

The Magic of Life!

*Practical Tools to Help You
Re-Connect with Your Spirit
& Live in the Divine Flow*

*By
Max Ryan*

“How are you?”

No, really, I mean it...*How are you?* ...Are you “Fine”, “Okay” or my personal favorite “I’m good...” You know what I am talking about. We have all done it and many of us still do. It’s not that saying “Good” is necessarily “Bad”, but it comes down to the quality of your life and how you’re experiencing it.

“How are you experiencing your life right now?”

Are things actually good, but you have a feeling in the pit of your stomach that is telling you that there is “more”, but you can’t quite figure out what that “more” is? Do you feel like your life is filled with “have to’s” instead of “want to’s”? When you wake up in the morning are you thrilled because of the possibilities that lay ahead? And when was the last time that you really felt a sense of *magic* in your life? You know what I mean; that tingle of excitement, joy, wonder and hope? Was it today, last week, last year or even longer than that? Or maybe you are doing well and feel connected to your joy most of the time, but when times come when you don’t, you’re not quite sure how to shift your vibration.

Whichever camp you fall into, this book is for you. When you start to have those feelings of excitement, joy, wonder and hope on a more frequent and consistent basis, you will be on the road to living, what I call:

“The Magic of Life”

I have been working with people for many years, teaching them how to live the life that they dream of and have peace, joy and happiness on a consistent basis. This work has taken many forms, and what I discovered about this work is that people like real and practical tools that they can implement immediately and see real positive results in their lives. In this book, you will find some of these tools that I teach. These tools are all meant to shift your vibration from negative to positive and when your vibration shifts your results shift. Say YES, if you like positive results!

Before we get into the Magical tools, I'd like to share with you a little about the beginning of my magical journey. When I was a little boy every Sunday evening, I would watch *The Wonderful World of Disney* just like practically everyone of my generation did. I would look forward to that show every week. I LOVED it! If you are not familiar with it, the show would be a different storyline every episode. One week there was an action adventure story in the jungle and the

next would be a fairy tale and many other things in between. I know that I enjoyed all those individual shows, but what I remember the most and what I waited for every week was the opening credits of the show before the episode would begin.

In the opening credits there was a beautiful nighttime shot of Sleeping Beauty's castle at Disneyland in California. Tinkerbell would fly into the picture with a flurry of sparkles and wave her wand at the middle of the screen and it would explode in fireworks and fairy dust. She was so pretty and the fireworks were so beautiful. It was... MAGICAL!

Looking back, I now see that the opening of that show was a reflection of what I felt inside. In some way the castle, Tinkerbell and all the sparkles were things I instinctively knew about. I recognized them. I now know that what I was recognizing was my life as Spirit. I recognized the *pure joy* of Tinkerbell. I recognized the *freedom* of flight. I recognized the *nobility* and *strength* of the castle. I recognized the sense of *wonder*. And it was all wrapped up in an *exciting* package. I was recognizing *The Magic of Life* and from then on I was on a quest to find more.

I was born into a Catholic family and went to Catholic school until the 3rd grade.

I have been a spiritual seeker, learner and teacher ever since I can remember. I

have tried, read, practiced and experimented with any and almost every form of spirituality that I came in contact with; Buddhism , Hinduism, Judaism, Vegetarianism, Wiccan, Spirituality, Christianity, Raw Foods, Whole Foods, No Foods, New Age, New Thought, Science of Mind, Science of Body, Quantum Physics, Quantum Realities, Sitting Meditation, Walking Meditation, Kundalini Meditation, Transcendental Meditation, Chanting, Sweating, Rolphing, Law of Attraction, Law of Deliberate Creation, Law of Manifestation, Law of Allowing, The Bible, The Koran, The Bhagavad Gita, A Course in Miracles, Psychics, Mediums, Clairvoyants, Spirits, Guides, Tarot, Crystals, Oracles, Fairies, Angels, Saints, Socrates, Des Cartes, Plato, Nietzsche, Maslow, Sartre, Beckett, Allah, Mohammed, Buddha.... Jesus, Mary *and* Joseph... to name just a few!

