



Meet with a partner in the next week and discuss what you have learned about your gifts & abilities during this course so far...

Objective:

To anchor in and make more solid or real the elements you have explored with the "Be the Magic" energies and exercises.

Preparation:

A. Find a partner (*ideally from our group*) that you can share with.
(*I've posted our class list in Facebook for you too look at*).

Set aside an hour phone call or Skype appointment with your partner.

B. Before the meeting with your partner, go back to some of the tools we've explored around finding your gifts and abilities...

- [1-finding tool 1-Admiration.pdf](#)
- [2-finding-tool 2-Friend Letter.pdf](#)
- [3-finding-tool 3-Desire Process.pdf](#)

At this point you might want to expand out and also quiet your mind (see 2 & 3 below)...

What 5-10 gifts & abilities do you now CLAIM and OWN about yourself?
(even if you only have hints that it could be true)

What's the most exciting change you want to make in your life as a result of this course?



Preparation:

Call or Skype your partner:

1. Each of you will take 30min, then switch. *(Decide who is going to share or receive first.)*

2. Someone guide the expansion exercise for both of you:

-Expand to the size of the:

planet/solar system/Galaxy/Universe/Multi-verse/All-that-Is/Beyond-a-verse

3. Both of you do the quieting the mind exercise:

**"Everything is the opposite of what it appears to be,
nothing is the opposite of what it appears to be."**

repeat 2-3 times getting slower each time

4. Person 1- share each of your 5-10 items one at a time and talk a little bit about each of them.

Speak as if you own it, even if you can't justify it. Many of our transcendent gifts, we have very little evidence to explain how or why it is... in some cases it's just a feeling we have... or we have some small evidence that feels connected... whatever it is, just share it. Pretend if you have to :)

Continued...



Activity:

Try it like this:

4. **Sharer:** "The first gift & ability I CLAIM and OWN is _____."

Receiver: "All the stupidity & Energy Fog you have around this, across all time/space/dimensions/realities & beyond... will you destroy and uncreate it all?" *Good & Bad, Pod & poc, all 9's, shorts, boys & beyonds.*

This makes it easier to talk about it:

This clears the space for more accuracy in your information:

Receiver: "All the stories, DJCC's & PERS you have about this... will you destroy & uncreate them all?" *Good & Bad, Pod & poc, all 9's, shorts, boys & beyonds.*

(DJCC= Decisions, Judgments, Conclusions, Computations PERS= Projections, Expectations, Rejections, Expectations)

Sharer: Explain what awarenesses you have about this gift or ability...

Notice what's light as you say it... run with ANYTHING that's light... if it's heavy, disregard it...

- places/times you have found yourself expressing the gift
- clues you have found
- gut feelings you have about it
- anything that's exciting (*may feel like fear*) is a direct hit ☺

Receiver: Look for things that seem light or have some "zip" to it and let them know, feel free to ask questions or give suggestions on interesting areas. Use your intuition to ask questions.

Do all 5-10 items...

5. Share: **What's the most exciting change you want to make in your life as a result of this course?**

Discuss... Ask questions...