical principles. For more information on Practical Magic Coaching or for a free initial coaching session, visit the website at [www.practicalmagiccoach.com](http://www.practicalmagiccoach.com) or call 1-888-44-MAGIC (1-888-446-2442).