Well, after all those years of practice, study and contemplation something within me shifted a few years back. My life began to change in huge ways. I began attracting money into my life with little or no effort. I began to have a sense of peace almost all the time. I was experiencing spontaneous feelings of joy and happiness. I felt a deeper connection to people, had a stronger sense of purpose and I started feeling that sense of Magic most of the time. You see, I had gone from occasional mystical experiences with highs and lows and wavering between feeling connected or not connected to a new kind of practical, livable and doable

application of all this material that I had been studying. By the way, did I say that for the most part, it was *really FUN?!!*

This new application is what *The Magic of Life* is all about. I want you to be able to take a shortcut and benefit from all my years of study and practice. These Magical Tools that I will share will help you re-connect with that spark of life that lies deep within you. I am so excited to share what I have learned so you can re-ignite that spark and begin to create *The Magic of Life* for yourself!

For the purpose of clarity, moving forward and us working closely together I want you and I to be on the same page as far as what *Magic* means as it pertains to the adventure we are going to take.

Magic is a fundamental knowing beyond your mind that you are on your path and you are a powerful creator of your life. Magic is being in the flow of life. Magic is the ability to manifest anything that you desire. Magic is that sense of excitement when you *know* something great is just around the corner and part of you wants to tell everyone about it. Although it may sound counterintuitive, Magic is not being pulled back by the past or living for the future, but sinking into the present moment. It is the knowing that no matter what happens in your life, you will be able to not just get by, but you will *thrive* in love, joy and abundance because that is your natural state. Magic is feeling connected to

people and loving to do what you can to support and help them on their journeys.

Finally, Magic is the unwavering belief in the power of unlimited possibilities.

You will know you are beginning to live in *The Magic of Life* when someone asks,
"How are you?"

And you say,

"Good...really Good"...and mean it.

In this book, you will be re-introduced to some things you may already know, but do not implement enough on a regular basis. There will also be new concepts and ideas which may be challenging to you. All I ask of you is that you stay open minded and try what I am offering with new and curious eyes. Some of the Magical Tools will seem extremely simplistic while others will be more of a challenge and that is exactly how I planned it. Just like your Mom used to say "Take one bite before you say you don't like it" *then* decide if that tool is or isn't for you.

I know that there is so much value in learning anything new. But only a cerebral understanding of a new theory or concept without taking action will do nothing to help shift your life. I see a huge difference in my clients who really dedicate themselves to taking consistent action along with their theoretical learning of a

new concept. With that in mind, *The Magic of Life* is set up to support that process. I will present a theoretical concept usually along with a personal story or anecdote to further illustrate the point which I call a **Magical Tool**. Then I will give you the action steps which I suggest for turning that theory into some kind of action. I call these actions **Magic Spells**. In this way you will have what you need to begin to live and stay in *The Magic of Life*.

There is no better time to start your journey than NOW.

Take a big deep breathe...release it to the world...

Open your Heart and let the Magic begin!!

Magical Tool #1

"To be or not to be..."

The Power of a Decision

Decisions, Decisions, Decisions...sometimes it feels as if life is just made up of decision after decision right?! What to eat? What to wear? Where to go? *When* to go? Walk or Drive? Regular or decaf? How many sugars? Sugar or Splenda? Should I drink more water? Answer emails now or later? Should I spend less time on the computer? Am I spending too much money online? IRA or ROTH? Buy or Rent? Black or White? Long or Short? Apologize or stand my ground? Am I right? Am I wrong? ...What should I do? What should I do? What should I do?!

