

This information is intended to assist you in your spiritual development and to enhance, but not be substituted for, any care you should receive from your licensed healthcare or mental health professional.

Create Magic in Your Life

by Mary Ellen Flora

Looking for something magical in your life? Do you need a magic potion for your life, your health or your attitude toward life? Do you need more money or time? If you are looking for any of these things, meditation is for you.

You do not need to be spiritually or religiously devoted or to change your religious beliefs in order to meditate. You simply need to desire to know yourself and want to take charge of your life. You may think of meditation as impractical and other-worldly, but meditation is very practical and earthy. It can help you create your life the way you want it instead of having it blown about by the winds of others' desires, your emotions or the world's upheaval.

You are a powerful force capable of creating what you want. The only thing between you and having what you desire is your beliefs. Meditation is the way to turn within, discover your limiting beliefs and clear the interference to your desired creativity. You are spirit and a spark of the Cosmic Whole. Your body and all of your creations are how you, the spirit, are manifesting yourself in the physical world. You display your spiritual creativity in how your body looks and feels and in everything you create, including your relationships, work, living space and so forth.

Through meditation, you can tune into your spiritual self, with all of your power, creativity and enthusiasm. You can learn to use your spiritual abilities to create your life and to see yourself and others from neutral. Your life is yours to live, so you need to turn within to know yourself, your abilities and your desires to live your way. You also need to get to know your beliefs to enhance your unique creativity. The meditation process of self-education can be great fun and very healing.

Once you have some self-knowledge, you can begin orchestrating your life. For example, you may recognize that you need to learn to stand up for yourself: that you have the qualities of compassion and forgiveness, but need to be more aggressive and outspoken so you can help yourself and others. You may see that you greatly desire to help others, but have a belief that you are too helpless to make a difference. Empowered with this new self-knowledge, you can use your meditations to let go of any beliefs that limit you and cause you to create in such a passive manner. Maybe your mother taught you to be gentle to the point of being ineffectual and you need to let go of her wish for you in order to have your desire of helping others.

Whatever you want, you can create it. All you need is time to meditate to learn about yourself and your abilities. A good example of the benefits of meditation is a man I know who had it all and was about to lose it because of his behavior. His wife was thinking of leaving him, his children shunned him, he was having problems at work and he was miserable. Out of desperation, he asked me to teach him how to meditate and began to meditate for thirty minutes a day. After a month, his wife came to me overjoyed that her husband was back. After

two months, he was interacting with his children and was a success at his job. He was faithful to his meditation and had the dedication to face things that he discovered about himself, both what he liked and what he did not like. He created what he wanted by getting to know himself, emphasizing what he liked, and clearing the limits and disturbances that caused him to create things he did not like.

If you are tired of pretending to be what you and others want you to be and wish to express your unique self, begin to meditate and the true you will shine out. Meditation helps you discover yourself, your power, your creativity and to express your unique beauty into the world. Be yourself; it is great fun and it is important to the world. Without your unique vibration, something is missing for everyone. The man who learned to know himself through meditation healed himself so he could create what he wanted, not what he was taught to want. He enhanced his personal experience and the lives of his wife, children and co-workers.

Your work, your relationships and everything you do is a reflection of you. If you are not happy with your creations, you can change them. Change your relationships, your sex life, your job or any part of your creativity the easy way, through meditation. You do not need to create pain or unhappiness to change your life. You do not need to recreate or re-experience past pains. You can meditate on an issue and make the change as spirit, with ease. Once you create with meditation, you make the creation happen in the physical world.

Give to the world while you give to yourself. You heal everything else when you heal yourself, and meditation is definitely a healing. The person who needed to be more aggressive could meditate on being outward enough to take her compassion to others and become a leader in some healing movement. A shy person could become an active healer through meditation. An unhappy person can change to a happy person through meditation, like my friend did, and bring happiness into the lives of those around him.

Life is ideally a fun, creative and unique experience. Meditation can help anyone create life at its best. You let go of what you do not want and enhance what you like. A friend of mine remarried late in life and was having difficulty with her sexuality, and convinced herself that she was getting old enough to let go of sex. Fortunately, she realized she could meditate on her sexual issue. She turned within and got in touch with some pain about sex she had experienced in her previous marriage. She used her meditation techniques to release pain from the past so she could put her attention in the present and enjoy her new relationship. She used meditation to release past emotional pain to focus on her joyful present. Meditation brought her a closer, more satisfying relationship with her new husband because she cleared her system of past pain that would have interfered with creating what she wanted.

Meditation can help you bring the magic back into your life, whether it is your work, relationships, health, sexuality or your desire to give. Meditation is truly a magic potion because it helps you get to know yourself and how to use your abilities to create what you want. Through meditation, you can release past pain, others' desires for you, emotional problems and

other limits to your present, joyous creativity. Meditation lets you see yourself as the bright, capable spirit that you are, to create in the present with power.

There are techniques that can help you quiet your mind-body system to allow you to meditate. This excerpt from [Meditation: Key to Spiritual Awakening](#) gives you the foundation of grounding for your magical journey.

“Grounding is the first technique to use as you start your meditation. Grounding is the creation of an energy cord from your body to the center of the Earth. You, the being, create the cord from your first chakra and allow it to flow to the center of the Earth. You have spiritual energy centers throughout your system called chakras. These chakras contain spiritual information you need for your creative endeavors. You will use the first chakra as a point from which to ground. It is located near the base of your spine. Grounding from the first chakra is the foundation for all of the other techniques.

“Be aware of your first chakra, which is the energy center near the base of your spine. This chakra contains your information about how to relate to this reality. Visualize an energy flow from this chakra, near the base of your spine, to the center of the Earth. The energy will flow through all physical matter, the chair, the floor, the Earth, until it reaches the center of the planet. Allow the grounding cord to be securely attached at your first chakra and at the center of the Earth.

“Relax and experience the spiritual connection you have created with Earth. Notice how your body reacts to being grounded. Take a few deep breaths to focus your attention on you and your body.”

Put magic into every aspect of your life: your home, work and play. Grounding can help you focus your attention on your meditation and yourself to create the magic. Meditation can help you do this by putting you back in control of your life. You are meant to enjoy life, and meditation can help you do just that. You can be a creative magician!