And those are just a few. Not to overwhelm you from the beginning or anything, but I'd like you to take a moment and think about how many hundreds, if not thousands of decisions that you are making every single day. Really, *think about how many hundreds, if not thousands of decisions that you are making every single day.*

I know... it can be almost overwhelming to even comprehend the amount of decisions that you are making every day. Have you ever thought that these

decisions are literally creating what you call “My Life”? Therefore, if this thing called “My Life” isn’t as fulfilling, fantastic and magical as you would like it to be, I suggest that a great place to start is by looking at the decisions you are making.

All we are doing here is bringing it up and looking. It is literally impossible to be aware of all of these decisions. But, if you can start with baby steps and become a little more aware of your unconscious decisions and also sharpen the awareness of the ones you are making consciously, it is a surefire way to get back in touch with the Magic of life. Once you start to become more aware of your decision making, I know the quality of your life will shift.

You are creating your life with every decision. You are shaping your destiny with every decision. You are responsible for making that destiny something that you look back on and say “Yes, I made decisions that brought me to my joy and my ultimate self.”

“It all comes down to making new decisions. The only thing that can change your life is a decision and in the moment of a decision, life is changed”

–Tony Robbins

When we make a decision to move forward about something in our lives...anything, it sets in motion many, many things. Making the decision to

move forward says to you and to the Universe; “The wheels are now in motion, rehearsal is over, the curtain is up and the show is ON!” Your life will not be the same as it was before you made that decision. When you make a decision towards something you are declaring that you are ready for, what will come from that decision, no matter what the outcome may be. Decisions are extremely powerful because they can be the entry point where your endless power of creation meets with the Universes limitlessness. That combination can and will move mountains and more in your life.

On the other hand when we make the decision NOT to move forward with something... the EXACT same thing happens. We think that if we say “No” to something that we are stopping the energy. That’s not true. What actually happens is that when we say “No”, that intention drives the energy *towards* what we are saying “NO” to! And in terms of the powerful Law of Attraction, when we say “NO” to something, we are really saying “YES” to it and bringing more of it into our life. The Law of Attraction is always working whether you are aware or not and it is just giving you exactly the same vibration that you are giving attention to... Make sense? At its most fundamental level all a decision is, is a cue for energy to go in a direction. When energy moves in any direction that’s when things, events, situations occur in our lives.

You can look at anything in your life and trace it back to a single decision that you made which began a ball rolling and eventually took on a life of its own.

Some decisions lead to huge changes and others are simpler. For example, cook a dinner, lift your arm, get a divorce... A decision can be something as simple as deciding to get out of bed in the morning or as complicated as getting married.

One seemingly small decision can be hugely powerful and starts a whole variety of experiences and possibilities into motion in your life.

There is a way of going through life by *default* which among other things, means that you are not aware of the decisions that you are making. Therefore, for the most part you are an unconscious decision maker. Or you can live your life with awareness as a conscious decision maker. In between these two extremes is where most of us are, most of the time. Usually we are hyper aware of the big, huge decisions in life, but we are relatively unaware of what we call "small" ones.

Let's look at the decision to get out of bed. Think about it, none of the things that happen in that day, including the opportunities to make more decisions, would have been presented if you stayed in bed. Who knows? Maybe one of the opportunities you could have that day would be to buy a lottery ticket or "bump" into Mr. or Ms. "Right"...I'm just saying... if you make the decision to stay in bed you could have missed all those opportunities *or* you could have stayed in bed,

pulled out your laptop and written the great American novel! You see how this is all about making a decision about staying awake and living by intention instead of default?

Among many other things in my life, acting on stage has been a passion of mine since I was a little boy and when you are trained as an actor you learn “There are no small parts, just small actors”. How many times have you seen a play or a film where the lead actor or actress was less than phenomenal, but there was that one person who had one scene and sometimes even just one line, but you will remember them forever? Even though he does lead roles now, Phillip Seymour Hoffman started his whole career based on this philosophy. Actors like Phillip Seymour Hoffman decide that their seemingly small roles have just as integral a “role to play” (pun intended!) in the story as the lead character. In the same way, almost every decision has the same *potential* to affect the whole as any other.

When you make the decision to live in the Magic of life you are making a decision to be a conscious participator in your life for the better and when you become a conscious decision maker the possibilities for your life are literally limitless.

Magic Spell

The Power of a Decision

When we decide something it sets a whole wave of energies
and experiences in motion.

What are you deciding?

- Find or create a journal, so that you can record any thoughts, impressions or revelations. In that journal please write down the 3 decisions that you have made that have most affected your life. Do not *do* anything about them. Just notice what power one decision can have in your life.
- Make the decision this week to have your energy go toward the Magic of Life, whatever that may mean to you at this point. Hint: Your heart knows ;)
- Be aware of the decisions you *are* making, from the simplest to the more complex.

- Also be aware of the decisions that you are *not* making and how the unmade decisions are affecting your life. This new awareness of your decision making process is meant to help you see how truly powerful you are.

Magical Tool # 2

“Hark I hear the Angels sing...”

Cultivating the Art of Listening

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!

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 my active quest for what lay beyond the thin veil.

"Look within. Within is the fountain of good, and it will ever

bubble up, if thou wilt ever dig."

-Marcus Aurelius

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. When I say listen I am talking about quieting the minds 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 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

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 being still for 3-5 mins. At least 4 days a week
- Be kind to yourself and practice letting go of 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 to 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 straining to hear his raspy and 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 name of the 1980's iconic singer SADE (pronounced Sha-Day) !!! 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. In fact I couldn't stop laughing and had to excuse myself.

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; help 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 first thing you need to do is get very comfortable, because you are going on a 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 you're doing all these things and noticing all these elements just keep reminding yourself how amazingly good you feel. In fact you can't remember any time in your life when you felt this carefree, peaceful and relieved...ever. Breath 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.

Magical Tool #3

“Mirror Mirror...”

See the Beauty

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 Monkees) 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.

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 actresses 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 beauty 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.

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 begin to shift and the portal for Magic to enter 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.

This tool is also extremely helpful in moments of stress, anxiety or fear. The native Americans say that for every poison that is found in nature, within 6 feet of the poison is the actually antidote to stop the effects of the poison. Think of thoughts or experiences of fear, anxiety or discontent as a poison to your Spirit and remember that within 6 feet of you there is an antidote that will heal that poison. That antidote is something beautiful. If we become conscious of that there will be something beautiful to look at or even closer than 6 feet is something that you can picture or remember in your mind that is beautiful.

Once you do this, your fears, anxieties or stressors will reduce and you will come back to your Spirit and feel the Magic again.

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?

Magical Tool #4

“Do, Re, Mi...”

Music

I love my phone. It's one of those phones that has everything on it; phone, calendar, internet, camera, weather, text, documents, a million other things and... music ☺

As I go through my day walking around Manhattan or writing or whatever, I very often have my earphones in with music streaming. That is why recently I was bummed when my earphones weren't working properly. I knew I needed to go to the store to get it taken care of. So I went.

The day I went I was having a particularly happy day and I was listening to Hanna Montana....that's right you heard that right, Hanna Montana! That music makes me feel happy, positive and for lack of a better word, “bouncy”, but I have to say sometimes I am a little embarrassed about listening to Mylie Cyrus, especially letting one of those dudes at the phone store find out that I had been

listening to it. So, I made sure before I went in the store that the picture of the Hanna Montana album cover wasn't being displayed on the phone...or so I thought.

I'm sure you can tell what happened... as soon as the phone dude took my phone in his hand, the picture of Hanna Montana's shiny smile popped right on the screen! I had to cop to it right away and told him that I loved her and she made me feel great. He then told me that I wouldn't believe some of the stuff that he accidentally sees on people's phones ;) and admitted that even *he* listened to Hanna Montana sometimes! Now, I am here to say it loud and proud "I listen to Hanna Montana because it makes me feel good!"

Take a music bath once or twice a week for a few seasons. You will find it is to the soul what a water bath is to the body.

~Oliver Wendell Holmes

Different types of music can bring us to different places inside of us; Peaceful, Empowered, Excited, Connected, Relieved, Energized, Sexy, Loving, Carefree, Appreciative, Thankful. All of these feelings are in alignment with a flow of positive energy and that's what the magic of life is all about!

Music has been and is used in the world in soooo many different ways; music therapy, weddings, parties, religious ceremonies, films, teaching, background music and too many more ways to mention.

Music has the ability to lift us up to higher realms and transport us from our heads to our hearts. I believe that we all resonate to a particular “song” and that song isn’t singular. It is a feeling that we gravitate towards unconsciously. Our inner compass guides us towards or away from certain kinds music and that is the reason why some of us are a little bit country and others are a little rock n roll! I won’t start with my love for Marie Osmond...

Many great philosophical and religious traditions speak of the music of the cosmos and the underlying music that is constantly playing which all or our souls hear calling us home. It is said that choirs of hundreds of thousands of Angels sing us into this world when we are born and that trumpets announce our arrival into this human form. Instinctively our souls never forget that Angel song, in the same way that we never forget our own Mothers smell. It is ingrained in us and when we open up to the potentially powerful influence of music it is as if we come home and into harmony with our fellow souls and the universe itself.

Music can be the ultimate reminder of your sacred and most authentic self, if you allow it.

He who sings, scares away his woes.

~Cervantes

I use music almost every day to re-connect with my spirit, generate emotion or keep me in a high vibration.

There is a time for silence and there is a time for music. Even when I meditate for example, I will check in with myself and find that I want some meditation music and other times I know that the music will keep me from going deep in my meditation. It all depends on what you need at a specific time.

Another way that I use music is when I run, which I do at least 3-5 times a week. Most days I need to have my music when I run, but very often it isn't the same type of music with every run. One day I will need beautiful peaceful music like *Nightnoise* or *Loreena McKennett*. While other days I need lots of fun energy like *Kylie Minogue* or *Madonna*, and there are still other days when I need *Pearl Jam*, *Led Zeppelin* or *Linkin Park*.

We can listen to these different types of music for different reasons. We can listen to a particular type of music because we want to shift from a particular mood or feeling place we are in to another. Or we can listen to music to enhance or intensify a mood or feeling place we are already in. Whatever the reason, music can be a beautiful tool to bring us back to ourselves and to the Magic of Life.

Music is what feelings sound like.

~Author Unknown

Magic Spell

*Music can be the ultimate reminder of your sacred self, if you
allow it.*

Now that we have gone over becoming more of a conscious decision maker in the first Magical Tool, I want you to begin to listen to music in a more conscious or aware manner. You have to be open to it but, I have found that Music is one of the fastest ways to feel awesome and reconnect.

One of my favorite ways to listen to music is by using the online service www.pandora.com If you are not familiar with it, Pandora is a free commercial free music service where you can create your own “stations” by entering either the name of an artist or of a song. Pandora will then automatically look for all the music in its database that is similar in tone as what you have named your station. Once you have a few stations you can also do a quick mix of all the music and if you have a phone that downloads streaming applications, you can listen to it on the go! It’s awesome!

Since I use it so much I have my favorite stations that I have created and I wanted to share the one I listen to most with you, from the mellowest to energizing.

- Loreena McKennett
- Nightnoise
- David Lanz and Paul Speer
- Lisa Kelly
- Burt Bacharach
- Petula Clark
- Counting Crows
- Linkin Park

Here are a few tips to help you get the most out of your music:

- There are no rights or wrongs, especially when it comes to music, just be true to your vibration and following your inner compass towards the notes of your song.
- Be aware and conscious of what music you are and why you are playing it.
- If you are not in a place to listen to classical then you are not in that place. If you need to hear hard rock, then honor that vibration and let yourself listen to hard rock. Do not force yourself...listen to what you need in that particular time or moment.

- Ask yourself if you are you using music to match or change your feeling place?
- As you listen to the music let it literally wash over you.
- Move your body
- Feel its vibration lifting you, cleansing you and connecting you with your deepest self.
- Allow the music to take you wherever you need to go.
- Allow the music to teach you something about yourself that you did not know before.

*Create playlists on your iPod or mp3 player for different moods or reasons. For example: Energize Music, Playful music, Mellow music, "I love me" music, Workout music, Gratitude music, Sleepytime music. Use your imagination ☺

Finally, I would love to share a piece of music that resonates with me and I listen to it almost every day. The message, the tone and the singer's voice speak of letting go of our fears and going to the deepest and most meaningful place within us to live our fullest lives.

Go to iTunes and search for the song *Shores of Avalon* by Tina Malia. It will cost you a whole \$1.29 and worth so much more. Let it carry you away...

Magical Tool #5

“Good Morning Sunshine!”

Starting off on the Right Foot

Do not think before you answer this question:

What was your first thought this morning.....?

Did you open your eyes and say to yourself “Already?! I JUST went to bed (or it feels like it)! Can’t I just stay in bed till....well until...where’s the snooze button?” or “I have SO much to do today. Get out of this bed! I have to get up and start doing, doing, doing!” or possibly your sleepy self said “How much longer am I going to have to go to this job? Why don’t I just leave? I’m so done with the people in that office! Why can’t I ever get ahead? I am always working, working,, working!”

Or.....you woke up very naturally a few minutes before you had to get out of bed and your first thought was something like, “MMMM I love my bed...it feels soo good. I feel so safe in this bed. I am so glad that I am using that blanket that my Mom gave me. It feels so soft on my body. I feel well rested and ready to

enjoy others company today. I want to have fun today. Actually, I think today is going to be a great day.”

More than likely, what you said to yourself was probably somewhere in between these two extremes. Well actually that is if you even remember what your thoughts were or were you on auto pilot...hmm I digress. If we are honest with ourselves we have all felt a little of all of these reactions if not the exact same ones. We all have good mornings and bad mornings.

If people were meant to pop out of bed, we'd all sleep in toasters.

~Author unknown, attributed to Jim Davis

The morning is a new start every single day, if you look at it that way. It is the time of day that in many ways is the most sacred, if you allow it be. I posit to you that if you make a conscious decision to make the first few minutes of your morning the most deliberate and intentional time of your day, you will begin to create a vastly different life for yourself.

If you are feeling like your life is having a life of its own and you are just along for the ride, try changing or just being aware of the first 5 minutes of your day.

When we begin to calm or focus our spinning minds and thoughts first thing in the morning and direct them instead to feeling good things i.e.; “I love my bed.... I’m so happy that I was able to have that dinner with my good friends last night... I’m so happy that I put that picture I love on the wall so I can see it as soon as I wake up... I so much appreciate my mate sleeping next to me.” etc... You set the mood for the day. You have awakened into the world with a purpose to feel good and that is what will happen if you focus differently. Our focus and therefore our experience of our lives begin to change in subtle and not so subtle ways when we start our days with the decision to focus on the good.

Just think about it. On the days when you jump out of bed because you are paranoid that you will be late for work or on the other hand when you purposely stay in bed to avoid work, it’s on those days I can bet you were probably not at your best and even if you did accomplish some tasks, you probably didn’t feel particularly good. Am I right? Well, I know that I am right because I have been through it too!

There have been many a day when I have jumped out of bed in the exact manner that I just explained and gone the whole day crazy unconscious just to make sure

that everything got done and before I know it, it's time to sleep and start the vicious cycle all over again. But there have also been days where I would start out the same frantic way, get on the subway (with all the other frantics!) and realizing how frantic I really was, I would have suddenly stopped, sometimes literally *physically* stopped, took a breathe and realized I could make another choice in that moment. I could stay on that frantic roller coaster all day, or I could get a refund for my ticket and buy myself some calm, good conscious feelings. It was my choice. I could take a breath. The power of CHOICE, the greatest power we have...

If I had let myself get that far into my day and was able to notice my craziness I did my best I could to make another choice. It's like that old commercial where the actor hits himself on the forehead and says "I could have had a V8!!!" I remember that commercial and say "I forgot I could make another Choice!!" Then I would readjust and begin to focus on all the good that surrounded me in the moment (like the ability to make another choice!) and the good that will be happening during the rest of that day. In this way I have been able to circumvent a frantic spiral of crazy unconscious thoughts and emotions and realign myself with a positive path for my day.

*Be pleasant until ten o'clock in the morning and the rest of the day will
take care of itself.*

~Elbert Hubbard

I relay this example first of all because I think that it is very common as far as the crazy unconscious ways many of us walk through life, but more importantly to help you see how much easier it is if you have your “V8” moment in the security of your warm beautiful and safe bed. If we start to make our choices to have good feelings and a fun day from that tender and powerful time right when we wake up, it is vastly easier, and in the end will help us create a life full of good feelings, a sense of freedom and magic!

*I love the sweet smell of dawn –
our unique daily opportunity to smell time,
to smell opportunity –
each morning being, a new beginning.*

~Emme Woodhull

Magic Spell

- So my challenge to you is tomorrow, not to jump out of bed, but stay in bed for at least 5 minutes and notice all the things that you can feel good about. If it feels right tomorrow, try it again the next day. Who knows it may become a habit and you may actually mean it when you say “Good Morning!”
- One of the things that I do and have my clients do is to have a post-it right next to their bed that says “LOVE” Love is the highest vibration that there is. Love heals all pain, hurt, anxiety and EVERYTHING. I would encourage you to write a post-it with LOVE on it and when you look at it in the morning use that word as your mantra. Say to yourself “LOVE, LOVE, LOVE, LOVE, LOVE...” Over and over until you feel the sweet and beautiful elixir of the feeling of LOVE wash through you. THEN get out of bed... ☺

*This Introduction and first 4 Magical Tools and
Spells are the beginning of my new book!*

*I will let you know when the full book is done with
10 Magical tools to help you re-connect with your
Spirit. Have a Magical Life until we speak again!*

*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

Call my office at 347.321.8947

or email me at MR@MaxRyan.net



Max Ryan is an International Coach, Law of Attraction expert & Radio show host, who shares many Spiritual & Metaphysical tools and how you can apply them to live in "The Magic of Life." From the details of The Law of Attraction to A Course in Miracles, Max's depth of knowledge and ability to make complex concepts, simple and applicable has earned him the reputation of being

the spiritual "How To" guy.

Max's pragmatic, non-traditional approach to coaching and spirituality supports his clients as they uncover their authentic selves and reach the next level in their professional, personal and spiritual lives. For more about Max and everything that he offers, go to: www.MaxRyan.net

He has studied and worked closely with esteemed authors and teachers, including Marianne Williamson, Sonia Choquette, Louise Hay, Deepak Chopra, Lisa Williams, Michael Losier, Doreen Virtue, Sandy Forster and more.

Some of Max's credits are:

- Certified Law of Attraction Facilitator by Michael Losier
- Hosts the Popular "The Magic of Life" Radio show
- 28 year student and teacher of A Course in Miracles
- Award-winning speaker and evaluator with Toastmasters International
- Certification in Life Coaching from The Inspired Spirit Coaching Academy (Founded by prosperity coach and 2008 International Mentor of the Year, Sandy Forster)
- Special Guest on Hay House Radio
- Certified teacher for the powerful "Quest for Mastery" energy work as channeled by Archangel Micheal
- Certified Reiki Practitioner

The Magic of Life!

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